

BUSY BEE BULLETIN

COLCHESTER SENIOR CENTER

MARCH 2012

“Proud To Be Part of the Community”

The Colchester Senior Center is an open door to the community.

Monday-Friday 8:00 a.m. – 4:30 p.m.

We enjoy everyone’s visit!

"Spring is nature's way of saying, "Let's party!"

- Robin Williams

Dear Friends:

March is the month when we transition from the starkness of winter to the bright beginnings of spring; when the sun often shines brilliantly in the sky, but its warmth doesn't always reach our faces. And in spite of the fact that this winter has been one of the mildest on record, I'm just as excited to know that spring is inching closer with each and every precious moment!

At the center we are transitioning as well. We are busy planning and gearing up for the many fun things to do, people to see, and moments to enjoy with you in the coming months. As the weather heats up so will we....

For those of you who are “a little or a lot Irish”, we wish you a very happy St. Patrick’s Day and hope you will join us for a traditional Corned Beef and Cabbage meal on Wednesday the 21st. As usual, Jane and Priscilla will be cooking something special up that you won’t want to miss!

In the coming months we will also see the design plans for our new senior center begin to take shape. Recently the town building committee finalized their review process, and decided on an architect who will begin working to develop a renovation plan for the William J. Johnston Middle School compound, which will include dedicated space for a senior center.

Just as the weather is heading down a brighter path, the outlook for a new senior center is filled with promise. There is much to look forward to.

We wish you a month filled with a twinkle in your eye and the luck of the Irish in all that you do.

Patti White, Director

**"Winds of March, we welcome you,
There is work for you to do.
Work and play and blow all day,
Blow the Winter wind away."**

Unknown Author

COMING EVENTS

LAUGH FOR THE HEALTH OF IT! - Join us as we travel to Dublin Village on Friday March 9th at 9:45 for Laughter Yoga. Wear comfortable clothing. The class involves sitting, standing, walking –no strenuous body twisting! Laughter releases endorphins the “feeling good” hormone. It is said to strengthen the immune system, improve circulation, strengthen our core muscles, open our airways and let in more oxygen and help us to manage chronic pain. Whew, laughter is the best medicine! Come laugh with us. Call the senior center to sign up for transportation; the program is free.

SMALL TOWN CONCERT SERIES-Enjoy an 8pm performance on March 16th at the delightful Katherine Hepburn Cultural Arts Center in Old Saybrook, CT. The concert will be a tribute to the Grand Ole Opry with special emphasis on the country music songs of the Carter Family and the 50’s and 60’s. Cost \$27 and the suggested donation for transportation is \$5.00. (Limited seating.) Deadline for sign-up is February 27th.

ST. PATRICK’S DAY DINNER-Enjoy TVCCA’s Irish meal of Corned Beef and Cabbage and dessert on Wednesday March 21st. The suggested donation is \$4.50 (Paid on the day of the event.) **Deadline for sign-up is March 14th.**

AARP SAFE DRIVING COURSE-Monday March 26th from 12:30-4:30. Call your insurance company and find out how much you can save by taking this course! Please call the senior center to sign-up for the course or if you have questions. Cost \$14 (for materials) with a \$2.00 discount to AARP members.

MOVIE AND PIZZA AT THE CENTER-Tuesday March 27th enjoy a light pizza supper followed by the award nominated film, “The Help”. Pizza served at 4:00 followed by the movie. Meal cost: \$3.00.

ALWAYS ...PATSY CLINE-Wednesday March 28th at the Ivoryton Playhouse. Cost \$32 and suggested donation for transportation is \$5.00. Deadline for sign-up is March 2nd. (Seating limited.)

ACTIVITIES

DOO WOP- Oldies (music) singing group will practice on Mondays at 9:30.

GOLDEN GLOW-singers will practice on Mondays at 10:30.

SCRABBLE-Mondays from 10-12.

POKENO- Thursdays at 9:00.

Wii BOWLING-Thursdays from 9:00-10:30.

RETIRED SENIOR VOLUNTEER PROGRAM-“RSVP”-the group meets on Wednesdays at 10:15. Join us to work on volunteer projects for local hospitals, nursing homes and non-profit organizations.

CARD GAMES- the Colchester Senior Center and its participants welcome new players. **Partners not required for card games.**

Setback-Mon. at 12:45

Pinochle-Tues. at 12:45

Card Games-Tues. at 12:30 (sometimes Skippo/Rummy Cube)

Bridge-Wed. at 12:45

Cribbage-Fri. at 1:00

BINGO- every Friday at 10:00. We have two groups of play. The group that meets in the activities room plays with many cards; the group that meets in the center’s library plays with fewer cards. Join the game of your choice.

AFTERNOON BINGO-Mondays from 1:30 -3:30. (50 cents a card or 9 cards for \$4.00)

MAHJONG-Mondays at 1:30. The group is looking for new players, beginners welcome!

WELLNESS PROGRAMS

FREE HEARING SCREENING- from Eastern CT Ear, Nose & Throat, P.C. in Colchester with a Certified Audiologist, Elyse Kirschblum, M.A. , CCC-A. The next screening is Friday March 16th. Our vehicle can transport you (if in Colchester) and pick you up when you are done or you may drive yourself. Appointments are made by calling the senior center office.

CHAIR MASSAGE-with Sue McCaffrey (our Yoga instructor) a massage therapist. Enjoy a relaxing massage. Fifteen minutes for \$10 (paid directly to the instructor) on Thursdays from 11:30 -12:30 by calling ahead and making an appointment. Sign up in the office.

BLOOD PRESSURE CLINIC- Blood Pressure Screening is on Tuesday March 12th from 10:00-11:00. Please sign in at the dining room desk and get your number/ticket. Provided by Wendy Pizzoferrato RN, from “Housecalls”.

