



June 2021

RIDES TO THE POLLS

Tuesday, June 15
10:30 a.m.

Please make a reservation by 12 noon on June 14th to get a ride to Town Hall to vote in the referendum for the Town and Board of Education operational budgets.

MUSICAL PIZZA PARTY

Wednesday, June 16
11:00 a.m.

We invite you to our first post-pandemic live entertainment show and luncheon. Music from the Three Timers is from 11:00 a.m.-12:00 with a lunch of 2 slices of pizza, garden salad with dressing, dessert and choice of soda or bottled water, which will be served immediately after the show. Tickets are \$8 each. Pre-register by June 9.

AARP SAFE DRIVER CLASS

Wednesday, June 16
12:00p.m. - 4:00p.m.

Taking this class could make you eligible for a discount on your insurance. The deadline to register for the first Zoom class is June 2nd. To register, please email your name, mailing address, phone number, and AARP number to bbleveille@gmail.com.

FATHER'S DAY GRAB & GO BREAKFAST

Friday, June 18
9:00 a.m.

Apple Rehab is very generously celebrating the dads of Colchester with this free grab & go breakfast! Everyone is welcome, whether you are a father or want to celebrate the fathers or father-figures in your life. Wear a silly tie and we'll take your picture for our Facebook Page! The breakfast menu includes a breakfast sandwich, fruit cup, yogurt and coffee or juice. Call the office by June 11 to reserve your spot. Space is limited.

CONNECT & EXPLORE CASTLES OF AMERICA

Monday, June 21
1:00 p.m.

From the comfort of your own home, join us as we explore Belcourt Castle the Breakers, Marble House, of Newport; Oheka Castle on the Gold Coast of Long Island; and Biltmore Estate on Ashville, NC with a professional tour guide from Friendship Tours. Registration in advance is required for this program. Once registered, you will receive confirmation with instructions to join this special Zoom session.

LIVE WELL WORKSHOP CONFERENCE CALL

Mondays, beginning June 21
2:00 p.m.

The Live Well Program is a free 6 week program that teaches techniques and strategies to those who are living with, or may be caring for someone with ongoing health conditions like diabetes, depression, heart disease, arthritis, pain, anxiety, etc. Nancy McAuliffe from the Chatham Health district will lead this supportive and informative workshop. Space is limited. Call to register.

WELCOME TO MEDICARE VIRTUAL FAIR

Wednesday, June 23
3:00 p.m. - 7:00 p.m.

This virtual fair will help those new to Medicare make their initial enrollment decisions. Medicare experts will go over eligibility, enrollment, and coverage options, as well as answer your individual questions. Registration is required. To register please visit www.shiptacenter.org. Call the senior center for more information.

GUESS WHO? PROM PHOTOS

Wednesday, June 23
1:30 p.m.

It's prom season at the Colchester Senior Center! Bring in your prom photo or your school picture and dress your best! Let's face it: we've all changed since high school. Together we can relive our glory days and laugh at the haircuts we thought were so cool way back when! Light hors d'oeuvres and beverages will be served. Ticket cost is \$2.00 with a photo, \$3.00 without. Registration is required.

"CELEBRATE FREEDOM: JUNETEENTH" A STATEWIDE VIRTUAL EVENT

Thursday, June 25
1:00 p.m.

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. CT Healthy Living Collective, AARP, and CASP are bringing us this special presentation all about this important holiday. Registration is required for this event. Please see the Monthly Program Table for the registration link.

STRAWBERRY SHORTCAKE SOCIAL

Wednesday, June 30
2:00 p.m.

This afternoon pick-me-up will be just what you need to get through your Wednesday. Let's chat about current events, reminisce, and share some laughs while enjoying a strawberry shortcake. If you would like to take your shortcake to-go you can pick it up at 1:00 p.m. Dessert is \$2 and registration is required to get a food count.



