

# COLCHESTER SENIOR CENTER

## MAY 2014

# news

### CINCO DE MAYO FIESTA!

**Monday, May 5**  
**12:00 P.M.**

Don your sombrero and celebrate this fun Mexican holiday with games & activities that will make you say "Ole!" For lunch, we will have a Taco Bar with all the traditional fixins' along with Black Bean & Corn Salsa and Empanadas for dessert. Cost is \$6.00. Please sign up by Friday, May 2<sup>nd</sup>.

### MOTHER'S DAY BRUNCH

**Monday, May 12**  
**10:30 a.m.**

Everyone is invited to this lovely event to honor the special women in our lives. Enjoy a beautiful Mother's Day Brunch Buffet followed by the musical stylings of singer John Paolillo, as he performs for the first time at the Colchester Senior Center. Tickets are \$6.00 and are on sale through Friday, May 9<sup>th</sup>.

### GROCERY BINGO

**Friday, May 16**  
**10:00 a.m.**

Please join us for this free Bingo event, where the prizes will be useful items from the grocery store! This program is sponsored by our friends at Harrington Court.

### GETTING AROUND EASTERN CT: TRANSPORTATION OPTIONS

**Monday, May 19**  
**10:30 a.m.**

Come and learn about transportation options available to help you through the Eastern CT Transportation Consortium. Shirley Zaccheo from the ECTC will be here for this free presentation and to answer your questions. Please pre-register by Friday, May 16<sup>th</sup>.

### DINNER & GAME NIGHT

**Wednesday, May 21**  
**4:00-6:00 p.m.**

Join us for a night of fun! Board games, cards, dice—the choice is yours! In between games, we'll order pizza and have a delicious dinner. Cost is \$5.00. Please sign up by Monday, May 19<sup>th</sup>.

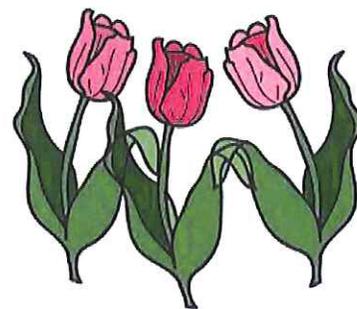
### MEMORIAL DAY PROGRAM

**Tuesday, May 27**  
**11:00 a.m.**

All are invited to this ceremony where we will pay tribute to those who died while serving in the United States Armed Forces with special readings, patriotic music and somber reflection.

### ACTIVITY INTEREST QUESTIONNAIRE

We are always looking for your input and ideas for programs and trips that you would enjoy. We've developed a brief survey to hear from you. Survey can be found on the last 2 pages of this month's newsletter. Please take a few minutes to fill it out and return it to the office by the end of the month.



### THE CORVETTES DOO WOP REVUE

**Friday, June 6**  
**5:15 to 9:30 p.m.**

The Senior Centers of South Eastern CT are sponsoring their annual Dinner Dance at the Port 'n Starboard in New London featuring the Corvettes, and their "Premier National Touring Doo Wop Show"! Tickets are \$20.00 and available through May 23<sup>rd</sup>. Transportation is available for \$5.00. Blue Plate Special Meals include, Meatloaf, Mashed Potatoes & Peas or Roasted Chicken, Baked Potato & Corn, Dessert, Coffee & Cash Bar.

**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.-6:00 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/Municipal Agent  
[pwatts@colchesterct.gov](mailto:pwatts@colchesterct.gov)

**Becky Sullivan**

Program Coordinator  
[rsullivan@colchesterct.gov](mailto:rsullivan@colchesterct.gov)

**Donna Paty**

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**Steve Mekkelsen**

Rec. Therapy Coordinator  
[smekkelsen@colchesterct.gov](mailto:smekkelsen@colchesterct.gov)

**Louise Plocharczyk**

Full-time Driver

**Ginny Stephenson**

Part-time Driver

**Noella Daigle**

Out-of-Town Driver

**Jane Moreno**

Nutrition Site Server

## From the Director's Desk

I am pleased to announce that we are now offering extended hours on Wednesday evenings at the Colchester Senior Center. We are hoping that this change will offer opportunities for folks who are busy during the day, perhaps still working, caring for grandchildren or other reasons that hamper them from enjoying all that their local senior center has to offer. It is our hope that even more people will be able to utilize the Colchester Senior Center and realize what a wonderful resource we are to our community.

As you read through this month's newsletter, you will see that we are offering some new classes and other special interest groups on Wednesday nights. We have had a phenomenal response to our Evening Zumba Gold fitness class! Zumba Gold was designed for the active older adult. This high-energy class combines easy-to-learn Latin dance movements with up-tempo music for a full-body workout. Zumba Gold is taught by Donna Chalmers. The class is currently full, however, if you are interested in participating please contact the office to get on the waiting list. If enough interest is expressed, we are considering opening up a secondary class, date and time to be determined.

