



# COLCHESTER SENIOR CENTER NEWSLETTER



JULY 2025

## FARMER'S MARKET CARD DISTRIBUTION

Thursday, July 3  
11:00 AM

Senior Resources will be at the Senior Center to distribute the Farmer's Market Nutrition Program cards for those that pre-registered in June. Those unable to attend this session will need to contact the CSC office to make other arrangements to receive their card. The Senior Farmer's Market Nutrition Program supports local farmers and provides fresh produce to low-income seniors in Connecticut.

## SUMMER SALAD COOKING DEMO

Monday, July 7  
11:00 AM

Looking for a new summer salad recipe to impress your friends and family? Patty Watts will be sharing her recipe for Mexican street corn pasta salad. This recipe uses simple ingredients that when combined create a great tasting salad. Samples and printed recipe will be available at the demo. This is a free program but registration is required.

## LUNCH & LEARN

**"NO" IS A COMPLETE SENTENCE**  
Thursday, July 10  
11:00 AM

Saying No is a Complete Sentence. This Lunch & Learn will focus on finding me time. Tips to maintain a positive attitude while setting boundaries without feeling guilty will be discussed. Presented by Heather Hitchcock, Community Liaison, Care at Home by JFS. Program and lunch sponsored by Marlborough Health Center. Choice of Turkey to Tuna Sandwich, chips, cookie and bottle of water. Free program. Registration is required. Space is Limited.

## WHAT IS REFLEXOLOGY?

Tuesday, July 15  
11:15 AM

Reflexology was one of the programs that was requested in our interest survey. Studies show that foot massage can help reduce stress and anxiety as well as lower blood pressure but there are other benefits as well. Suzette Christenson, Certified Reflexologist, will be here to discuss the benefits and process of reflexology. We hope to start offering reflexology sessions in August.

## PATRIOTIC PICNIC LUNCHEON

Wednesday, July 16  
11:00 AM

Join us for our annual Patriotic Picnic. Colchester resident Bobby C will be here to entertain us with some tunes from Sinatra to the 70's. After his performance we will feast on a freshly smoked BBQ lunch featuring pulled pork by our visiting BBQ chef John Savage, baked beans, potato salad, coleslaw, lemonade, and patriotic flag cake. The cost is \$10 per person. Space is limited.

## PAINTING WITH JULIANNA

**"MARSH COLORS"**  
Thursday, July 17  
1:00 PM

Join us for an afternoon of exploring color and dry brush techniques while painting a beautiful seaside marsh landscape. Instruction provided by professional fine artist Julianna Cameron. No previous experience needed, step by step instruction will be provided. \$30 per artist. Space is limited. Registration is required.

## INSURANCE FRAUD PRESENTATION & ICE CREAM SOCIAL

Monday, July 21  
12:30 PM

Insurance scams involve fraudulent activities related to insurance policies, including both policyholder and fraudulent activities by insurance professionals. Isabella O'Brien from Senior Insurance Consultants will be here to discuss various scams you should be aware of. Join us for an informative presentation and some ice cream. This is a free program. Registration is required.

## UNLEASH YOUR JOY GOSSIPING AND JOY

Monday, July 28  
10:30 AM

Gossip is often associated with negative feelings, anxiety and depression for the subject of the gossip. And while it can be seen as an initial source of joy for the gossip, this "joy" can be short-lived and destructive to relationships and personal well-being. CSC member Deb Fitzgerald will be here to discuss how gossip affects our joy and a healthier approach to gossip. This is a free program. Registration is required.



**CSC will be closed  
on Friday, July 4th.**

## 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

The smooth vocals of Ella Fitzgerald's iconic song ring out, "**Summertime, and the livin' is easy. Fish are jumpin' and the cotton is high...**" Can't you just hear it? The sounds of summer are all around. What are your favorite summer activities?

**Family Picnics?** Well then let me cordially invite you to our annual Patriotic Picnic on Wednesday, July 16th. As a special treat, Jodi's husband, John Savage, will be here freshly smoking some pork shoulder on his smoker. We will enjoy some authentic, fresh barbeque, play some fun summer games and more. If you're looking for a new picnic recipe, come join us for a delicious Summer Salad Cooking Demo, with food samples and recipes that you can recreate at home and impress your friends and family at your next summertime picnic.