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

Email: 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

Ruth Reinwald
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 Driver

Valerie Webster
Nutrition Site Server

COMMISSION ON AGING

Marjorie Mlodzinzi, Chair
Nan Wasniewski, Vice Chair
Roberta Avery, Treasurer
Geraldine Transue, Secretary
Sandra Gaetano
Linda Pasternak
Rosanne Tousignant
Quinn Kozak, Alternate
Nola Weston, Alternate

From the Director's Desk

We've been back open for a month now, and I've got to say it's going quite well. I'm happy to say that all of our planning worked—and I thank you for your cooperation in making that possible. Even still, I'm learning this path back to normal is not exactly a straight one. Just as we are getting settled into a new routine of gathering, the rules change, yet again. Effective, June 1st you will notice quite a few differences from the restrictions which were implemented in May for a safe reopening—but these changes for the most part, ease former restrictions.

If this pandemic has taught us anything, it's how to be flexible. As of the writing of this letter, almost all of the previous restrictions have been eased statewide. Below, you can see that things will get a bit easier (maybe even "normal-ish") during the month of June. There are other restrictions which will continue through the summer months, and there are yet other things which may be forever changed. Below, see a list of expectations beginning June 1st:

- Capacity limits will be increased, as social distancing recommendations are reduced, so we will only have to limit attendance to large events.
- Registration will be required for select classes/meals/programs, but not all. Please see the newsletter for more information.
- Congregate meals and in-person fitness classes are still not meeting in the building.
- Mask wearing will not be required for those who have been fully vaccinated, who feel comfortable being unmasked. Please note that some who have been vaccinated will not feel comfortable being unmasked—it does not necessarily mean that they have chosen not to receive the vaccine.
- If you are not fully vaccinated, you are required to continue to wear a mask indoors while at the senior center.
- *My Senior Center*, our senior center software, now has applications for contact tracing, should someone in the building test positive for COVID-19. Please sign in for every program which you attend in the building, so we can effectively contact trace, if needed.
- Wash hands frequently, hand sanitizing stations will be located in the hallway and each classroom.
- Coffee and baked goods and donated food will not be available, at this time.

Little by little, we are able to resume things to the ways we did things before the pandemic. Every day brings more freedom and a palpable hope. We all have different comfort levels and ways of managing our stress—and that's OK. As we come out of this unprecedented time in our recent collective history, people may act and react differently than you. Colchester is known for its kindness, and I think we have always had a particularly kind and gracious senior center. During this season of rapid change, let's allow kindness to be our guiding light.

Warmly,

Patty

LEARN TO SIGN WITH RUTH
Mondays at 11:00 a.m.

This introductory course teaches you the basics of how to communicate using American Sign Language. New-comers are always welcome!

SENIOR GOLF LEAGUE
Tuesdays at 9:00 a.m.

The Co-ed Senior Golf League will meet for 16 weeks at the Chantclair Golf Course. The price for the season is \$220 which includes an end of the year lunch banquet. Registration is required through the senior center office.

WALKING GROUP MEETUP
Wednesdays at 10:00 a.m.

Wear your sneakers and meet at the Airline trail on Rte. 85 in Amston. Weather permitting.

SIT & BE FIT VIDEO
Wednesdays & Fridays
10:00 a.m.

Beginner level chair exercises that focus on all areas of the body.

CHAIR MASSAGE
Thursdays at 12:00 p.m.

Chair massages will be available by appointment on Thursdays with our Yoga instructor, Susan McCafrey. Please call the office to schedule your appointment. Sessions will be 15 minutes and \$10.00, payable directly to Susan.

KNIT & CROCHET
Thursdays at 1:00 p.m.

Come to work on your project, spend some quality time, and learn from your fellow Senior Center members. All are welcome, feel free to use our materials if you don't have your own.

GARDEN CLUB
Monday, June 7
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 14th.