We are also offering an Evening Walking Club from 5:00-6:00 p.m. on Wednesdays. Walking is a great way to stay active and fit, it requires no special equipment and you can go at your own pace. Meet others at the senior center and trek out together, walking pre-measured routes. To begin, we will have different distances around the Town Green, which is an easy walk to/from the senior center. As time goes on, if there's enough interest, this group can meet at different locations to walk together, for example at the Airline Trail.

On May 21, we are hosting an evening Dinner and Game Night, which will include a pizza party for \$5.00. On May 7 at 4:00 p.m. Becky will be hosting Bunco, a fun and easy-to-learn dice game. And for those of you who enjoy scrapbooking, Becky will be hosting two different "Crop 'til You Drop" scrapbooking nights, on May 14 and 28 from 4:00-6:00 p.m. Bring your photos, pages that you're working on and your supplies and join with other "scrappers" in two fun evening sessions. Enjoy creative brainstorming, show off your projects and see what others have been working on. "Scrapping" is always more fun with a crowd...and the Colchester Senior Center is the perfect place to spread out and "scrap" to your heart's content. Come over to the Colchester Senior Center and enjoy all that we offer, now on Wednesday nights, too!

Warmly,

*Patty*

**MYSTERY TRIP**

**Thursday, May 1**  
**1:00 p.m.**

Sign up and pack your adventurous spirit for our next Mystery Trip with Louise! A moderate amount of walking involved in this fun outing. There is a \$6.00 cost for the bus and for the destination itself. You won't want to miss it!

**CARD MAKING CLASS**

**Wednesday, May 7**  
**10:00 a.m.**

Please join us for another wonderful stamping class with Marie Sola from Chestelm Adult Day Center. This time, Marie will instruct you on how to make beautiful graduation cards for your loved ones. Beginners welcome! Please pre-register by Monday, May 5<sup>th</sup>.

**SHOPPING TRIP**

**Thursday, May 8**  
**12:15 p.m.**

This month's shopping trip will be to Crystal Mall & Walmart in Waterford. Suggested donation is \$4.00 for bus transportation. Please pre-register in the office.

Colchester Senior Center will be closed on **Monday, May 26<sup>th</sup>** for Memorial Day

**FROM FICTION TO FILM**

Book Review will be May 20 at 10:30 a.m. and Film Viewing and discussion is on May 27 at 9:30 a.m. New members welcome!

**CRAFTS WITH ALICE**

**Friday, May 9**  
**10:00 a.m.**

We will make and decorate a sunflower planter. Makes a great Mother's Day gift!

**CRAFTS WITH ALICE**

**Friday, May 23**  
**10:00 a.m.**

Memorial Day is fast approaching and, in this craft session, we will make some commemorative poppies to remember our Veterans.

**LUNCH BUNCH**

**Friday, May 23**  
**11:15 a.m.**

This month's outing will be to Maine Fish Market in Windsor. Suggested donation is \$5.00 for bus transportation. Please pre-register in the office.

**GETTING TO KNOW YOU**

**Wednesday, May 28**  
**12:30 p.m.**

Discuss what's going on at the senior center at this monthly program.

**DONATIONS NEEDED**

We are continuing to collect items for our **Summer Tag Sale** in June. Please drop off your donations, clean and in good condition. We are not accepting donations of clothing or large furniture. Please see Becky for more information.

**NEW ON WEDNESDAYS**

**EVENING WALKING CLUB**  
**Wednesdays at 5 p.m.**

Now that the weather is finally warming up, you can get outdoors and get some exercise and fresh air! Meet the group at the senior center and go for a walk at your own pace.

**BUNCO DICE GAME**

**Wednesday, May 7**  
**4:00 p.m.**

Whether you're new to the game or a seasoned player, please join us for this fun & easy dice game. All you need to do is roll 6's! Please pre-register.

**CROP 'TIL YOU DROP**

**Weds. May 14 & 28**  
**4:00 p.m.**

Bring your scrapbooking materials—or borrow some of ours! Get ideas to help preserve memories and make keepsakes. Please pre-register.