**Outdoor Activities?** During the warm weather months, we offer plenty of opportunities to get outside and enjoy the beauty and warmth of summertime. Maybe consider joining a wonderful group of people who enjoy walking. Our Walking Group meets on Wednesday mornings at 9 a.m. or Sundays at 10 a.m. to head out to walk the Airline Trail at the Amston entrance, weather permitting. Don't forget all of the men and women who comprise our Senior Golf League. We have our largest group ever who gather at Chantclair Golf Course every Tuesday morning at 8:30 a.m. to hit the links. In our new building, we have a covered patio outside the Multi-Purpose Room and an uncovered patio where you can get some sun—just don't forget your sunscreen.

**Rather Keep Your Cool?** We average over 200 programs on our monthly calendar of activities every month, so whether you're an outdoor person or not, there is always something enjoyable and fun at the Colchester Senior Center. Even on the hottest of summer days, you can be assured that you'll be nice and cool here. You can bet that our air conditioners are on, and you can find some great ways to beat the heat this summer. If there are any official heat waves (extended periods of temperatures in excess of 90 degrees), consider this your formal invitation to stay cool and comfortable with us!

Whatever activities you enjoy during this season and whatever it is that you find the best about the crazy, lazy, hazy days of summer, you can be sure that the Colchester Senior Center is offering a variety of opportunities for you and your friends to enjoy the very best that summertime has to offer. Discover summering with CSC, we promise you'll enjoy yourself. Ella sang it best: "**Summertime....and the livin' is easy...**"

Warmly,

*Patty*

**JULY PROGRAM UPDATES**

**Inspired By Art**

Inspired by Art will be on hiatus for a few months. It will return this fall. If you have any suggestions of artists or art mediums that you would like to explore, see Jodi.

**Life Review**

The Life Review Program will be held on Wednesday, July 9<sup>th</sup> due to many people being away for the July 4<sup>th</sup> Holiday. Our monthly prompt is Lessons Learned and/or a Summer Memory.



**NAUTICAL WREATH WORKSHOP**  
**Tuesday, July 8, 10:00 A.M.**

Looking for that perfect summer wreath? Sign up for our Nautical Wreath Workshop. Using nautical rope, shells and starfish, you will create a beautiful wreath to decorate your home. No experience needed we will be using a glue gun for the construction. The cost is \$15 per person. Registration is required. Space is limited.

**SENIOR DISCUSSIONS WITH ALICIA**  
**Friday July 11, 18, 25, 10:00 AM**

Alicia Moore, an Occupational Therapy student from Bay Path University, will be hosting a 5-week program on various senior topics as part of her summer internship. Each week will include a short presentation, open discussion and fun activities. This is a free program. Space is limited. Registration is required. Sign up for one or all.

**July 11 – Activities of Daily Living** – Personal and home management as we age. Learn some tips and tricks to making them more manageable.

**July 18 – Adaptive Equipment** – How to stay safe in your home with additional adaptive equipment as well as resources available.

**July 25 – Grief & Loss** – Ways to process and heal from loss and remember loved ones.

**RIBS & RUBS FOOD DEMO**  
**Wednesday, July 16, 10:00 AM**

Join John Savage, Jodi's husband, as he demonstrates the perfect way to prepare ribs. He will discuss what to buy, how to prepare them, and several rubs that you can make or purchase to give you a great tasting rib. Various cooking methods will be shared including baking them in the oven. Samples will be distributed. This is a free program, but registration is required.

**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.

**NEW PROGRAMS**

**CORN HOLE: Tuesdays 1:00 PM**

Cornhole is a game in which players or teams take turns tossing beanbags at a board with a hole in its far end. This will be a group led program in the fitness room. No registration is required.

**HAND & FOOT CARD GAME: Weds at 10:00 AM**  
**(No 3<sup>rd</sup> Wednesday)**

Hand & Foot is a variation of Canasta but is played with two sets of cards for each player. No experience necessary we will teach you to play. This is a member led group. No registration required.

