

COLCHESTER SENIOR CENTER NEWSLETTER

JANUARY 2025



**CSC Is Closed on
Wed. January 1st for
The New Year Holiday
&
Mon. January 20th
for the Martin Luther
King Jr. Holiday**

**SNOWBALL LUNCHEON
WEDNESDAY, JANUARY 15
11:00 AM**

Well, the weather outside is frightful but the senior center is delightful. Join us as we warm up the cold days of winter with our Snowball Luncheon. You will enjoy the musical stylings of Brad Bensko a multi-instrumentalist singer/songwriter who shares his love of 50s and 60s pop, American Songbook, and American Roots. The comforts of a meatloaf dinner will be served with mashed potatoes, snap peas, juice and Banana Cream Pie. Cost is \$10 per person. Space is Limited. Register before January 8th or until sold out.

**CHINESE NEW YEAR
OPERA PERFORMANCE
FRIDAY, JANUARY 31
11:00 AM**

Celebrate the Chinese New Year and the Year of the Snake with a special performance and presentation by CSC members Barbara Chan and Michael Mulready. They will share information about Chinese Classical Dance and Opera, and they will perform a sampling of classical dance and opera. You will not want to miss this wonderful show. Each audience member will receive a handmade fortune cookie when they arrive. One lucky member will receive the red envelope prize in their fortune cookie. This is a free program. Registration is required.

**MOVE OVER PRESENTATION
TUESDAY, JANUARY 7
11:00 AM**

The Colchester Fire & EMS was recently awarded a DOT Highway Safety Grant to enhance highway safety across the state. Part of the grant includes public outreach in the region to educate and promote the Move Over Law and safety measures when driving on the state roadways. We are happy to welcome Chief Hoffman as he presents on this very important topic. This is a free program. Registration is requested.



**LUNCH & LEARN
TUESDAY, JANUARY 14
11:00 AM**

Join Harrington Court for a Lunch & Learn. Their rehab team will share with you their services such as Physical Therapy, Occupational Therapy, Speech Therapy. Learn how their services can help you meet your goal of returning you to top function as quickly as possible, with some added benefits, including pain reduction. Most importantly, their programs empower you to move forward with confidence with your recovery. Assorted sandwiches, chips and a cookie will be served. This is a free program. Space is limited. Registration is required.

**UNLEASH YOUR JOY
MONDAY, JANUARY 27
10:00 AM**

Join us for a new monthly workshop that will focus on finding joy and happiness in our everyday lives. We will look at a different topic each month such as Creating Change, Living Your Dreams (It's Never too Old to Dream), Making Connections with Others, and Finding Courage. Topics that are not only important to our present day moment they are also important to our overall health. Join us this January as we look at creating a Healthy Mind Platter that focuses on seven daily essential mental activities to optimize brain matter and create well-being. This is a free program. Registration is required.

**AARP TAX AIDE
APPOINTMENTS
Fridays, Feb. 7 - April 4
By Appointment Only**

AARP Tax Aide Counselors will be available by appointment on Fridays from February 7th through April 4th to assist you with free tax preparation assistance. We will begin taking appointments on January 2nd.. Please call Susan in the office at 860-537-3911 to schedule your tax appointment. Space is limited.



Colchester Senior Center

15 Louis Lane.

Colchester, CT 06415

Phone: 860-537-3911

Fax: 860-537-5574

Email: csc@colchesterct.gov

facebook.com/www.colchesterct.gov

HOURS OF OPERATION

Monday: 8:00 a.m.-4:00 p.m.

Tuesday: 8:00 a.m.-4:00 p.m.

Wednesday: 8:00 a.m.-4:00 p.m.

Thursday: 8:00 a.m.-4:00 p.m.

Friday: 8:00 a.m.-4:00 p.m.

SENIOR CENTER STAFF

Patricia Watts Director/M.A.