# CLASS SCHEDULE

CLASS	DAY & TIME	SESSIONS PER MONTH	FEE
<b>CHORAL GROUP</b> Sing along with your favorite tunes! Leaders: Becky Sullivan & Roz Etra	<b>TUESDAYS</b> 11:15 A.M.	<b>4</b> <b>CLASSES</b>	<b>NO FEE</b>
<b><u>New</u> EVENING WALKING CLUB</b> Join your friends for some fresh air & exercise! Group led.	<b>WEDNESDAYS</b> 5:00 P.M.	<b>4</b> <b>CLASSES</b>	<b>NO FEE</b>
<b>KNITTING &amp; CROCHET <u>New Day &amp; Time!</u></b> Create your own personal projects or contribute to community organizations chosen by the group. Leader: Marge Ely	<b>THURSDAYS</b> 1:00 P.M.	<b>5</b> <b>CLASSES</b>	<b>NO FEE</b>
<b>LINE DANCING</b> Learn easy-to-follow dance steps set to lively music. Beginners welcome! Instructor: Priscilla Clesowich	<b>THURSDAYS</b> 1:00 P.M.	<b>5</b> <b>CLASSES</b>	<b>NO FEE</b>
<b>OPEN ART STUDIO</b> Enjoy creating art in a relaxed environment. Bring your own supplies. We support/critique each other with our projects. Instructor: Irene Watson	<b>TUESDAYS</b> 10:30 A.M.	<b>4</b> <b>CLASSES</b>	<b>NO FEE</b>
<b>SIT &amp; BE FIT</b> Chair exercises that focus on all areas of the body. Beginner level. 40 minutes. Leader: Becky Sullivan	<b>WEDNESDAYS,</b> <b>FRIDAYS</b> 10:00 A.M.	<b>8</b> <b>CLASSES</b>	<b>NO FEE</b>
<b>TAI CHI</b> A mind/body practice known as "moving meditation." Slow/gentle movement. Group led.	<b>TUESDAYS</b> 10:00 A.M.	<b>4</b> <b>CLASSES</b>	<b>NO FEE</b>
<b><i>FITNESS CLASSES REQUIRE A PRE-PAID CARD, VALID FOR 10 SESSIONS AVAILABLE IN THE OFFICE FOR \$25.00.</i></b>			
<b>EXERCISE CLASS</b> Gentle aerobics with a focus on improving flexibility and strength. Instructor: Gina Schriver	<b>MONDAYS,</b> <b>THURSDAYS</b> 9:00 A.M.	<b>6</b> <b>CLASSES</b>	<b>PRE-PAID CARD</b>
<b>SENIOR YOGA</b> Gentle massage, simple Hatha Yoga postures & deep breathing. A relaxing & fun environment. Bring a yoga mat or participate seated in a chair. Instructor: Sue McCaffrey	<b>THURSDAYS</b> 11:00 A.M.	<b>5</b> <b>CLASSES</b>	<b>PRE-PAID CARD</b>
<b>STRETCHERCIZE</b> Movement to improve your strength & balance. Instructor: Gina Schriver	<b>MONDAYS,</b> <b>THURSDAYS</b> 10:00 A.M.	<b>6</b> <b>CLASSES</b>	<b>PRE-PAID CARD</b>
<b>ZUMBA GOLD</b> Fun, aerobic choreographed dances at a slower pace than traditional Zumba. Instructor: Donna Chalmers	<b>WEDNESDAYS</b> 5:00 P.M.	<b>4</b> <b>CLASSES</b>	<b>PRE-PAID CARD</b>

Join us to honor people celebrating May birthdays on **May 28 at noon** and enjoy cake provided by our friends at Apple Rehab!

**5/5 LARRY MONTGOMERY**  
**5/7 THERESA ALFIERI**  
**5/7 RUTH CIUCIAS**  
**5/13 TERESA TORRES**  
**5/21 PATTY EVANS**  
**5/26 ALDINA LUNN**  
**5/28 ARLENE MOHRLEIN**  
**5/28 BETTY PRESTRIDGE**  
**5/31 ROSE MARIE CHICOINE**

## SPECIAL INTEREST GROUPS

**BINGO** Tuesdays & Fridays at 1:30 p.m.

**BRIDGE** Wednesdays at 12:30 p.m.

**COFFEE & CURRENT EVENTS**  
Fridays at 9:30 a.m.

**MAH JONGG** Mondays at 12:30 p.m.

**FRI. FILM SERIES** Fridays at 1:00 p.m.

**PINOCHLE** Tuesdays at 12:45 p.m.

**POKENO** Thursdays at 9:00 a.m.

**RUMMIKUB** Fridays at 9:30 a.m.

**SCRABBLE** Mondays at 10:00 a.m.

**SKIP-BO** Fridays at 11:00 a.m.

**SVP** Wednesdays at 10:30 a.m.  
**SENIOR VOLUNTEER PROGRAM**

**SETBACK** Mondays at 12:45 p.m.

**UNO** Daily at 12:30 p.m.

**Wii BOWLING** Thursdays at 9:00 a.m.

*\*A Wii Bowling Tournament is scheduled vs. Glastonbury Senior Center on Thursday, May 29 at 1:00 p.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, 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 any programs, activities, meals or trips which require payment should be made on **Mondays or Fridays**. Payment is required at the time of sign up. Some meals, trips, classes or programs may have limited availability. **As soon as a class, program, activity or trip appears in our newsletter, you are able and encouraged to sign up.** 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 during business hours.