**OPEN ART STUDIO TIME: Fridays, 9-11:00 AM**

Do you paint, draw, collage or do another type of fine arts? Are you looking for a place to create art with other like-minded people? Starting in July we will be opening our Art room for open studio time on Fridays from 9 AM to 11 AM. This is a chance for you to bring your own supplies to create and socialize with others. No sign up needed. This is a group led program.

**MONTHLY ART CHALLENGE: WATER**

Along with the open studio time we are also unveiling our new monthly Art Challenge. Each month we will announce an artist prompt that you can use to create a piece of artwork in any medium. In January we will host an art show consisting of these monthly art pieces. You do not have to attend the open art studio to participate in this challenge. This month's challenge is **WATER**.

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>BILLIARDS – OPEN PLAY</b> This is time set aside for members to use the pool table. Please note these times are scheduled to change.	<b>Daily 9:00 – 11:30 AM &amp; Wed, Thurs, &amp; Fri 1:00 – 3:30</b>	<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: <b>America's First Daughter by Stephanie Dray &amp; Laura Kamoie</b>	<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>Thursday July 17</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>Last Tuesday of the Month</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>Wed. July 9</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 July 25</b> <b>11:30 AM</b>	<b>Langley's Waterford</b>	<b>\$4 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>TOPIC: Vulnerability – Brene Brown</b>	<b>Tuesday</b> <b>July 22</b> <b>10:30 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> <b>1:00 – 3:30 PM</b> <b>No group 7/16</b>	<b>Art Room</b>	<b>NO FEE</b>
<b>SHOPPING TRIP (Registration Required)</b> This month's shopping trip will be to <b>Manchester Walmart</b>	<b>Thursday July</b> <b>17</b>	<b>CSC BUS</b>	<b>\$4 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> <b>10:00 AM</b>	<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 July 18</b> <b>12:00 – 3:00 PM</b>	<b>Conference Room</b>	<b>NO FEE</b>
<b>WII BOWLING</b> Video Version of the real-life game. Group Led	<b>Thursdays</b> <b>10:00 AM</b>	<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. <b>Registration is required to reserve your sticks and ball.</b>	<b>Wednesdays</b> <b>1:30 PM &amp;</b> <b>2:30 P.M</b>	<b>Fitness Room</b>	<b>NO FEE</b> <b>Registration Required</b>
<b>CHAIR MASSAGE</b> By Appointment Only with Massage Therapist Sue McCaffrey	<b>Thursdays</b> <b>12:05 PM</b>	<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;</b> <b>Fridays</b> <b>10:00 A.M.</b>	<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> <b>9:45 A.M.</b>	<b>Fitness Room &amp;</b> <b>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> <b>9:00 A.M. &amp;</b> <b>Sundays</b> <b>10:00 A.M.</b>	<b>RTE. 85 AMSTON</b> <b>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;</b> <b>Thursdays</b> <b>9:00 A.M.</b>	<b>Fitness Room &amp;</b> <b>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;</b> <b>Fridays</b> <b>11:00 A.M.</b>	<b>Fitness Room &amp;</b> <b>Zoom</b>	<b>PRE-PAID CARD</b>
<b>SITTERCIZE</b> Movement to improve your strength & balance. Instructor: Anne Beauregard	<b>Mondays &amp;</b> <b>Thursdays</b> <b>10:00 A.M.</b>	<b>Fitness Room &amp;</b> <b>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> <b>8 AM – 4 PM</b>	<b>Fitness Room</b>	<b>3-month - \$35</b> <b>6-month \$60</b> <b>1-year \$110</b>

In May, CSC introduced our new kindness campaign “Positively CSC”, during our Senior Spotlight program on positive aging. We are excited to roll out this campaign to promote a positive outlook and encourage positive thinking, behavior and relationships here at CSC and in the greater community. We think the world can use more positivity now than ever. We hope you will join us by participating in the following initiatives.

**Caught You Caring:**

Caught you Caring is our new program to honor and thank those CSC members that you think have done something kind or above and beyond for you or someone else. Nomination forms will be available near the reception kiosk. Complete a nomination form and return it to the Caught you Caring Box. Nomination forms will be posted on our Positively CSC bulletin board (located in the hallway on your way to the dining room). Each month the names of those nominated will be entered into a drawing for a monthly prize.