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

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

Rosemary Coyle, BOS Liaison

Chris Rivers, BOE Liaison

From the Director's Desk

New year's signal fresh starts, and this year with our recent move into our new building feels even more so than usual. It's so exciting to realize aspects of how this new center is already improving our operations. After being in the "planning stages" for so long, to see people using the spaces that were planned for them is an absolute dream come true! We've also seen a spike in our new member enrollment and are closing in on nearly 2,000 registered members, so the growth which we anticipated because of the opening is already coming to pass.

How will this New Year represent a fresh start in your life? How can CSC help you to achieve some of the goals you may have set for yourself in 2025? We count it a privilege to support our members in their efforts to remain fully engaged in life—in whatever ways are most meaningful to them. I'd like to think that we are partnering with you in that endeavor, through the many programs and services that we offer.

Since opening the building, we have had a lot of questions about our new Fitness Center and why it's not yet open. I am currently working with a subcommittee of Colchester's Commission on Aging to develop policies for the Fitness Center. Once they are complete, the policies will go before the Board of Selectmen for approval. Once that is done, we will be ready to open the Fitness Room. We appreciate your patience in this matter. If better health and fitness is on your list of New Year's resolutions, please consider participating in one of our many excellent fitness classes. It is our goal to open the Fitness Center in early February.

Beyond a focus on fitness, there are many other ways to improve your life through the programs and services offered here at CSC. There are opportunities to learn new things or practice your skills; meet new friends or deepen existing relationships; investigate benefits that can help you stretch your budget; keep track of your health with our monthly Blood Pressure Clinics; support members of your community through volunteering, and so much more. Early this year we will also be looking for your feedback for new programs and services through our Program Interest Survey. Jodi will be sending out more information on that very soon, and we'd love to hear your input as we are making plans to grow into our new program spaces.

Doesn't it make you feel proud and empowered that we can continue to make positive changes in our lives and the lives of those around us? For as long as we have strength and stamina, we can **BE THE POSITIVE CHANGE WE WANT TO SEE IN THE WORLD**. We hope that you will choose to learn, grow and challenge yourself alongside us at the Colchester Senior Center, throughout the year to come.

Wishing you a Happy & Healthy New Year,

Patty

PROGRAMS

LIFE REVIEW WRITING **Wednesday, January 8** **10:30 a.m. – 12:00 p.m.**

Learn the process and practice of reviewing one's life through writing using various prompts and group brainstorming sessions. This is a free program. Contact Jodi for this month's writing prompts.

SEWING CIRCLE **Wednesday, January 8 & 22** **1:00 p.m.**

Come and work on a project of your own or one of our projects. We do have some machines to use but you are encouraged to bring your own if you can.



SHOPPING TRIP **Thursday, January 9** **10:30 a.m. Departure**

This month's monthly shopping trip will be to Norwich Walmart. The suggested donation is \$3.00. Please pre-register by calling the senior center office.



INSPIRED BY ART **Monday, January 13** **10:00 a.m.**

Each month we will look at an artist and/or style of art and use their work as inspiration to create an art piece of our own, we will focus on various mediums such as painting, fabric collage, and crafts. For January we will focus on Pop Art Artists such as Andy Warhol, Romero Britto, Roy Lichtenstein, Keith Haring and more. Using their art we will create a wall hanging. The cost for this program is \$10 and covers the cost of all the supplies needed to complete the project. Space is limited. Register by January 10th or until full.

CARD MAKING WORKSHOP

Friday, January 17
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 \$10.00 per person. Register by January 10th.

TECH TIME WITH HARRY **Friday, January 17** **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, January 21** **10:30 a.m.**

This month's selection is *The Rent Collector* by Cameron Wright. Copies are available at Cragin Memorial Library. Come, having read the book and be ready for a lively discussion.

FITNESS CENTER Q&A **Tuesday, January 21** **11:00 a.m.**

We are so happy that our new facility includes a fitness center complete with state-of-the-art equipment. Join Patty Watts as she discusses the policies and procedures that will be associated with this new center and answer any of your questions.