**BLOOD PRESSURE CLINIC**

**Monday, May 5  
9:30-10:15 a.m.**

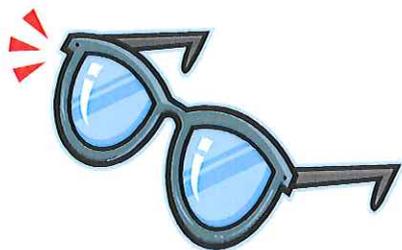
Liz Muller, LPN from Chestelm Adult Day Services will be available to check your blood pressure at this monthly clinic.



**LOW VISION SUPPORT GROUP**

**Thursday, May 15  
10:30 a.m.**

Sponsored by the Colchester Lions Club, this group is intended for anyone coping with low vision difficulties.



**FREE HEARING CLINIC**

**Friday, May 9  
9:00-10:30 a.m.**

Please call 860-537-3911 to schedule an appointment for this free service provided by Certified Audiologist Elyse Kirschblum of Eastern CT Ear, Nose & Throat.



*Our Making Memories class painting favors for our Volunteer Appreciation Luncheon.*

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

**Making Memories  
Program is scheduled at  
the Colchester Senior  
Center on**

**Monday 9 a.m.-1 p.m.  
Tuesday 9 a.m.-1 p.m.  
Wednesday 9 a.m.-1 p.m.**

Transportation is available for any participant living in the Town of Colchester. Please call Recreational Therapy Coordinator, Steve Mekkelsen 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.*

**SOCIAL SERVICES**

**BENEFITS COUNSELING**

**Monday, May 12  
11:00-3:30 p.m.**

Do you qualify for a Rent Rebate, Energy Assistance, Food Stamps, a Medicare Savings Plan or other helpful programs? Confidential counseling is provided by Loretta Anderson of Senior Resources Area Agency on Aging. Call 860-537-3911 to schedule your appointment.

**RENTER'S REBATE**

Assistance is available for qualified individuals who rent and are 65 years of age and older and those people under 65 years of age who are receiving Social Security Disability benefits. Call 860-537-3911 to schedule an appointment.

**Please bring proof of the following for 2013:**

All taxable income for each individual in household including Social Security, interest, dividends, pensions, wages, lottery winnings, IRA's, Veterans pensions and disability payments.

Rent: Printout or cancelled checks for 12 months.

Utilities: Verification of payment for water, electric, oil or gas for 12 months (2013.)

## DINING OPTIONS

**MONDAY BISTRO:** Lunches are available at a cost of \$5.00. Menus change weekly and are published in the senior center newsletter. Sign up required by the previous Wednesday. There are no age restrictions on these meals.

**COMMUNITY CAFÉ MEALS:** Served Tuesday-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 \$3.00 is requested, but no one will be turned away based on ability to pay. Please make meal reservations in advance by 10:00 a.m. the day before. These meals are available for people over the age of 60.

**MEALS ON WHEELS:** Meals can be delivered daily to home-bound residents. To register for this program or inquire about eligibility, please call TVCCA at 860-886-1720 ext. 11.

## SPECIAL LUNCH

**Friday, May 16**



On Friday, May 16 TVCCA will not be serving lunch, so their staff may attend scheduled training. We will be serving lunch that day which will include assorted stuffed breads from Angelo's Bakery, tossed garden salad and a bottled water. Cost is \$5.00, please sign up in the office by Monday, May 12<sup>th</sup> if you wish to attend.

## VOLUNTEER OPPORTUNITIES

**FINE ART CLASS INSTRUCTORS:** We are looking for volunteers interested in teaching classes or workshops centered around specific mediums of art—watercolors, oil, acrylic, etc.

**MEALS-ON-WHEELS DRIVERS:** Meals on Wheels provides a vital service to the community, delivering meals to home-bound residents; training provided. Requires a vehicle.

## SENIOR YOGA CLASS

**Thursdays at 11:00 a.m.**

Yoga promotes breathing, stretching and relaxation but also boasts additional benefits including improved sleep quality, stress reduction, help in blood sugar levels, improved arthritis pain, increase bone density, improved balance and flexibility. Our Senior Yoga class has been modified for senior participants and can be performed on the floor (individuals are encouraged to bring a yoga mat to class) or in a chair. Class is conducted in a relaxed and non-competitive atmosphere. Beginners are welcome and new participants may try out the class free of charge for one class session. Come and give it a try!

### HEALTH & WELLNESS CORNER

This month's article will feature important information about the side effects of antibiotics. When antibiotics are given to treat an infection, they do a wonderful job of killing the "bad" bacteria, but they do not discriminate and often also eliminate the "good" bacteria, or natural flora. Our natural flora lives within our intestinal tract, respiratory tract and genital tract.

