

# COLCHESTER SENIOR CENTER

June 2022



## LIVE WELL WITH DIABETES

Wednesdays beginning June 1  
12:30-3:00 p.m.

Join this free 6 week workshop and learn how to better manage your ongoing health condition! You will learn what to eat guidelines for when you're sick, tips for dealing with stress and how to set small and achievable goals. We will meet via Zoom, once a week for six weeks. Each session is 2.5 hours. Participants will need a computer, tablet or cell phone and a reliable internet connection. Class size is limited, so register early! To register, call 860-887-3561 ext. 127 or email Lori at [lrygielski@seniorresourcesec.org](mailto:lrygielski@seniorresourcesec.org).

## CANADIAN ROCKIES DOCUMENT PARTY

Thursday, June 2  
10:30 a.m.

If you are planning to go on the upcoming Canadian Rockies trip, please come down to the Senior Center to prepare your necessary documents and ensure everything is in order. This is a good opportunity to meet your fellow travelers and have a little fun also!

## NORMAL VS. NOT NORMAL AGING

Friday, June 3  
10:00 a.m.

Some changes to our brains are completely normal to the aging process and some could indicate early signs of Alzheimer's or dementia. Erin Chianelli, certified trainer from Positive Approach to Care, will be here to help us understand what healthy brains look like as we age. Join us for this free workshop. Registration is required. This program is full.

## FATHER'S DAY BREAKFAST

Friday, June 10  
9:00 a.m.

Our friends at Apple Rehab are helping us celebrate all the fathers and father figures in our lives! You don't have to be a dad to enjoy this free breakfast of your choice of egg & cheese or bacon, egg & cheese breakfast sandwich served with yogurt, fruit cup, coffee & orange juice served here at the Colchester Senior Center. Wear your favorite silly tie for some extra added fun! This is a free event, but registration is required and space is limited. Please register by June 3<sup>rd</sup>.



## SOMETHING OLD, SOMETHING NEW LUNCH

Wednesday, June 15  
11:00 a.m.

It is wedding season and you are cordially invited to our June wedding celebration! The CT Historical society will be coming to us and giving a fascinating presentation titled "Something Old, Something New: Connecticut Weddings through the Ages". A lovely catered lunch of Beef Tips w/ Mushroom Sauce, Herb Roasted Potatoes, Garden Salad with Dressing, Cornbread and White Chocolate Macadamia Nut Cookies for dessert will follow the presentation. Bring your wedding photo to the office to be included in a fun guessing game when you register and you will get \$1 off of your ticket price! Tickets are \$9 each and will be on sale until June 8<sup>th</sup> or until sold out.

## IT'S A COOL, COOL SUMMER ICE CREAM PARTY

Wednesday, June 22  
1:00 p.m.

Do you remember the excitement of hearing the Ice Cream Truck pull onto your street? Our friends at National Health Care will be helping us connect with our inner child by bringing an old-fashioned ice cream truck right here to the senior center. The truck will be parked at the senior center, where you can walk up and select your favorite from several flavors of frozen treats, then head indoors to enjoy your treat in the company of good friends. This is a free event, but registration is required. Please sign up by June 15<sup>th</sup>.

## "WHAT DID I COME IN HERE FOR?" UNDERSTANDING MEMORY LOSS

Monday, June 27  
10:30 a.m.

Aging comes with many changes, including changes to our brains. In honor of Alzheimer's & Brain Awareness Month, Brookdale Buckingham will be sponsoring an informational presentation all about brain health. Light refreshments will be served. This is a free event, registration is required. Please register by June 21<sup>st</sup>.

## NEW TO MEDICARE EVENT

Wednesday, June 29  
6:00 p.m.

This evening virtual program is for individuals who are new to Medicare and feeling a little lost on all the different options. Laura Crews from Senior Resources will be joining us to answer any of your Medicare-related questions. This is a free evening program, registration is required. Please register by June 22<sup>nd</sup> to receive the Zoom link.