SHOPPING TRIP
Thursday, June 10
10:30 a.m. Departure

We will be shopping at the Manchester Walmart and Target. Suggested donation is \$4.00. Due to capacity limits on bus, space is limited. Please pre-register by calling the office.

COFFEE, TEA & SMP
Friday, June 11
9:00 a.m.

Join Senior Resources for a conversation about Medicare, Senior Medicare Patrol, CHOICES programs and ways to prevent fraud and abuse. Different topics and speakers each month—meeting in person or by conference call—with Colchester hosting in June. Please pre-register.

PET THERAPY
Monday, June 14
10:00 a.m.

We invite our dog-loving members to come and get a little TLC from "Stitch", a certified therapy dog, with her owner and Colchester's First Selectman, Mary Bylone.

BOOK CLUB DISCUSSION
Tuesday, June 15
10:30 a.m.

This month's book is *Cold Sassy Tree* by Olive Ann Burns. Copies are held on reserve at Cragin Memorial Library. Come having read the book and be ready for discussion. Please pre-register by calling the office. Come having read the book and prepare for a lively discussion.

NUTRITIONAL BINGO WITH NORWICHTOWN REHAB
Friday, June 18
1:30 p.m.

Join dietician Cheyanne Barclay for this fun, free bingo game—with a nutritional education twist! Sponsored by Norwichtown Rehab & Care Center. Prizes will be awarded for every winner. Please pre-register.

COMMUNITY CONVERSATION WITH THE FIRST SELECTMAN
Wednesday, June 23
10:30 a.m.

Join Mary Bylone, the First Selectman of Colchester to engage in meaningful dialogue about the goings-on in Colchester. Mary will keep you up-to-date on Colchester happenings, announce town-wide events and more at this informative monthly forum.

STEP BY STEP PAINTING: LA TOUR EIFFEL
Thursday, June 24
1:30 p.m.

This month we will be painting an iconic French landmark: The Eiffel Tower. Materials are \$20.00 or you can provide your own paint and canvas and join for free. No experience necessary! Call the Senior Center to register.

IN THE KNOW
Tuesday, June 29
12:30 p.m.

Now that our building is back open and weekly email blasts and robo-calls are happening less frequently, we will be resuming these monthly forums in person. Meet with Patty Watts as she discusses issues about the senior center, lets you know about upcoming events and trips and answers any questions you may have. Everyone is welcome to participate, no registration required.

CLASS SCHEDULE

CLASS	DAY & TIME	LOCATION	FEE
ADULT COLORING –Please Note New Time! Color beautiful, intricate patterns in a social and creative atmosphere. Coloring sheets provided, please bring pencils, pens and markers.	WEDNESDAYS 10:00 A.M.	CSC	NO FEE
LEARN TO SIGN WITH RUTH This beginner's course will show you the basic of American Sign Language (ASL). Leader: Ruth Reinwald	MONDAYS 11:00 A.M.	CSC	NO FEE
KNITTING & CROCHET Create your own personal projects or contribute to community organizations chosen by the group.	THURSDAYS 1:00 P.M.	CSC	NO FEE
SIT & BE FIT VIDEO Beginner level chair exercises that focus on all areas of the body.	WEDNESDAYS & FRIDAYS 10:00 A.M.	CSC	NO FEE
TAI CHI A mind/body practice known as "moving meditation." Leaders: Steve Arbuckle	TUESDAYS 9:45 A.M.	ZOOM	NO FEE
WALKING GROUP Walk with a group of peers on the airline trail. Meetup is weather permitting.	WEDNESDAYS 10:00 A.M.	RTE. 85 AMSTON AIRLINE TRAIL	NO FEE
<i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$30.00</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	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	PRE-PAID CARD
SITTERCIZE Movement to improve your strength & balance. Instructor: Anne Beauregard	MONDAYS, THURSDAYS 10:00 A.M.	ZOOM	PRE-PAID CARD

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 attn.: Ruth Reinwald

SPECIAL INTEREST GROUPS

- SETBACK** Mondays at 12:30 p.m.
- MAH JONGG** Mondays at 12:30 p.m.
- PINOCHLE** Tues., Wed., & Fri. at 12:30 p.m.
- TUESDAY & FRIDAY BINGO:** Space is limited. Call on Monday to reserve your spot.
- 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)
- REEL FRIENDS MOVIE CLUB:** Fridays at 10:00 a.m.—see page 9 for movie schedule

EVENING PROGRAMS

Tuesday, June 1 at 5:00 p.m.