This can result in some unpleasant side effects such as yeast overgrowth (resulting in yeast infections), moderate to severe diarrhea and even possible colitis, which is an inflammation of the colon.

For this reason, every time an antibiotic is prescribed, it is recommended to take a "probiotic" which resupplies the body with good bacteria, preventing the antibiotic side effects. Probiotics are available without a prescription and you can ask your pharmacist for a recommendation. A daily yogurt with real yogurt cultures can help, as well.

Stay Happy and Healthy!

Paqui D. Motyl, MD  
Backus Family Health Center at Colchester

**DAY TRIPS****TRIBUTE TO CONNIE FRANCIS****Thursday, May 8, 9:45 a.m.**

Donna Lee and her dynamic band bring new life to the music of "America's Sweetheart of Song". Lunch will be served at the Grand Oak Villa. Cost is \$71.00 per person.

**"DAMN YANKEES (THE RED SOX VERSION)"  
at the GOODSPEED OPERA HOUSE****Thursday, May 15, 11:00 a.m.**

We will enjoy lunch at the Gelston House before heading over to see this wonderful musical. Cost is \$77.00 per person. Space is limited.

**GLOUCESTER HOUSE LOBSTER BAKE****Monday, June 9, 8:30 a.m.**

Experience true New England charm & hospitality as you explore Rockport & Gloucester, MA. Spend time shopping in boutiques or visiting the local art galleries after a beautiful buffet-style luncheon at Gloucester House Restaurant. Cost is \$90.00 per person.

**LADY KATE LUNCHEON CRUISE & "FIDDLER ON  
THE ROOF" at the GOODSPEED OPERA HOUSE****Wednesday, July 12, 10:45 a.m.**

Enjoy a beautiful luncheon cruise on the CT River before heading to see a musical favorite! Tickets are \$91.00 per person. Space is limited.

**OVERNIGHT TRIPS****SARATOGA****Thursday, July 17- Friday, July 18<sup>th</sup>**

It's post-time! Spend time at the Saratoga Race Course (including reserved grandstand seating) and overnight at the elegant Queensbury Hotel in Glens Falls, NY. Tour includes a dinner cruise on Lake George as well as a visit to Oaks Horse Farm. Call 860-537-3911 for more information. Cost is \$304 per person, double occupancy.

**TREASURES OF IRELAND****September 29-October 7, 2014**

Trip Itinerary and pricing information is available in the office at the Colchester Senior Center. This trip is open to anyone 18 years or older. For more information, please call 860-537-3911.

**COMMISSION ON AGING****Rose Levine, Chair****Gary Siddell, Vice Chair****Rob Gustafson****Goldie Liverant****Joe Menhart****Jean Stawicki****Susan Choma, Alternate****MEETINGS AT THE  
COLCHESTER SENIOR  
CENTER****AARP CHAPTER # 4019**

May 6 at 1:30 p.m.

**COLCHESTER TRIAD**

May 20 at 8:30 a.m.

**COMMISSION ON AGING**

May 12 at 8:30 a.m.