TED TALK DISCUSSIONS **Wednesday, January 22** **10:30 a.m.**

Join us as we watch two TED Talks with a focus on the new year. One talk will focus on Procrastination, and another will focus on Ending New Year's Resolutions. We will engage in discussion after viewing the videos.

VEGAN SOUP FOOD DEMO **Thursday, January 23** **10:00 a.m.**

Join CSC Member Irene Watson as she shares some vegan soup options and the benefits of a vegan diet. Registration is required.

LUNCH BUNCH **Friday, January 24** **11:30 a.m.**

Register to join us on this month's Lunch Bunch outing to the Cactus Bistro, Bar & Grill. Cactus Bistro is a cozy eatery nestled in the heart of East Haddam, CT. Specializing in Southwestern cuisine, the restaurant offers a casual dining experience with a diverse menu of flavorful dishes. Suggested donation of \$4.00 for transportation.

STITCH & FIX WITH MARIA **Monday, January 27** **by appointment, beginning at** **10:00 a.m.**

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



CSC MOVIE TIME **"THE WAR WITH GRANDPA"** **Tuesday, January 28** **10:00 a.m.**

Join us as we view the 2020 comedy "The War with Grandpa." The movie stars Robert De Niro, Cheech Marin, and Jane Seymour. The story centers around Peter and his grandpa. When grandpa moves in Peter is forced to give up his room, forcing him upstairs into the creepy attic. Peter declares war on his grandpa to get his room back, but grandpa is tougher than he looks. and he plans to get even.

IN THE KNOW **Tuesday, January 28** **12:30 p.m.**

Join Director, Patty Watts, as she shares CSC updates, information about local, State and Federal aging resources, updates about our new facility, listens to your concerns and answers questions taken from the audience.

FREE CLASSES / PROGRAMS	DAY & TIME	LOCATION	FEE
LEARN TO SIGN Learn the basics of American Sign Language (ASL). Led by Linda Graimm	MONDAYS 11:00 A.M.	CSC	NO FEE
GARDEN CLUB Join members of the Colchester Garden Club to maintain the gardens around the senior Center	On Hold for The Winter	CSC	NO FEE
TAI CHI A mind/body practice known as “moving meditation.” Leader: Steve Arbuckle	TUESDAYS 9:45 A.M.	ZOOM & CSC	NO FEE
WALKING GROUP Walk with a group of peers on the airline trail. Meetup is weather permitting. Group led.	WEDNESDAYS 9:00 A.M. & SUNDAYS 10:00 A.M.	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
CARDIO DRUMMING Fun low impact workout mixing music and drumming. Registration is required to reserve your sticks and ball.	WEDNESDAYS 1:30 P.M	CSC	NO FEE
OPEN BILLARDS This is time set aside for members to use the pool table. Please note these times are scheduled to change.	Daily 9:00 – 11:30 A.M. & Wed. & Thursday 1:00 – 3:30	CSC	NO FEE
SIT & BE FIT VIDEO DVD-based program for beginner level chair exercises that focus on all areas of the body. Group Led	WEDNESDAYS & FRIDAYS 10:00 A.M.	CSC	NO FEE
ADULT COLORING Color beautiful, intricate patterns in a social and creative atmosphere – Group Led	WEDNESDAYS 10:00 A.M.	CSC	NO FEE
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group. Group Led	THURSDAYS 1:00 P.M.	CSC	NO FEE
SENIOR SERENADERS CHORAL GROUP Sing along with your favorite tunes! We will be practicing for upcoming concerts. Leader: Terry Phillips	FRIDAYS 10:30 A.M.	CSC	NO FEE
<i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$35.00</i>			
EXERCISE WITH ANNE Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard	MONDAYS & THURSDAYS 9:00 A.M.	ZOOM & CSC	PRE-PAID CARD
SENIOR YOGA Gentle massage, simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	THURSDAYS & FRIDAYS 11:00 A.M.	ZOOM & CSC	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ZOOM & CSC	PRE-PAID CARD