New to Medicare with
Senior Resources Area Agency on Aging

Wednesday, June 2 at 5:00 p.m.

Medicare Savings Program & Low Income
Subsidy with Senior Resources

Wednesday, June 2 at 7:00 p.m.

AARP CT Webinar Wednesday
Tech Check with the NEAT Center

Wednesday, June 16 at 7:00 p.m.

Wildlife Conservation with
Connecticut's Beardsley Zoo

Thursday, June 24 at 6:00 p.m.

Colchester Historical Society Program with
Cragin Memorial Library (via Zoom)

Friday, June 25 at 7:00 p.m.

AARP Fraud Watch Network
The Con-Artist's Playbook

Wednesday, June 30 at 6:00 p.m.

AARP CT Webinar Wednesday
Being Mortal: Virtual Screening
& Panel Discussion

Please contact the senior center at 860-537-3911 for additional registration information & for program links.

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, 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 mailed into the Colchester Senior Center office.

REGISTRATION POLICIES

Registration for classes, programs, trips or meals may be made in person in the office. Please make checks payable to "Colchester Senior Center" or "CSC". Payment is required at the time of sign up, unless otherwise stated in the newsletter. Some meals, trips, classes or programs may have limited availability. Reservations will be made on a first-come-first-served basis, until sold out. If an event/program/trip is sold out, you may request to have your name placed on a wait list to be contacted, if space becomes available. You may call the senior center office to register for any trips, classes or programs that do not require payment at any time at 860-537-3911.

HEALTH & WELLNESS

BLOOD PRESSURE CLINIC

Tuesday, June 1 at 9:15 a.m.

Maria from Chestelm Health & Rehab will be here on a monthly basis for free Blood Pressure screenings. Please call the office at 860-537-3911 to schedule your appointment.

HEARING SCREENINGS

Friday, June 4 at 10:30 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.

FOOT CLINIC

Thursday, June 10 at 10:00 a.m.

Call to schedule your appointment at the senior center with Dr. Anthony Morgan, D.P.M. from Colchester Foot Specialists. Bring your Medicare and insurance information or \$40.00 for those without insurance coverage.

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:

Mon. 9:00 a.m.-11:30 a.m.

Tues. 9:00 a.m.-11:30 a.m.

Wed. 9:00 a.m.-11:30 a.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.

COVID-19 HEALTH TIPS

Take preventative action to protect yourself.

1. Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing or having been in a public place.
2. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
3. To the extent possible, avoid touching high-touch surfaces in public places—elevator buttons, door handles, handrails, handshaking with people, etc.
4. Avoid touching your face, nose, eyes, etc.
5. Clean and disinfect your home to remove germs: practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks & cell phones).
6. Avoid crowds, and practice social distancing of a minimum of 6 feet between people when out in public.
7. Avoid all non-essential travel.
8. Consider ways of getting food brought to your home through family, social or commercial networks.
9. Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc. if you become sick.

Watch for symptoms and emergency warning signs

1. Pay attention for potential COVID-19 symptoms including fever, cough and shortness of breath. If you feel like you are developing symptoms, call your doctor.
2. If you develop emergency warning signs for COVID-19 get medical attention immediately. In adults, emergency warning signs—*difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to wake up, bluish lips or face.