**COLCHESTER SENIOR  
CENTER**  
95 Norwich Ave.  
Colchester, CT 06415

**Phone:** 860-537-3911  
**Fax:** 860-537-5574

**Email:** [csc@colchesterct.gov](mailto:csc@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)

**Vacant Position**  
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 Driver

**Valerie Webster**  
Nutrition Site Server

### COMMISSION ON AGING

**Marjorie Mlodzincki, Chair**  
**Roberta Avery, Vice Chair**  
**Linda Pasternak, Treasurer**  
**Geraldine Transue, Secretary**  
**Quinn Kozak**  
**Rosanne Tousignant**  
**Nola Weston**  
**Terry Brown, Alternate**  
**William Otfinoski, Alternate**

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

Remember back in school when kids were labeled "BRAINS?" Although it may have been used inappropriately, everyone knew that those were the kids who were smart and academically-minded. Not really such an insult, right? In the month of June we recognize **National Alzheimer's and Brain Health Awareness Month**. Memory loss, whether it's indicative of dementia or not, is always on our minds as we age. We stop and find ourselves thinking as we enter a room, "Now, what did I come in here for??" If you are among the many who have mislaid your keys, or misplaced a piece of paper, bill or important document, you may want to attend some special programs we have lined up in recognition of Brain Health Awareness Month.

On Friday, June 3<sup>rd</sup>, Erin Chianelli, certified trainer from Positive Approach to Care, will be here to explain what healthy brains look like as we age. Erin is a new community partner, who lives right here in Colchester, and we are so happy to have her here to share her insights on how our brains change as we age, and how that's normal, but also some things to watch for that might signal issues to pay attention to in her program "**Normal vs. Not Normal Aging**". Later in the month on June 27<sup>th</sup>, another one of our valuable community partners will be here, Suzanne Sorenson, from Brookdale Buckingham, a Memory Care facility in Glastonbury. Suzanne will share additional information about aging and your brain, with some helpful tips on staying sharp at her program entitled, "**What Did I Come in Here For? Understanding Memory Loss**".

Many of you, I'm sure are aware that we have a very special class at the Colchester Senior Center called the **Making Memories Program**. Making Memories class exists for those struggling with cognitive functioning and those at risk for social isolation. It is a safe and friendly atmosphere which promotes friendship, learning, and cheering for each other's success. When I'm having a difficult day, I will invariably find my way to that happy classroom, where I am guaranteed to put a smile on my face. Missy Bauman, our MMP Coordinator, challenges the class with a variety of group activities, all focused around a daily learning theme. The Making Memories Program is made possible through funding through Title funds made available under the Older Americans Act, and supported by Senior Resources, our Area Agency on Aging. This special program currently has vacancies, as we rebuild post-pandemic. If you are interested in learning more about the Making Memories Program, or know of someone who may benefit from its services, please contact Missy Bauman at 860-537-3911 Monday-Wednesday.

The health of our brain is critically important, no matter what age we are. We hope these programs are helpful to you in your quest to stay active, healthy in brain and body and vibrant throughout your life.

Warmly,

*Patty*

**SIZZLING SUMMER MEALS CONTEST**

**Month of June**

Sign up for 5 meals at the center (not including ticketed special events) during the month of June, have a special card stamped, and you will be entered to win a \$25.00 gift card to CVS. The drawing will be held on Thursday, June 30<sup>th</sup> at lunchtime. Please see Valerie Webster, Site Server for more information.

**BLOOMIN' FOR GOOD**

**Month of June**

Bloomin' 4 Good is an innovative program from Stop & Shop that works to fight hunger in our local communities. For the month of June 2022, Colchester Senior Center Meals on Wheels has been selected to receive a \$1.00 donation for every \$10.99 Bloomin' 4 Good Bouquet sold at their Colchester store. Brighten someone's day (or your own) for a great cause!

**WALKING GROUP**

**Wednesdays at 9:00 a.m.**

Got sneakers? Weather permitting, the walking group will meet weekly at the Airline Trail entrance on Route 85 in Amston to enjoy a workout, fresh air and good company.

**CHORAL GROUP**

**Fridays at 10:30 a.m.**

Do you love to sing? Are you looking to be a part of a fun group of people? Then our choral group, the "Senior Serenaders" group is perfect for you! We welcome all skill levels and abilities. Join us every Friday as we prepare for upcoming spring concerts.