TRANSPORTATION SCHEDULE

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

Mondays: Appointment Day*

Tuesdays: Shopping Day

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

Wednesdays: Appointment Day*

Thursdays: Shopping Day

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

Fridays: Appointment Day*

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

SPECIAL INTEREST GROUPS

BRIDGE	Mondays at 1:00 p.m.
MAH JONGG	Mondays at 12:30 p.m.
SETBACK	Mondays at 12:45 p.m.
PINOCHLE	Tuesdays at 12:30 p.m.
BINGO	Tuesdays & Fridays at 1:30 p.m.
CARDIO DRUMMING	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 (by appointment only)	Thursdays at 12:00 p.m.
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.

BLOOD PRESSURE CLINIC

Friday, January 10, 10:45 a.m.

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

CHATHAM HEALTH EDUCATION SERIES

Friday, January 10, 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 micronutrients.

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 Title III funds made available under the Older Americans Act.

WINTER REMINDERS...

Residents are reminded that this is the season that causes a lot of problems for fire and EMS personnel attempting to provide emergency services quickly. Snow and ice-covered driveways and sidewalks create difficulty for emergency responders to access your home. Moving a stretcher through snow and ice is extremely difficult—requiring numerous additional personnel. Driveways and walkways should be cleared as soon as possible after snow falls.

It is easy to slip and fall in the winter, especially in icy and snowy conditions. Carefully shovel steps and walkways to your home (or hire someone to shovel for you). Do not walk on icy/snowy sidewalks; look for sidewalks that are dry and have been cleared. Wear boots with non-skid soles so you're less likely to slip when you walk.

If you use a cane, replace the rubber tip before it is worn smooth. When the temperature drops, older adults can run a higher risk of health problems and injuries related to the weather including hypothermia, frostbite and falls.

Remember to take the necessary precautions to stay safe this winter!



SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, January 14
12:30 p.m.**

Confidential counseling for Medicare is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appointment. Please schedule an appointment for one of the Open Enrollment Events.

SENIOR BENEFITS COUNSELING

**Thursdays in January
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.

ENERGY ASSISTANCE September through May

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 NOVEMBER

**AARP CHAPTER #4019
No January Meeting**

**CSC STAFF MEETING
Wed., January 8
2:30 p.m.**

**COMMISSION ON AGING
Mon., January 13
9:00 a.m.**

Town Hall Meeting Room 1

**LTC OMBUDSMAN
REGIONAL MEETING
Tuesday, January 14
10:00 a.m.**

**SENIOR CENTER
BUILDING COMMITTEE
Tues., January 14 & 21
7:00 p.m.
Colchester Senior Center**

DINING OPTIONS

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

COMMUNITY CAFÉ MEALS

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

MEALS ON WHEELS DELIVERIES

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

VOLUNTEER OPPORTUNITIES

Put your many skills to good use with a volunteer opportunity at CSC:

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

**COMING SOON:
PROGRAM INTEREST SURVEY**

Moving into our new building will allow us additional space and opportunity for new programming and growth. Coming January 21st, we will be conducting a program survey to gather your thoughts and ideas. What would you like to take a class in, what programs have you seen at other senior centers that you think we should offer, what topics you would like a presentation on, do you have restaurant ideas for lunch bunch, do you have a talent you would like to share and so much more. The survey will be used to gather our members' interests and help us introduce new programs as we are able.