SOCIAL SERVICES

CHOICES COUNSELING

**Tuesday, June 8
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 to October)

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 through them by calling 860-537-7255. Stephanie Turbes, Social Services Coordinator.



MEETINGS IN JUNE

COMMISSION ON AGING

(meeting in person)

**Monday, June 14
8:30 a.m.**

CSC STAFF MEETING

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

SENIOR CENTER BUILDING COMMITTEE

**Tuesday, June 8 & 22
7:00 p.m.**

Zoom links to join Committee or Board Meetings are posted on the Town website at: www.colchesterct.gov

DINING OPTIONS

MEAL DELIVERY PROGRAMS

During the pandemic, our on-site dining program has been suspended until further notice. It has been determined that contact-free meal pick-ups or deliveries are deemed to be the safest option during this period.

COMMUNITY CAFÉ MEAL DELIVERIES

For those who would typically be coming to the Colchester Senior Center for the Community Café Meals, TVCCA is providing a once-weekly meal delivery which includes 5 meals (lunches for Monday through Friday), bread, fruit and milk. For more information on this, please contact Valerie Webster, Nutrition Site Server at 860-537-3911.

GRAB & GO LUNCHES

TVCCA is offering a Grab and Go Lunch, where you can pick up 5 frozen meals, bread, milk and fruit for the suggested price of \$10.00. Registration for this option is required in advance. This option is only available to those aged 60 and over. A registration form for the Senior Nutrition Program will need to be on file. Ability to drive to the senior center to pick up you meals is required. No bus service.

MEALS ON WHEELS DELIVERIES

TVCCA has done a terrific job of adapting to this challenge in several ways. Funding has been added to provide additional resources for Meals on Wheels and some of the previous requirements have been relaxed to allow more people to qualify for services. At this time, we have a record number of meal deliveries going out to our patrons on Tuesdays through Fridays. We are deeply grateful to our Meals on Wheels volunteers and our bus drivers Sheri and Ginny for their hard work to keep this program functioning. For more information or to register for meal deliveries, please contact TVCCA at 860-934-1006.



In order to safely serve our community and offer in-person programs, there are some guidelines which will be enforced. We appreciate your understanding and cooperation in upholding these new standards. Our goal now that we can reopen is to continue to do so in a way which is safe for our members and our staff.

- Capacity limits will be increased, as social distancing recommendations are reduced.
- Registration will be required for select classes/meals/programs. Please see the newsletter for more information.
- Congregate meals and in-person fitness classes are still not meeting in the building.
- Mask wearing will not be required for those who have been fully vaccinated, who feel comfortable being unmasked.
- Please note that some who have been vaccinated will not feel comfortable being unmasked—it does not necessarily mean that they have chosen not to receive the vaccine.
- If you are not fully vaccinated, please continue to wear a mask indoors, while at the senior center.
- *My Senior Center*, our senior center software, now has applications for contact tracing, should someone in the building test positive for COVID-19. Please sign in for every program which you attend in the building, so we can effectively contact trace, if needed.
- Wash hands frequently, hand sanitizing stations will be located in the hallway and each classroom.
- Coffee and baked goods and donated food will not be available, at this time.

VOLUNTEER OPPORTUNITIES

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

Volunteer Bingo Caller: Tuesday & Friday afternoons, training provided. Call Ruth at 860-537-3911.

KNOW BEFORE YOU GO

Smaller Groups: Tours will be limited to fewer passengers. Empty seats on the coach will allow travelers to space out for a more comfortable experience.

Use of Face Masks: Face masks will be required when on the coach as well as in the indoor establishments we will visit while on tour. Drivers, Tour Directors, servers, and hospitality staff will wear them as well.

Two (2) signed forms will be required to travel: a Wellness Declaration Form and a Travel Liability Waiver. The forms will be provided prior to your departure and must be submitted to us before travel.

Travel insurance: For overnight tours, we strongly recommend the purchase of travel insurance protection.