**GARDEN CLUB**

**Monday, June 6  
8:30 a.m.**

The group will meet on the first Monday of every month at the senior center to maintain the front and side gardens. Everyone is welcome. Rain date June 13<sup>th</sup>.

**REEL FRIENDS MOVIE CLUB**

**Wednesday, June 8  
12:30 p.m.**

The film for June is the 2022 film "Cyrano". Too self-conscious to woo Roxanne himself, wordsmith Cyrano de Bergerac, played by Peter Dinklage, helps young Christian nab her heart through love letters. Bring your own snacks and enjoy an afternoon of free entertainment!

**SHOPPING TRIP**

**Thursday, June 9  
10:30 a.m. Departure**

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

**BOOK CLUB DISCUSSION**

**Tuesday, June 21  
10:30 a.m.**

This month's book selection is *Before We Were Yours* by Lisa Wingate. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for a lively discussion.



**KNOW YOUR CARBOHYDRATES**

**Wednesday, June 22  
11:30 a.m.**

Carbs are fuel for your body. They can impact your blood sugar levels, so it's important to understand how to pick the right carbs. Andrea Deedy, registered dietician from TVCCA, will be joining us to help us understand more about carbohydrates and how they affect our body.

**CARD MAKING WORKSHOP**

**Friday, June 24  
10:00 a.m.**

Join talented CSC member Barbara Gozzo for this summer themed card making workshop. There is a material fee of \$5 per person. Registration deadline is June 17<sup>th</sup>.

**LUNCH BUNCH**

**Friday, June 24  
11:30 a.m.**

This month the Lunch Bunch will be going to the Ninety Nine in Norwich. Space for this trip is limited so be sure to sign up early. The suggested donation is \$4.00 for bus transportation.

**STITCH & FIX**

**Monday, June 27  
By Appt. Beginning 10:00 a.m.**

Bring your items that need hemming, slight mending, buttons replaced, etc. and Maria will take care of it and return it within 2 weeks. By appointment, please sign up in the office.

**CSC will be closed on June 20<sup>th</sup> for the Juneteenth Holiday**

| <b>CLASS</b>                                                                                                                                                                                  | <b>DAY &amp; TIME</b>                         | <b>LOCATION</b>                     | <b>FEE</b>           |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|-------------------------------------|----------------------|
| <b>LEARN TO SIGN</b><br>This beginner's course will show you the basics of American Sign Language (ASL). Group led                                                                            | <b>MONDAYS</b><br>11:00 A.M.                  | <b>CSC</b>                          | <b>NO FEE</b>        |
| <b>TAI CHI</b><br>A mind/body practice known as "moving meditation."<br>Leader: Steve Arbuckle                                                                                                | <b>TUESDAYS</b><br>9:45 A.M.                  | <b>CSC</b>                          | <b>NO FEE</b>        |
| <b>WALKING GROUP</b><br>Walk with a group of peers on the airline trail. Meetup is weather permitting.                                                                                        | <b>WEDNESDAYS</b><br>9:00 A.M.                | <b>RTE. 85 AMSTON AIRLINE TRAIL</b> | <b>NO FEE</b>        |
| <b>SIT &amp; BE FIT VIDEO</b><br>DVD-based program for beginner level chair exercises that focus on all areas of the body.                                                                    | <b>WEDNESDAYS &amp; FRIDAYS</b><br>10:00 A.M. | <b>CSC</b>                          | <b>NO FEE</b>        |
| <b>ADULT COLORING</b><br>Color beautiful, intricate patterns in a social and creative atmosphere. Coloring sheets provided, please bring pencils, pens and markers.                           | <b>WEDNESDAYS</b><br>10:00 A.M.               | <b>CSC</b>                          | <b>NO FEE</b>        |
| <b>LINE DANCING</b><br>Learn easy-to-follow dance steps set to lively music. Beginners welcome! Leader: Priscilla Clesowich                                                                   | <b>WEDNESDAYS</b><br>1:30 P.M.                | <b>CSC</b>                          | <b>NO FEE</b>        |
| <b>KNITTING &amp; CROCHET</b><br>Create your own personal projects or contribute to community organizations chosen by the group.                                                              | <b>THURSDAYS</b><br>1:00 P.M.                 | <b>CSC</b>                          | <b>NO FEE</b>        |
| <b>CHORAL GROUP</b><br>Sing along with your favorite tunes! We will be practicing for upcoming concerts. Leader: Terry Phillips                                                               | <b>FRIDAYS</b><br>10:30 A.M.                  | <b>CSC</b>                          | <b>NO FEE</b>        |
| <b><i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00</i></b>                                                                              |                                               |                                     |                      |
| <b>EXERCISE WITH ANNE</b><br>Gentle aerobics with a focus on improving mobility, flexibility and strength. Instructor: Anne Beauregard                                                        | <b>MONDAYS &amp; THURSDAYS</b><br>9:00 A.M.   | <b>ZOOM &amp; CSC</b>               | <b>PRE-PAID CARD</b> |
| <b>SENIOR YOGA</b><br>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><br>11:00 A.M.  | <b>ZOOM &amp; CSC</b>               | <b>PRE-PAID CARD</b> |
| <b>SITTERCIZE</b><br>Movement to improve your strength & balance. Instructor: Anne Beauregard                                                                                                 | <b>MONDAYS, THURSDAYS</b><br>10:00 A.M.       | <b>ZOOM &amp; CSC</b>               | <b>PRE-PAID CARD</b> |