**BLOOMIN' 4 GOOD BOUQUETS
AT COLCHESTER STOP & SHOP**



**LOOKING FORWARD TO MAKING MORE
MEMORIES TOGETHER IN 2025!**



BEST WISHES FROM
*Patty, Jodi, Susan, Missy, Fred,
Sheri, Ginny, Noella & Linda*

DAY TRIPS



**NEW DAY TRIPS FOR 2025
COMING SOON**

OVERNIGHT TRIPS

**SOUTH PACIFIC WONDERS – NEW ZEALAND
& AUSTRALIA**

**March 12 – 26, 2025, departure TBD – SOLD
OUT**

ALASKA DISCOVERY LAND & CRUISE

July 23 – Aug. 3, 2025, departure TBD



Traverse the Pacific coast by land and sea on this breathtaking 12-day journey through Alaska. Highlights include a trip of the riverboat the Sternwheeler Discovery, Music of Denali Dinner Theater and an expert guided tour Tundra Wilderness Tour in Denali National Park. Enjoy an unforgettable rail journey from Denali to Talkeetna in a luxury domed railcar. Experience Anchorage, Alaska’s largest city. Drive along the Alaska Range Drive enroute to the port of Whittier where you will embark on your 7-night Holland America cruise. While cruising you will see Glacier Bay, explore Alaska’s capital Juneau, visit the “Salmon Capital of the World” Ketchikan, and sail along the Inside Passage. Your cruise ends in the vibrant Canadian city of Vancouver. **12 days, 26 meals, 11 breakfasts, 7 lunches, and 8 dinners. The cost varies from \$6,399 to \$7,899 per person (double occupancy) depending on room choice on the cruise ship and availability. Rates increase for bookings made after January 23, 2025.**

WALKING KEY FOR TRIPS

= Light Walking = Moderate Walking

= Mostly Walking



If the Colchester Senior Center is impacted by inclement weather, please watch WFSB Channel 3 for any announcements regarding any delays or closures of programs, meals, or transportation, listed under “Colchester Senior Center or on the CSC Facebook page. Please be aware that we do not always follow the school closures and delays.

NEW TECH SUPPORT EMAIL PROGRAM

Harry Hom who comes in once a month for Tech Time with Harry has offered to volunteer his time to provide additional tech support to CSC members. He has created a special email where members can email him technical questions and he will respond and try to help you via email. If he is unable to help you via email, he will schedule you for an in-person appointment during his regular program time. Please allow 72 hours for a response and please do not send any personal information, documents or passwords. The email address is...

Tech.Help.with.Harry+CSC@gmail.com

COLCHESTER IS KIND PEN PAL PROGRAM

Colchester is Kind is partnering with the Colchester Senior Center to create a new pen pal program with the goal of decreasing isolation and loneliness while increasing connection and community. They plan to match community members with senior center members who will form a relationship with each other through the act of writing letters. They are currently in the process of gauging the interest within the community and have asked us to reach out to you, our members, to see who would like to be matched with a pen pal. If you are interested in being matched with a community pen pal please let Jodi or Patty know. We are so excited to partner with Colchester is Kind on this wonderful project.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January 2025

Colchester Senior Center



1

CSC Closed for the New Year Holiday

New Year's Day

2

9:00 Exercise w/ Anne
10:00 Sittercize
10:00 Wii Bowling
11:00 Yoga
12:00 Chair Massage
12:00 Senior Benefits Counseling
12:30 Dominoes
1:00 Knit & Crochet

3

10:00 Sit & Be Fit
10:30 Senior Serenaders Choral Group
11:00 Yoga
1:30 Bingo

4

5

9 – 4 AARP Tax Training
9:00 Making Memories
9:00 Exercise w/ Anne
10:00 Sittercize
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Set Back

6

9:00 Making Memories
9:45 Tai Chi
11:00 Move Over Presentation
12:30 Pinochle
1:30 Bingo
NO AARP Meeting

7

9 – 4 AARP Tax Training
9:00 Making Memories
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
10:30 Life Review Writing
1:00 Sewing Circle
1:30 Cardio Drumming
2:30 CSC Staff Meeting

8

9:00 Exercise w/ Anne
10:00 Sittercize
10:00 Wii Bowling
10:30 Shopping Trip
11:00 Yoga
12:00 Chair Massage
12:00 Senior Benefits Counseling
12:30 Dominoes
1:00 Knit & Crochet

9

9 – 4 AARP Tax Training
10:00 Sit & Be Fit
10:30 Senior Serenaders Choral Group
10:45 Blood Pressure Clinic
11:00 Yoga
11:15 Chatham Health Education
1:30 Bingo