**Action For Happiness Calendars:**

Each Month we will post and distribute Action for Happiness Calendars. These calendars offer practical action ideas to make a difference and create a happier and kinder world both in our community and at CSC. You can choose to do one or more of the items listed on the calendar.

**Monthly Projects or Programs:**

Every month we will have at least one project or program focused on Positivity. In July we will be celebrating you and National Sugar Cookie Day.

**NATIONAL SUGAR COOKIE DAY  
WEDNESDAY JULY 9**

We will be celebrating positivity with a sweet treat this month, as July 9<sup>th</sup> is National Sugar Cookie Day. Research has shown that cookies can lift your mood, can trigger the release of endorphins that promote happiness and wellbeing, and sharing treats with others can spread joy. Please stop by the senior center on July 9<sup>th</sup> for your free sugar cookie while supplies last.



**STOP & SHOP COMMUNITY BAG PROGRAM**

Say yes to sustainability this month and head on over to Colchester Stop & Shop and pick up your own reusable \$2.50 Community Bag. For every bag purchased in the month of July, \$1 will be donated to Colchester Meals on Wheels.

**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.

**Receptionist / Greeters:** We are looking for some weekly reception/greeter volunteers as well as fill in volunteers to fill in when our regular volunteers are out due to vacation or illness. 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 Fred for further information or to sign up.

## HEALTH & WELLNESS

### **BLOOD PRESSURE CLINIC**

**Friday, July 11, 10:45 a.m.**

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

### **CHATHAM HEALTH EDUCATION SERIES**

**Friday, July 11, 11:15 a.m.**

This month, Chatham Health District will share information about Skin 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 III funds made available under the Older Americans Act.*

### **SUMMERTIME HEAT SAFETY**

During exercise, work or play when it's hot, take frequent breaks and drink plenty of fluids. Water and sports drinks work best.

**HEAT CRAMPS:** Heat cramps are muscle contractions, usually occurring in the legs. These contractions are forceful and can be quite painful. These cramps seem to be connected to heat, dehydration and poor conditioning rather than a lack of salt or other mineral imbalances. They typically improve with rest, drinking water and getting into a cool environment.

**HEAT EXHAUSTION:** Although partly due to exhaustion, heat exhaustion is also a result of excessive heat and dehydration. The signs of heat exhaustion include paleness, dizziness, nausea, vomiting, fainting and a temperature between 101-102 degrees fahrenheit. Rest and water may help mild heat exhaustion along with ice packs, blowing fans and air conditioners. Severely exhausted patients will probably require medical intervention such as IV fluids. If you are uncertain, do the safe thing and dial 911, especially when dealing with children or the elderly.

**HEAT STROKE:** If an individual has the following symptoms, stop everything and dial 911. **HEAT STROKE IS A TRUE MEDICAL EMERGENCY!** Heat Stroke is the most severe form of heat related illness and can occur even in people who are not exercising, if the weather is hot enough. These people have warm, flushed skin but are unable to sweat due to severe dehydration. Whether exercise-related or not, a person who is experiencing heat stroke usually has a very high temperature (106 or higher) and may be delirious, unconscious or having seizures. Their temperatures need to be reduced immediately with ice packs and IV fluids for rehydration and they must be transported by EMS to the nearest hospital.