**FITNESS CARDS FOR EXERCISE CLASSES**

Fitness Cards are available through the office by mailing in a check made payable to CSC for \$30.00, which includes 10 classes at \$3.00 each. We will keep track of the amount of classes through attendance and notify you when you need a new card. Please drop off a check to the office or mail check to: Colchester Senior Center, 95 Norwich Ave. Colchester, CT 06415

**TRANSPORTATION SCHEDULE**

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

**Mondays: Appointment Day\***

**Tuesdays: Shopping Day**

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

**Wednesdays: Appointment Day\***

**Thursdays: Shopping Day**

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

**Fridays: Appointment Day\***

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

**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, with the exception of 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.

In order 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.

**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.

**REEL FRIENDS MOVIE CLUB** 2nd Wed. at 12:30 p.m.

**MEXICAN TRAIN DOMINOES** Thursdays at 12:30 p.m.

**Wii BOWLING** Thursdays at 10:00 a.m.

**CHAIR MASSAGE** Thursdays, beginning at 12:00 (by appointment only)

**CHORAL GROUP** Fridays at 10:30 a.m.

## HEALTH & WELLNESS

### **BLOOD PRESSURE CLINIC**

**Tuesday, June 7 at 9:15 a.m.**

Victoria from Chestelm Health & Rehab will be here on a monthly basis for free Blood Pressure screenings for this drop-in monthly clinic held in the CSC Dining Room.

### **FOOT CLINIC**

Effective this month, the Foot Clinic program is no longer being offered through CSC. You may call Dr. Anthony Morgan's office at Colchester Foot Specialists to schedule an appointment directly with him at 869-537-5520.

### **HEARING SCREENINGS**

**Friday, June 3 at 10:00 a.m.**

Dr. Matthew Cross from the Hearing Center of Glastonbury can check your hearing or clean your hearing devices. Schedule your free hearing screening by calling the senior center at 860-537-3911.

### **MAKING MEMORIES**

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., and**

**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.*

## **GRILLING SAFETY TIPS**

Fire in the grill, cooking burgers and hot dogs, is a welcome sight at a family cookout. But fire anywhere else can make your summer memorable for all the wrong reasons!

### **General Grilling Tips**

- Propane and charcoal BBQ grills should only be used outdoors.
- The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- Keep children and pets away from the grill area.
- Keep your grill clean by removing grease build-up from trays below the grill.
- Never leave your grill unattended.

### **Using Your Gas Grill**

- Check the connection points between the gas (propane) tank hose and the regulator and cylinder and where the hose connects to the burners. Tighten if loose.
- Check the gas tank hose for potential leaks. To do that: apply a light soap and water solution to the hose using a brush or spray bottle; turn the propane tank on; if bubbles appear there is a leak; if no bubbles are present the tank is safe for use.
- If there are bubbles, turn the tank off and check connections. Have your grill serviced by a professional before using it again. If the leak doesn't stop, call the fire department immediately.
- As you cook, if you smell gas, turn off the gas tank and burners. If the leak stops, get grill serviced before using it again.
- If the smell continues, move away from the grill and call the fire department immediately. Do not move the grill.