10

9 – 4 AARP Tax Training
9:00 COA Meeting
9:00 Making Memories
9:00 Exercise w/ Anne
10:00 Sittercize
10:00 Inspired by Art
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Set Back

11

9:00 Making Memories
9:45 Tai Chi
10:00 Regional Ombudsman Meeting
11:00 Lunch & Learn – Harrington Court
12:30 Choices Counseling
12:30 Pinochle
1:30 Bingo
7:00 SCBC Meeting

12

9 – 4 AARP Tax Training
9:00 COA Meeting
9:00 Making Memories
9:00 Exercise w/ Anne
10:00 Sittercize
10:00 Inspired by Art
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Set Back

13

9:00 Making Memories
9:45 Tai Chi
10:00 Regional Ombudsman Meeting
11:00 Lunch & Learn – Harrington Court
12:30 Choices Counseling
12:30 Pinochle
1:30 Bingo
7:00 SCBC Meeting

14

9:00 Making Memories
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
11:00 Snowball Luncheon w/Brad Bensko
1:30 Cardio Drumming

15

9:00 Exercise w/ Anne
10:00 Sittercize
10:00 Wii Bowling
11:00 Yoga
12:00 Chair Massage
12:00 Senior Benefits Counseling
12:30 Dominoes
1:00 Knit & Crochet

16

10:00 Sit & Be Fit
10:00 Card Making w/Barbara
10:30 Senior Serenaders Choral Group
11:00 Yoga
12:00 Tech Time w/Harry
1:30 Bingo

17

9:00 Making Memories
9:45 Tai Chi
10:30 Book Club
11:00 Fitness Center Q&A
12:30 Pinochle
1:30 Bingo

18

9:00 Making Memories
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
10:30 Ted Talk Discussions
1:00 Sewing Circle
1:30 Cardio Drumming

19

Activity Professionals Week

20

CSC Closed for the Martin Luther King Jr. Day Holiday

Martin Luther King Jr. Day

21

9:00 Exercise w/ Anne
10:00 Sittercize
10:00 Wii Bowling
10:00 Vegan Soups Demo
11:00 Yoga
12:00 Chair Massage
12:00 Senior Benefits Counseling
12:30 Dominoes
1:00 Knit & Crochet

22

10:00 Sit & Be Fit
10:30 Senior Serenaders Choral Group
11:00 Yoga
11:30 Lunch Bunch
11:30 AARP Driver Safety Class
1:30 Bingo

23

9:00 Exercise w/ Anne
10:00 Sittercize
10:00 Wii Bowling
10:00 Adult Coloring
10:00 Sit & Be Fit
10:30 Ted Talk Discussions
1:00 Sewing Circle
1:30 Cardio Drumming

24

9:00 Making Memories
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
10:30 Ted Talk Discussions
1:00 Sewing Circle
1:30 Cardio Drumming

25

9:00 Exercise w/ Anne
10:00 Sittercize
10:00 Wii Bowling
11:00 Yoga
12:00 Chair Massage
12:00 Senior Benefits Counseling
12:30 Dominoes
1:00 Knit & Crochet

26

9:00 Making Memories
9:00 Exercise w/ Anne
10:00 Sittercize
10:00 Stitch & Fix
10:00 Unleash Your Joy
11:00 Learn to Sign
12:30 Mah Jongg
12:30 Bridge
12:45 Set Back

27

9:00 Making Memories
9:45 Tai Chi
10:00 Movie Time – War w/ Grandpa
12:30 In the Know
12:30 Pinochle
1:30 Bingo
7:00 SCBC Meeting

28

9:00 Making Memories
9:00 Walking Group
10:00 Adult Coloring
10:00 Sit & Be Fit
1:30 Cardio Drumming

29

9:00 Exercise w/ Anne
10:00 Sittercize
10:00 Wii Bowling
11:00 Yoga
12:00 Chair Massage
12:00 Senior Benefits Counseling
12:30 Dominoes
1:00 Knit & Crochet