**This information was provided by Colchester Fire & Emergency Medical Services**



## SOCIAL SERVICES

### **CHOICES COUNSELING**

**Tuesday, July 8**

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

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

### **SENIOR BENEFITS COUNSELING**

**Thursdays in July**

**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.

### **TOWN SOCIAL SERVICES OFFICE HOURS AT CSC**

**Fridays in July**

**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 JULY

**AARP CHAPTER #4019**

**No Meeting in July**

**LTC OMBUDSMAN REGIONAL MEETING**

**Tues., July 8, 10:00 a.m.**

**SENIOR CENTER BUILDING COMMITTEE**

**Tues., July 8, 7:00 p.m.**

**CSC STAFF MEETING**

**Wednesday, July 9, 2:30 p.m.**

**COMMISSION ON AGING**

**Mon., July 14, 9:00 a.m.  
CSC Conference Room**

**DAY TRIPS**

**(SOLD OUT) 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>.**

**BOSTON LIGHTS AT FRANKLIN PARK ZOO- BOSTON, MA** 

**Tuesday, September 16, 2025, 1:00 PM**

Prepare to be dazzled as you wander through Boston Lights – A Lantern Experience. Surrounded by immersive walkthroughs and enchanting interactive displays at every turn at the Franklin Park Zoo. Take a leisurely walk on the 1-mile loop (plenty of bench seating along the way) through the zoo as you feast your eyes on hundreds of glowing lanterns. Dive into an underwater paradise where sea turtles and an 115 foot octopus awaits your discovery. Journey to India amidst lantern scenes of lotus flowers, elephants, monkeys and rhinos. Prior to the lantern experience, enjoy an early dinner at Maggiano’s Little Italy, Boston. **The cost is \$161 per person. Sign up before August 16<sup>th</sup>.**

**A CHORUS LINE - THE MUSICAL, GOODSPEED with lunch at the GELSTON HOUSE** 

**Wednesday, September 24, 2025, 10:45 AM**

The singular sensation of musicals makes its Goodspeed debut in a dazzling 50th anniversary production! *A Chorus Line* pulls back the curtain and reveals the hopes and hurts of 17 professional dancers vying for a job in a Broadway chorus. Heartbreak, talent, and passion are center stage in this Pulitzer Prize-winning, show business classic for anyone who’s ever had a dream and put it all on the line. **The cost is \$100 per person and includes senior bus transportation, meal, and tickets to the show. Space is limited.**

**OVERNIGHT TRIPS**

**BOOTHBAY HARBOR MAINE** 

**Monday, October 6 – Wed., 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 trip 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.**

**DEPARTING SOON**




**TWIN LOBSTER AT THE LOG CABIN, HOLYOKE MA**

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

**ALASKA DISCOVERY LAND & CRUISE  
July 23 – Aug. 3, 2025**

**WALKING KEY FOR TRIPS**

 = Light Walking        = Moderate Walking

   = Mostly Walking



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# July 2025

Colchester Senior Center

8:30 Golf League 1  
 9:00 Making Memories  
 10:00 Program  
 Registration Begins  
 9:45 Tai Chi  
 12:30 Pinochle  
 1:00 Cornhole  
 1:30 Bingo

Canada Day

9:00 Making Memories 2  
 9:00 Walking Group  
 10:00 Adult Coloring  
 10:00 Hand & Foot  
 10:00 Sit & Be Fit  
 1:00 Sew-cial Time  
 1:30 Cardio Drumming  
 2:30 Cardio Drumming

9:00 Exercise with Anne 3  
 10:00 Sittercize  
 10:00 Wii Bowling  
 11:00 Farmers Market  
 Cards  
 NO Yoga  
 12:05 Chair Massage  
 12:00 Sr. Benefits Couns.  
 12:30 Dominoes  
 1:00 Knit & Crochet

Closed for the  
 4<sup>th</sup> of July  
 Holiday

Independence Day (US)



6  
 9:00 Making Memories 7  
 9:00 Exercise with Anne  
 10:00 Sittercize  
 11:00 Learn to Sign  
 11:00 Summer Salad  
 Demo  
 11 -12 Fitness Orientation  
 12:30 Mah Jongg  
 12:30 Bridge  
 12:30 Set Back

8:30 Golf League 8  
 9:00 Making Memories  
 9:45 Tai Chi  
 10:00 Nautical Wreath Class  
 10:00 Regional LTCOP  
 Meeting  
 12:30 Pinochle  
 12:30 Choices Counseling  
 1:00 Cornhole  
 1:30 Bingo  
 7:00 SCBC Meeting

Positively CSC Sugar  
 Cookie Day 9  
 9:00 Making Memories  
 9:00 Walking Group  
 10:00 Adult Coloring  
 10:00 Hand & Foot  
 10:00 Sit & Be Fit  
 10:30 Life Review Writing  
 1:00 Sew-cial Time  
 1:30 Cardio Drumming  
 2:30 Cardio Drumming  
 2:30 CSC Staff Meeting