**CSC STAFF MEETING**

May 14 at 2:30 p.m.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

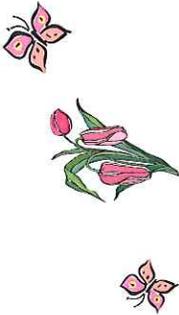


# May 2014

<p>4</p> <p>9:00 Memories No Exercise <b>9:30-10:15 BP Clinic</b> 10:00 Stretcherize 10:00 Scrabble <b>12:00 Cinco de Mayo Fiesta!</b> 12:30 Mah Jongg 12:45 Setback Cinco de Mayo</p>	<p>5</p> <p>9:00 Memories 10:00 Tai Chi 10:30 Open Art Studio 11:15 Choral Group 12:30 Games 12:45 Pinochle 1:30 Bingo 1:30 AARP Meeting</p>	<p>6</p> <p>9:00 Memories <b>10:00 Card Making Class</b> 10:00 Sit &amp; Be Fit 10:30 SVP 12:30 Bridge 4:00 Bunco Dice Game 5:00 Evening Walking Club 5:00 Zumba Gold</p>	<p>7</p> <p>No Exercise 9:00 Pokeno 9:00 Wii Bowling 9:45 "Connie Francis" No Stretcherize 11:00 Yoga 12:00 Chair Massage <b>12:15 Shopping Trip</b> <b>Crystal Mall &amp; Walmart</b> 1:00 Line Dancing 1:00 Knit &amp; Crochet <small>May Day</small></p>	<p>8</p> <p>No Exercise 9:00 Pokeno 9:00 Wii Bowling 9:45 "Connie Francis" No Stretcherize 11:00 Yoga 12:00 Chair Massage <b>12:15 Shopping Trip</b> <b>Crystal Mall &amp; Walmart</b> 1:00 Line Dancing 1:00 Knit &amp; Crochet</p>
<p>11</p> <p>8:30 COA Meeting 9:00 Memories 9:00 Exercise 11:00-3:30 Benefits Check 10:00 Stretcherize 10:00 Scrabble <b>10:30 Mother's Day Brunch</b> 12:30 Mah Jongg 12:45 Setback</p>	<p>12</p> <p>9:00 Memories 9:00 Golf League 10:00 Tai Chi 10:30 Open Art Studio 11:15 Choral Group 12:30 Games 12:45 Pinochle 1:30 Bingo</p>	<p>13</p> <p>9:00 Memories 9:00 Golf League 10:00 Tai Chi 10:30 Open Art Studio 11:15 Choral Group 12:30 Games 12:45 Pinochle 1:30 Bingo</p>	<p>14</p> <p>9:00 Memories 10:00 Sit &amp; Be Fit 10:30 SVP 12:30 Bridge 2:30 Staff Meeting 4:00 Crop 'til You Drop 5:00 Evening Walking Club 5:00 Zumba Gold</p>	<p>15</p> <p>9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize <b>10:30 Low Vision</b> 11:00 Yoga 11:00 Goodspeed "Damn Yankees" Departs 12:00 Chair Massage 1:00 Line Dancing 1:00 Knit &amp; Crochet</p>
<p>18</p> <p>Mother's Day</p> <p>9:00 Memories 9:00 Exercise 10:00 Stretcherize 10:00 Scrabble <b>10:30 "Getting Around Eastern CT: Transportation Options"</b> 12:30 Mah Jongg 12:45 Setback</p>	<p>19</p> <p>9:00 Memories 9:00 Golf League 10:00 Tai Chi 10:30 Fiction to Film- Book Review 10:30 Open Art Studio 11:15 Choral Group 12:30 Games 12:45 Pinochle 1:30 Bingo</p>	<p>20</p> <p>8:30 TRIAD Meeting 9:00 Memories 9:00 Golf League 10:00 Tai Chi 10:30 Fiction to Film- Book Review 10:30 Open Art Studio 11:15 Choral Group 12:30 Games 12:45 Pinochle 1:30 Bingo</p>	<p>21</p> <p>9:00 Memories No Sit &amp; Be Fit 10:30 SVP 12:30 Bridge 4:00 Dinner &amp; Game Night 5:00 Evening Walking Club 5:00 Zumba Gold</p>	<p>22</p> <p>9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage 1:00 Line Dancing 1:00 Knit &amp; Crochet</p>
<p>25</p> <p><b>CSC Closed for Memorial Day</b> <small>Memorial Day</small></p>	<p>26</p> <p>9:00 Memories 9:00 Golf League 9:30 Fiction to Film- Film Review 10:00 Tai Chi 10:30 Open Art Studio <b>11:00 Memorial Day Program</b> 12:30 Games 12:45 Pinochle 1:30 Bingo</p>	<p>27</p> <p>9:00 Memories 9:00 Golf League 9:30 Fiction to Film- Film Review 10:00 Tai Chi 10:30 Open Art Studio <b>11:00 Memorial Day Program</b> 12:30 Games 12:45 Pinochle 1:30 Bingo</p>	<p>28</p> <p>9:00 Memories 10:00 Sit &amp; Be Fit 10:30 SVP <b>12:00 Birthday Celebration</b> <b>12:30 Getting to Know You</b> 12:30 Bridge 4:00 Crop 'til You Drop 5:00 Evening Walking Club 5:00 Zumba Gold</p>	<p>29</p> <p>9:00 Exercise 9:00 Pokeno 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage 1:00 Line Dancing 1:00 Knit &amp; Crochet <b>1:00 Wii Bowling Tourn. vs. Glastonbury</b></p>
<p>1</p> <p>9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage <b>1:00 Mystery Trip</b> 1:00 Line Dancing 1:00 Knit &amp; Crochet <small>May Day</small></p>	<p>1</p> <p>9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage <b>1:00 Mystery Trip</b> 1:00 Line Dancing 1:00 Knit &amp; Crochet <small>May Day</small></p>	<p>1</p> <p>9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage <b>1:00 Mystery Trip</b> 1:00 Line Dancing 1:00 Knit &amp; Crochet <small>May Day</small></p>	<p>1</p> <p>9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage <b>1:00 Mystery Trip</b> 1:00 Line Dancing 1:00 Knit &amp; Crochet <small>May Day</small></p>	<p>1</p> <p>9:00 Exercise 9:00 Pokeno 9:00 Wii Bowling 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage <b>1:00 Mystery Trip</b> 1:00 Line Dancing 1:00 Knit &amp; Crochet <small>May Day</small></p>
<p>2</p> <p>9:30 Current Events 9:30 Rummikub 10:00 Sit &amp; Be Fit 10:00 Senior Wfts 11:00 Skip-Bo <b>1:00 Friday Film Series Saving Mr. Banks (PG-13)</b> 1:30 Bingo</p>	<p>2</p> <p>9:30 Current Events 9:30 Rummikub 10:00 Sit &amp; Be Fit 10:00 Senior Wfts 11:00 Skip-Bo <b>1:00 Friday Film Series Saving Mr. Banks (PG-13)</b> 1:30 Bingo</p>	<p>2</p> <p>9:30 Current Events 9:30 Rummikub 10:00 Sit &amp; Be Fit 10:00 Senior Wfts 11:00 Skip-Bo <b>1:00 Friday Film Series Saving Mr. Banks (PG-13)</b> 1:30 Bingo</p>	<p>2</p> <p>9:30 Current Events 9:30 Rummikub 10:00 Sit &amp; Be Fit 10:00 Senior Wfts 11:00 Skip-Bo <b>1:00 Friday Film Series Saving Mr. Banks (PG-13)</b> 1:30 Bingo</p>	<p>2</p> <p>9:30 Current Events 9:30 Rummikub 10:00 Sit &amp; Be Fit 10:00 Senior Wfts 11:00 Skip-Bo <b>1:00 Friday Film Series Saving Mr. Banks (PG-13)</b> 1:30 Bingo</p>
<p>3</p>	<p>10</p>	<p>17</p>	<p>24</p> <p>Armed Forces Day</p>	<p>31</p>