30

10:00 Sit & Be Fit
10:30 Senior Serenaders Choral Group
11:00 Yoga
11:00 Chinese Opera Performance
1:30 Bingo

31



Australia Day (Observed)

Chinese New Year (Year of the Snake)



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 SENIOR CAFÉ MENU ~ JANUARY 2025










MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)</p> <p>www.tvcca.org ~~~~~</p> <p>1% milk and whole grain bread served with each meal. Menu is subject to change without notice</p>	<p>FOOD ALLERGY WARNING ❄️</p> <p>Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish.</p> <p>Please advise a staff member of any food allergies prior to consumptions of meals.</p>	<p>1 <i>New Year Holiday</i></p>  <p>Program Closed</p>	<p>2 Glazed Ham Sweet Potatoes Zucchini, Peas, & Carrots Diced Pears</p>	<p>3 Country Fried Beef Steak Buttermilk Mashed Potatoes Green Beans Sweet Treat Grape Juice</p> <p>Add-On: Cream of Chicken Soup</p>
<p>6 Beef Stew Steamed Parsley Potatoes Cauliflower, Carrots, & Snap Peas Tropical Fruit Cup</p>	<p>7 Sloppy Joe w/ Bun Herb Roasted Potatoes Corn w/ Peppers & Onions Applesauce Cup</p> 	<p>8 Birthdays Celebration Chicken Cacciatore Pasta Shells w/ Herbs Green & Waxed Beans Birthday Treat Orange Juice</p>	<p>9 Cheese Omelet Home Fries Squash Mix w/ Carrots & String Beans Mixed Fruit Cup</p> 	<p>10 Baked Cod w/ Herbs and Tomatoes Rice Pilaf Broccoli Fresh Fruit</p> <p>Add-On: Beef Barley Soup</p>
<p>13 Cheese Manicotti w/ Marinara Carrot Coins Peas Fresh Orange</p>	<p>14 Ethnic Celebration Pork Stir Fry Steamed Rice Asian Vegetable Blend Sweet Treat Apple Juice</p> 	<p>15 Snowball Luncheon Meatloaf & Gravy Mashed Potatoes Sugar Snap Peas Juice Banana Cream Pie Ticket Cost: \$10.00</p> 	<p>16 American Chop Suey Green Beans Broccoli Diced Peaches</p>	<p>17 Stuffed Chicken Kiev Herb Roasted Potatoes Snap Peas Mandarin Oranges</p> <p>Add-On: Bean & Bacon Soup</p>
<p>20 <i>Dr. Martin Luther King Jr. Holiday</i></p>  <p>Program Closed</p>	<p>21 Western Omelet Sweet Potato Tater Tots Peas & Pearl Onions Diced Pears</p> 	<p>22 Vegetarian Lasagna Broccoli Diced Carrots Fresh Fruit</p>	<p>23 Chicken Parmesan w/ Bun Gemelli Pasta Mixed Vegetables Medley Sweet Treat Grape Juice</p> 	<p>24 Beef Tips w/ Peppers & Onions Garlic Mashed Potatoes Green & Yellow Squash Diced Peaches</p> <p>Add-On: Lentil Soup</p>
<p>27 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Sweet Treat Orange Juice</p> 	<p>28 Chicken Taco w/ Flour Tortilla & Cheddar Cheese Spanish Rice Squash Mix w/ Carrots & String Beans Fresh Orange</p>	<p>29 Salisbury Steak w/ Gravy Mashed Potatoes Corn w/ Peppers & Onions Mixed Fruit Cup</p>	<p>30 Stuffed Chicken w/ Broccoli & Cheese Roasted Garlic Rice Green & Yellow Squash Pineapple Tidbits</p>	<p>31 Meatballs Marinara Penne Pasta Green Beans Tropical Fruit Cup</p> <p>Add-On: Minestrone Soup</p>

Inclement weather watcher
If severe inclement weather is in the forecast, meal schedules are subject to change. ~~~~~
Inclement weather closings will be announced on local radio stations and TV Channels 3 & 8.