9:00 Exercise with Anne 10  
 10:00 Sittercize  
 10:00 Wii Bowling  
 11:00 Yoga  
 11:00 Lunch & Learn  
 12:05 Chair Massage  
 12:00 Senior Benefits  
 Counseling  
 12:30 Dominoes  
 1:00 Knit & Crochet

NO Social Service Hour 11  
 9:00 Open Art Studio  
 10:00 Sit & Be Fit  
 10:00 Senior Discussions  
 10:30 Senior Serenaders  
 Choral Group  
 10:45 Blood Pressure Clinic  
 11:00 Yoga  
 11:15 Chatham Health  
 Presentation  
 1:30 Bingo

13  
 9:00 Making Memories 14  
 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

8:30 Golf League 15  
 9:00 Making Memories  
 9:45 Tai Chi  
 11:15 What is  
 Reflexology  
 12:30 Pinochle  
 1:00 Cornhole  
 1:30 Bingo

9:00 Making Memories 16  
 9:00 Walking Group  
 10:00 Adult Coloring  
 NO Hand & Foot  
 10:00 Sit & Be Fit  
 10:00 Rubs & Ribs Demo  
 11:00 Patriotic Luncheon  
 NO Sew-cial Time  
 1:30 Cardio Drumming  
 2:30 Cardio Drumming

9:00 Exercise with Anne 17  
 10:00 Sittercize  
 10:00 Wii Bowling  
 10:00 Shopping Trip  
 10:00 Card Making  
 11:00 Yoga  
 12:05 Chair Massage  
 12:00 Sr. Benefits Couns.  
 12:30 Dominoes  
 1:00 Knit & Crochet  
 1:00 Painting w/ Julianna

9:00 Social Service Hour 18  
 9:00 Open Art Studio  
 10:00 Sit & Be Fit  
 10:00 Senior Discussions  
 10:30 Senior Serenaders  
 Choral Group  
 11:00 Yoga  
 12:00 Tech Time w/ Harry  
 12:30 Ham Radio  
 1:30 Bingo



20  
 9:00 Making Memories 21  
 9:00 Exercise with Anne  
 10:00 Sittercize  
 11:00 Learn to Sign  
 11 -12 Fitness Orientation  
 12:30 Insurance Fraud Ice  
 Cream Social  
 12:30 Mah Jongg  
 12:30 Bridge  
 12:30 Set Back

8:30 Golf League 22  
 9:00 Making Memories  
 9:15 Twin Lobsters Trip  
 Departs  
 9:45 Tai Chi  
 10:30 Senior Spotlight  
 12:30 Pinochle  
 1:00 Cornhole  
 1:30 Bingo

Alaska Trip Departs 23  
 9:00 Making Memories  
 9:00 Walking Group  
 10:00 Adult Coloring  
 10:00 Hand & Foot  
 10:00 Sit & Be Fit  
 1:00 Sew-cial Time  
 1:30 Cardio Drumming  
 2:30 Cardio Drumming

9:00 Exercise with Anne 24  
 10:00 Sittercize  
 10:00 Wii Bowling  
 11:00 Yoga  
 11:30 Library Days  
 12:05 Chair Massage  
 12:00 Senior Benefits  
 Counseling  
 12:30 Dominoes  
 1:00 Knit & Crochet

9:00 Social Service Hour 25  
 9:00 Open Art Studio  
 10:00 Sit & Be Fit  
 10:00 Senior Discussions  
 10:30 Senior Serenaders  
 Choral Group  
 11:00 Yoga  
 11:30 Lunch Bunch -  
 Langley's  
 1:30 Bingo

27  
 9:00 Making Memories 28  
 9:00 Exercise with Anne  
 10:00 Sittercize  
 10:30 Unleash Your Joy  
 11:00 Learn to Sign  
 11 -12 Fitness Orientation  
 12:30 Mah Jongg  
 12:30 Bridge  
 12:30 Set Back

8:30 Golf League 29  
 9:00 Making Memories  
 9:45 Tai Chi  
 12:30 Pinochle  
 1:00 Cornhole  
 1:30 Bingo