\*All activities are subject to change\*

# TVCCA COMMUNITY CAFÉ MENU MAY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1% milk and whole grain bread are served with each meal.</p> <p>Menu is subject to <u>change without notice.</u></p>			<p>1 Salisbury Steak w Gravy Mashed Potatoes Mixed Vegetables Grape Juice Danish</p>	<p>2 Portuguese Chicken Rice Pilaf Green Beans &amp; Diced Tomatoes Pineapple Cup</p>
<p>5 <b>Cinco de Mayo Lunch</b> Taco Bar with all the Fixin's Black Bean &amp; Corn Salsa with Tortilla Chips Dessert Empanadas \$6.00</p>	<p>6 Baked Cod / Tomato Black Bean &amp; Corn Relish Roasted Potatoes Mixed Vegetables Peach Cup</p>	<p>7 Cheese Burger Noodle Casserole Peas Carrots Applesauce Cup</p>	<p>8 Stuffed Shells w/ Marinara Sauce Broccoli Wax Beans Fruit Cocktail</p>	<p>9 <b>Mother's Day Celebration</b> Pineapple Glazed Ham Mashed Sweet Potatoes Capri Vegetable Medley Apple Juice Sugar Cookie</p>
<p>12 <b>Mother's Day Brunch</b> French Toast with Syrup &amp; Butter Strawberries &amp; Whipped Cream Spinach, Onion &amp; Swiss Quiche Bacon, Home-fried Potatoes Orange Juice \$6.00 Ticket</p>	<p>13 Eggplant Rolette Penne Pasta w/ marinara Bean Medley Pineapple Cup</p>	<p>14 Chicken Cacciatore Seasoned Rice Broccoli Fresh Fruit</p>	<p>15 Beef Stroganoff Buttered Noodles Chuck Wagon Vegetables Grape Juice Cupcake</p>	<p>16 Assorted Stuffed Breads from Angelo's Bakery Tossed Garden Salad Bottled Water \$5.00</p>
<p>19 <b>Bistro Meal</b> Ham &amp; Cheese Quiche Garlic Bread Caesar Salad Chocolate Chip Cookie \$5.00</p>	<p>20 Cuban Pork Stew Cumin &amp; Garlic - Roasted Potatoes Green Beans &amp; Red Peppers Fruit Cocktail <b>Ethnic Celebration</b></p>	<p>21 Cheese Ravioli w Marinara Sauce Peas Carrots Pears w/ mandarin oranges</p>	<p>22 Baked Chicken w/ Alfredo Pesto Cream Sauce Seasoned Rice Italian Vegetable Medley Applesauce Cup</p>	<p>23 Meatloaf w/ Gravy Scalloped Potatoes Chuck Wagon Vegetable Medley Fresh Orange</p>
<p>26 <b>Memorial Day Holiday</b>  <b>Program Closed</b></p>	<p>27 Chicken Leg Quarter w/ Marsala Sauce Rice Pilaf Broccoli Fresh Fruit</p>	<p>28 Braised Pork Loin w/ Honey Mustard Sauce Sweet Potatoes Capri Vegetable Medley Cranberry Juice Oatmeal Cookie</p>	<p>29 Sloppy Joe's Buttered Noodles Italian Vegetable Medley Pears w/ mandarin oranges</p>	<p>30 Crispy Cod Patty Mashed Potatoes Stewed Tomatoes Fruit Cocktail </p>

## Colchester Senior Center Activity Interest Questionnaire

We value your thoughts/suggestions and want to plan programs that are appealing and fun for Colchester's community of seniors. Please take a moment to answer some questions about the Colchester Senior Center, which will help us as we make decisions about future programs, classes & events. Please note this survey is 2 pages, complete both pages.