DAY TRIPS

HUDSON RIVER CRUISE



September, Date TBD

What could be nicer than a day along the Hudson River. Enjoy a sit down lunch at Shadows on the Hudson Restaurant. Then you will go to the Walkway Over the Hudson State Historic Park, the world's longest elevated pedestrian bridge, spanning 1.28 miles over the Hudson River in Poughkeepsie, NY. Stroll as much or as little as you would like. Then relax as we take a scenic cruise aboard the Rip Van Winkle with beautiful views of lighthouses, waterfront mansions & more. More info to come soon.

BISTRO LUNCH TRAIN, NEWPORT, RI



October, Date TBD

Hop aboard the Grand Bellevue for a 2 hour train ride from Portsmouth, RI and enjoy views on Narragansett Bay. While on board enjoy a bistro style lunch. Afternoon free time at the Newport Wharves. Cost, menu and registration info to come.

VAN GOGH IMMERSIVE



EXPERIENCE & QUINCY MARKET

November, Date TBD

Explore his life, his work, and his secrets as never before through cutting-edge 360 degree digital projections, a one-of-a-kind virtual reality experience, and a uniquely atmospheric light & sound show. In the afternoon you will have free time at Quincy Market. This trip will be guided by a Tour Director, will be limited to fewer passengers, and will follow safety protocols. More info will be coming.

NEWPORT PLAYHOUSE



December, Date TBD

This unique dinner theatre in Newport, RI is a favorite! Enjoy a delicious lunch in the dining room, then take your reserved seat in the theatre, followed by a fun Cabaret Show! More information will follow.

OVERNIGHT TRIPS

NASHVILLE MUSIC CITY ESCORTED TOUR



September 20-24, 2021

2020 prices have been held over! Join Friendship Tours for this classic tour of Nashville which includes points of interests such as the Grand Ole Opry, Ryman Auditorium, the Country Music Hall of Fame, a tour of the city of Nashville, Johnny Cash & Patsy Cline Museums and more. Included on this trip are motor-coach transportation to Hartford/Bradley, round trip airfare to Nashville, four nights' accommodation at the Drury Inn Downtown, 4 hotel buffet breakfasts, 2 lunches, 3 dinners, sightseeing by deluxe motor-coach, Friendship Tours escort throughout the trip, portorage of one suitcase per person and trip gratuity. Call the senior center to get a trip flyer. Deposit of \$900 per person required to reserve your space, with final payment due by June 1, 2021. **Cost is \$2,329 p.p. double occupancy. Call Friendship Tours to register for this trip at 800-243-1630**

SPOTLIGHT ON NEW ORLEANS



April 24-28, 2022

A captivating jewel on the shores on the Mississippi River, New Orleans' French Quarter is the heartbeat of a magnificent city. Every year, visitors descend on this vibrant city, ripe with art galleries, antique stores, jazz clubs, and restaurants. In the brick buildings with their walled-in courtyards and ornate cast-iron balconies, Spanish, French, Creole and American influences integrate seamlessly along cobblestone streets. This fantastic 5 day trip will feature 4 breakfasts and two dinners. Sign up by October 24th and save \$150. **The cost of the trip is \$1,999 p.p. double occupancy before October 24. Call the Senior Center to register.**

CANADIAN ROCKIES



GLACIER NATIONAL PARK

June 18-24, 2022

See this spectacular region of Canada on this 7 day, 6 night trip. Highlights include a trip to Calgary, Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road, Banff, Athabasca Glacier, Chateau Lake Louise and choice on tour of a Glacier Ride or walk the Glacier Skywalk. Cost of \$3,379 per person for double occupancy includes airfare, transportation, 9 meals included, and admission to all sights on the itinerary, taxes, fees and gratuities. Passport is required. **The cost of the trip is \$3,279 p.p. double occupancy before December 18. Call the Senior Center to register.**

= Light Walking

= Moderate Walking

= Mostly Walking