9:00 Making Memories 30  
 9:00 Walking Group  
 10:00 Adult Coloring  
 10:00 Hand & Foot  
 10:00 Sit & Be Fit  
 1:00 Sew-cial Time  
 1:30 Cardio Drumming  
 2:30 Cardio Drumming

9:00 Exercise with Anne 31  
 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 & Crochet



# TVCCA SENIOR CAFÉ MENU ~ JULY 2025









## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><u>TVCCA Senior Nutrition Program</u> 81 Stockhouse Road Bozrah, CT 06334 www.tvcca.org <b>1% milk and Whole Grain Bread served with each meal.</b> <b>Menu is subject to change without notice.</b></p>	<p>1 Chicken Kiev Pasta Shells w/ Herbs Green Beans Sweet Treat Apple Juice</p> 	<p>2 Chicken Primavera Gemelli Pasta Diced Carrots Applesauce Cup</p>	<p>3 Pork Sausage w/ Gravy Mashed Potatoes Mixed Vegetables Mixed Fruit Cup</p>	<p>4 <b>Senior Nutrition Program Closed</b></p>  <p>Happy 4th of July!</p> <p><b>Independence Day Holiday</b> <b>Have a safe Independence Day</b></p>
<p>7 Western Omelet Tater Tots Broccoli Fresh Fruit</p>	<p>8 Cod w/ Garlic Lemon Sauce Rice Pilaf Squash Mix w Carrots &amp; String Beans Diced Peaches</p> 	<p>9 Pub Burger w/ Bun Baked Beans Corn w/ Peppers &amp; Onions Sweet Treat Grape Juice</p>	<p>10 Vegetarian Lasagna Snap Peas Carrot Coins Mandarin Oranges</p>	<p>11 American Chop Suey Broccoli Waxed Beans Fresh Fruit</p> <p><b>Or Salad Choice:</b> <b>Taco Salad</b></p>
<p>14 Curry Chicken Steamed Rice Sliced Carrots Applesauce Cup</p>	<p>15 Salisbury Steak w/ Gravy Herb Roasted Potatoes Peas &amp; Pearl Onions Fresh Orange</p>	<p>16 <u>Patriotic Picnic Special Luncheon</u> Smoked BBQ Pulled Pork Baked Beans Potato Salad Coleslaw Lemonade Patriotic Flag Cake <b>Ticket Cost: \$10.00</b></p> 	<p>17 <b>Birthday Celebration</b> French Style Chicken w/ Wine Sauce Garlic Mashed Potatoes Broccoli Birthday Treat Orange Juice</p>	<p>18 Crispy Cod Macaroni &amp; Cheese Green Beans Tropical Fruit Cup</p> <p><b>Or Salad Choice:</b> <b>Waldorf Chicken Salad</b></p>
<p>21 Stuffed Chicken w Broccoli &amp; Cheese Lemon Parmesan Pasta Cauliflower, Carrots, Snap Peas Tropical Fruit Cup</p>	<p>22 Beef Hot Dog w/ Bun Baked Beans Corn w Peppers &amp; Onions Sweet Treat Apple Juice</p> 	<p>23 <b>Ethnic Celebration</b> Chicken Taco w/ Flour Tortilla &amp; Cheddar Cheese Spanish Rice Broccoli Tropical Fruit Cup</p>	<p>24 Beef Stroganoff Gemelli Pasta Zucchini, Peas, Carrots Fresh Orange</p>	<p>25 Cheese Omelet Sweet Potato Tater Tots Squash Mix w Carrots &amp; String Beans Diced Peaches</p>  <p><b>Or Salad Choice:</b> <b>Rhode Island Seafood</b></p>
<p>29 Country Style Chicken Buttermilk Mashed Potatoes Mixed Vegetables Sweet Treat Grape Juice</p> 	<p>29 Chicken &amp; Broccoli Steamed Rice Broccoli, Peppers, Mushrooms Pineapple Tidbits</p>	<p>30 Cheese Ravioli w/ Marinara Waxed Beans Peas &amp; Pearl Onions Fresh Fruit</p> 	<p>31 BBQ Pulled Pork w/ Bun Home Fries Green &amp; Yellow Squash Diced Pears</p>	<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><b>PAGE 10</b></p>