### **Charcoal Grills**

- There are several ways to get the charcoal ready to use. Chimney starters allow you to start the charcoal using newspaper as fuel.
- If you use starter fluid, only use charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of reach of children and away from heat sources.
- When you are finished grilling, let the coals cool completely before disposing in a metal container.

**Have a Safe Summer!**  
**Sean Shoemaker, Fire Marshal**

## **SOCIAL SERVICES**

### **CHOICES COUNSELING**

**Tuesday, June 7  
12:30 p.m.- 3:30 p.m.**

Do you have questions about your Medicare Savings plan or Medicare Part D Prescription Drug plan? Confidential counseling is provided by Joe Sina, a certified CHOICES counselor. Call 860-537-3911 to schedule your appointment.

### **RENTERS REBATE**

**April 1 to October 1**

Assistance is available for qualified individuals who rent and are 65 years of age and older and those younger than 65 who are receiving Social Security Disability benefits. Please schedule your appointment directly by calling Stephanie Turbes, Social Services Coordinator at 860-537-7255.

### **FARMER'S MARKET VOUCHERS**

**Delivery in July**

Colchester seniors who are income-qualified may register this month to receive a coupon book good for fresh fruits, vegetables and other items at the seasonal Farmer's Markets. Please sign up.

### **MEETINGS IN MAY**

#### **CSC STAFF MEETING**

**Wednesday, June 8  
2:30 p.m.**

#### **COMMISSION ON AGING**

**Monday, June 13  
8:30 a.m.**

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

**Tuesday, June 14  
10:00 a.m.**

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

**Tuesday, June 14 & 28  
7:00 p.m.**

## DINING OPTIONS

### 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 in order 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

*Looking for ways to stay busy through retirement? Put your many skills to good use with a volunteer opportunity at the CSC:*

**Meals on Wheels Driver:** Must have own transportation. Different days/routes available. Call Valerie at 860-537-3911.

**Volunteer Bakers:** If you enjoy baking at home, register to bake homemade cookies, brownies, cakes, muffins, etc. to share with your CSC friends.

# SAVE THE DATE

**MYSTERY TRIP IN JULY**  
Friday, July 22 at 10:00 a.m.

Where are we headed on our next adventure? Only the bus driver knows! There will be some walking involved in this outing, so wear comfortable shoes. Bring your appetite and some spending money for lunch and a bit of shopping (optional). Cost is \$5.00 for transportation. Sign up information will be available in the July Newsletter.

**PATRIOTIC PICNIC**  
Wednesday, July 20 at 11:00 a.m.

Summertime is for picnics, music and fun! You won't want to miss our annual summer celebration: The Patriotic Picnic! TVCCA will be catering with a lunch of traditional picnic fare followed by an American themed musical performance by Christine Cooney. Ticketing and meal information will be available in the July Newsletter.



### Senior Center Building Committee June Update

Our Committee has been working diligently with our design teams choosing finish materials, mechanical systems, landscaping and other aspects of construction as we work to stay within budget. At the senior center, we are pleased to provide samples of palettes of colors, textures, carpeting, and flooring plans for our new building. We welcome your input on our Committee's choices. The Committee's current schedule calls for construction and bidding documents to be completed by mid-June. After reviews and approvals, it is anticipated that submissions for bids will go out in early July. If we receive a successful bid, a contract could be in place by early August with an anticipated site construction start in early September. This is all contingent on all Town and State approvals. Please reach out to: [seniorcenterbuildingcommittee@colchesterct.gov](mailto:seniorcenterbuildingcommittee@colchesterct.gov). if you have questions or comments.

## DAY TRIPS

### \*FEW LEFT JESUS CHRIST SUPERSTAR at the THOMASTON OPERA HOUSE

Sunday, July 17, 6:45 a.m. 