### 1. Do you currently attend programs/classes/events at the Colchester Senior Center?

Yes

No

Comments:

### 2. What current programs offered do you or would you like to attend? (please circle)

<i>Benefits Check Up</i>	<i>Hearing Clinic</i>	<i>Sr. Volunteer Program (SVP)</i>
<i>Bingo</i>	<i>Knitting &amp; Crochet</i>	<i>Senior Wits (Word Puzzles)</i>
<i>Birthday Celebration</i>	<i>Line Dancing</i>	<i>Senior Yoga</i>
<i>Blood Pressure Clinic</i>	<i>Low Vision Support Group</i>	<i>Setback</i>
<i>Bridge</i>	<i>Lunch Bunch Trips</i>	<i>Shopping Trips/Outings</i>
<i>Bunco (Dice Game)</i>	<i>Mah Jongg</i>	<i>Sit &amp; Be Fit</i>
<i>Chair Massage</i>	<i>Movie Matinees (Classic Films)</i>	<i>Skip-Bo</i>
<i>Choral Group</i>	<i>Movie Matinees (New Release)</i>	<i>Special Event Luncheons</i>
<i>Current Events</i>	<i>Open Art Studio</i>	<i>Stretchercize</i>
<i>Dinner &amp; Game Night</i>	<i>Pinochle</i>	<i>Tai Chi</i>
<i>Educational Presentations</i>	<i>Pokeno</i>	<i>Uno</i>
<i>Evening Walking Club</i>	<i>Rummikub</i>	<i>Wii Bowling</i>
<i>Exercise with Gina</i>	<i>Scrabble</i>	<i>Zumba Gold Fitness</i>
<i>Fiction into Film (Book Club)</i>	<i>Scrapbooking (Crop 'til You Drop)</i>	<i>Other: (please specify)</i>
<i>Getting to Know You</i>	<i>Sr. Golf League @ Chantclair</i>	

### 3. Which programs do you want at the Colchester Senior Center, which we currently do not offer? (please circle)

<i>Acrylic Painting</i>	<i>Genealogy Workshop</i>	<i>Seated Zumba Fitness Class</i>
<i>Baby Boomers Programs</i>	<i>Hula Hoop Fitness Class</i>	<i>Stained Glass Art</i>
<i>Beading/Jewelry Making</i>	<i>Intergenerational Programs</i>	<i>Support Groups</i>
<i>Bible Discussion Group</i>	<i>iPad/iPhone Class</i>	<i>Tap Dance Class</i>
<i>Ceramic Arts</i>	<i>Kindle/Nook Class</i>	<i>Watercolor Painting</i>
<i>Computer Workshop</i>	<i>Military Whist</i>	<i>Weight Loss Support</i>
<i>Digital Photography</i>	<i>Nutrition Education</i>	<i>Wellness Education</i>
<i>Dominoes</i>	<i>Pizza &amp; Movie Night</i>	<i>Writing Workshop</i>
<i>Drawing Class</i>	<i>Quilting Guild</i>	<i>Other: (please specify)</i>
<i>Financial Education</i>	<i>Rubber Stamping Class</i>	

4. How are you enjoying the special events luncheons with live entertainment that have been planned? (check one)

- I have attended and enjoyed them.
- I have attended but have not enjoyed them.
- I have not attended but would like to in the future
- I have not attended and do not plan to.

Comments:

5. Do you attend Lunch Bunch outings?      Yes      No

Comments:

6. I feel the programs, classes and special events at the Colchester Sr. Center are a good value.      Yes      No

Comments:

7. What is the maximum you would be willing to spend for a program? (please circle)

\$0-\$5                      \$5-\$10                      \$10-\$15                      \$15-\$20+

Comments:

8. What is the maximum cost you would be willing to spend for a day trip? (please circle)

\$20-\$40                      \$40-\$60                      \$60-\$80                      \$80-\$100+

9. I am satisfied with the current hours of operation.      Yes      No

Comments:

10. I would like to see more programs offered in the evening.      Yes      No

Comments:

11. I would like to see more programs offered on weekends.      Yes      No

Comments:

*Thank you for your feedback! Please submit to the office by May 30th*