Enjoy a Sunday Matinee of this popular rock opera with music by Andrew Lloyd Webber. Loosely based on the Gospels' accounts of the last week of Jesus' life. Pre-show lunch will be served at Black Rock Tavern with a meal choice of Chicken Marsala, Salmon or Pork Tenderloin. **Cost is \$116 per person.**

### SOLD OUT SPEND THE DAY ON MARTHA'S VINEYARD

Thursday, July 21, 6:45 a.m. 

Visit the quintessential New England summer destination. The trip will start with a 3 ½ hour tour of the "Storybook Island" highlighting Oak Bluffs, Vineyard Haven, and Edgartown for shopping and dining on your own. **Cost is \$124 per person.**

### "ANNE OF GREEN GABLES" at the GOODSPEED with LUNCH at LA VITA GUSTOSA

Wednesday, August 10, 11:00 a.m.




Enjoy lunch at La Vita Gustosa, (meal cost not included), then walk across the street to the historic Goodspeed Opera House for a matinee performance of a World Premiere show. Fall in love with the spirited redhead, Anne Shirley, of the classic novel, now reimagined as a vibrant folk-rock musical for all generations. **Cost is \$60 per person** and includes senior bus transportation and tickets to the show.

### NEW BERKSHIRE RAILROAD FOLIAGE EXPRESS

Sunday, September 25, 8:30 a.m. 

All aboard! First stop on this lovely autumn adventure will be the Freight Yard Pub, where you'll enjoy a 3-course hot lunch including salad, your choice of Entrée: Stuffed Chicken Breast, Sliced Roast Beef & Gravy or Eggplant Parmigiana. Apple Crisp with coffee and soft drinks. The new Hoosac Valley Service operated by the Berkshire Scenic Railway Museum is a 10-mile, hour-long, round trip train ride experience between North Adams and Adams, MA. The train offers beautiful views of Mount Greylock and the surrounding Hoosac Mountain Range. On-board narration provides educational, historical and cultural information. En route home, visit Whitney's Farm & Market to bring home apples, pumpkins, cider, pies & more! Includes motor coach bus transportation, tickets, meal, fess and gratuities. **Cost is \$123 per person.**

 = Light Walking   = Moderate Walking

   = Mostly Walking

## OVERNIGHT TRIPS

### CALIFORNIA DREAMIN': MONTEREY, YOSEMITE & NAPA

October 10-17, 2022

From the rugged coastline of the Pacific Ocean to Yosemite National Park, Lake Tahoe to Napa Valley, the scenery, history, and culture of northern California is unparalleled. Explore the charming cities of Monterey, Sacramento, and San Francisco, as well as the astounding beauty of Yosemite. This trip will include seven breakfasts, two lunches, and three dinners. **The cost of the trip is \$3,249 p.p. double occupancy.**

### SIGHTS & SOUNDS THEATRE "DAVID"

August 3-5, 2022

Tour the Amish country and see the brand new production of "David" at the one-of-a-kind Sights and Sounds Theatre in Lancaster County, PA. Other points of interest include an Amish Artisans shopping adventure, dinner at Miller's Smorgasbord, a visit to the Bird-in-Hand Farmers Market and a trip aboard the Strasburg Railroad. The cost includes a deluxe motor coach, 2 night hotel stay, 2 breakfasts, 2 dinners, and all admissions, taxes, fees and gratuities. **The cost of the trip is \$585 p.p. double occupancy**

## DEPARTING THIS MONTH

### ATLANTIC CITY OVERNIGHT TRIP

Tuesday, June 7, Departure TBD

### CABARET at the GOODSPEED Day Trip with lunch at the GELSTON HOUSE

Wednesday, June 8, Depart at 11:00 a.m.

### CANADIAN ROCKIES OVERNIGHT TRIP

Trip departs Saturday, June 18-Friday, June 24  
Thursday, June 2, 10:30 a.m. for Documents Party

### THIMBLE ISLANDS CRUISE, Day Trip

Wednesday, June 29, departs at 11:30 a.m.

Trips depart from the rear parking lot of St. Andrew's Church at 128 Norwich Ave. Please park in the far rear lot, so we don't interfere with church activities. The bus will pick up back there and drop off in the same location. Please note that you park at your own risk--St. Andrew's Church and the Town of Colchester are not responsible for the safety of vehicles, while patrons are traveling.