LOW VISION SUPPORT GROUP- will meet on the third Thursday of the month (March 15th) at 10:30. This program is coordinated by Colchester Senior Center and the Colchester Lions Club. Hear informative guest speakers and view low vision products that can help make every day living easier. We invite those with all levels of vision impairment.

TAI CHI STYLE EXERCISE-on Tuesdays at 10:00. (This program is group lead with Tai Chi style movement.)

EXERCISE CLASSES-Invigorating exercise classes are offered every Monday, Thursday and Friday mornings with a certified instructor at 9:00 am. Pay for classes by the month (**before the 1st of the month**) at \$3.00 per class or \$4.00 for drop ins.

LINE DANCING –Thursdays at 1:00.

SENIOR YOGA- Thursdays at 10:30 we offer Hatha style Yoga with a certified instructor. Class begins with a gentle massage and will include gentle Yoga postures and deep breathing. Bring a mat (or you can participate seated in a chair) and wear comfortable clothing. A \$4.00 fee per class is to be paid directly to instructor.

“MAKING MEMORIES” PROGRAM- A Recreational Therapy program for individuals facing early signs of memory loss and/or impaired cognitive functioning. This program is supported by the Senior Resources –Agency on Aging with Title III funds made available under the Older Americans Act. Additional funding for the program is made possible by the Brookdale Foundation. For more information contact Patti White.

MEETINGS AT THE CENTER

AARP Chapter # 4019-will meet on Tuesday March 6th at 1:30.

Welcome Eastern CT Ear, Nose & Throat, P.C. Elyse Kirschblum, M. A., CC-A Certified Audiologist to the center. She will be providing us with information on our hearing screenings at their facility. We will provide the transportation. Your questions are welcome.

SENIOR CENTER GROUP MEETING-Friday March 9th at 12:30.

COMMISSION ON AGING MEETING-Monday March 12th at 8:30.

TRIAD-Tuesday March 20th at 8:30.

Benefits Counseling

You may qualify for fuel assistance, health insurance, Food Stamps, Rent Rebate, the Medicare Savings Plan or other service programs and not even know it!

Appointments for a “Benefit’s Check-up” can be made for Wednesday March 14th and 28th from 1:00-4:00 by calling the senior center office at 860-537-3911.

Temp Your Taste Buds with...

Favorite Irish Bread

(By www.tasteofhome.com)

Ingredients:

3 cups all-purpose flour
1 cup sugar
3 teaspoons baking powder
¼ teaspoon salt
1 egg
2 cups 2% milk
½ cup butter, melted
1 ½ cup raisins
(2 tablespoons caraway seeds, optional)

Directions:

In a large bowl, combine the flour, sugar, baking powder and salt. In a small bowl, whisk the egg, milk and butter. Stir into dry ingredients just until moistened. Fold in raisins and caraway seeds if desired. Transfer to a 9 in. square baking pan coated with cooking spray. Bake at 350 degrees for 40-45 minutes or until a toothpick inserted near the center comes out clean. Cool on a wire rack. Serve with butter and jam and ENJOY!

Jan's Friendship Group

In keeping with the tradition started by much beloved Jan Dawnorowitz, "**Jan's Friendship Group**" will continue to meet on the first Friday of the month, 4:00 at Family Pizza. All are welcome to join at any time.

Famous People Trivia

1. *What nickname was given to basketball's Wilt Chamberlain?*
2. *What was the last name of Ferdinand and Imelda, leaders of the Philippines?*
3. *In which decade of the 20th century was the first World Series in baseball played?*
4. *Which former actor and US President received an honorary British Knighthood?*
5. *Who announced the invention of the electric battery in 1902?*

HAPPY BIRTHDAY

MARCH 2012

Happy Birthday from the Colchester Senior Center Staff!

Join us as we celebrate March birthdays on Wednesday the 28th at 12:00 noon. Enjoy a small token surprise; together we will all share a piece of birthday cake and sing happy birthday!

March....

2....Mary Ann Provost
16...Norma Stoll
18...Martha Casady
19...Paula Lemire
26...Rose Strickland
31...Katherine Kosiba

11....Shirley Wolf
17....Pat LaGrega
20...Ann Lindsey
19...Norm Dupuis
30...Harold Woltag

Birthday's get posted in the newsletter by letting the office know that you would like to be put on the birthday list. (It is not automatic due to the fact that there are those who do not wish to have their names listed.)

March is National Nutrition Month

(From the Academy of Nutrition and Dietetics)

The Academy of Nutrition and Dietetics say “Get Your Plate in Shape”!

Think about what goes on your plate before you eat. Make half your plate fruits and veggies, especially dark green, red or orange vegetables plus beans. Make at least half your grains whole. Choose 100% whole grain breads, cereal, crackers, pasta and brown rice. Switch to low-fat milk, it has the same calcium and other essential nutrients, but less fat and calories. Eat a variety of foods from the protein group, such as seafood, nuts and beans as well as lean meat and eggs. Cut back on empty calories from fats and added sugars. Cook at home to control what’s in your food. To avoid oversized portions, use a smaller plate.

TVCCA COMMUNITY CAFÉ

The TVCCA Community Café serves lunch at noon. The cost of the meal is a suggested donation of \$2.50.

The TVCCA fresh prep menu (**like homemade**) is now served Monday through Friday at the center. Every meal includes a meat, potato, vegetable, milk and bread. It is cooked and served hot and fresh just like homemade!

You must be a registered participant in the café program to enjoy the meals. If you are not registered, please ask the site server (Jane) how you can easily register.

TVCCA needs your meal reservation 72 hours in advance. Please call the senior center at 537-3911.

If you are getting a meal, please check in at the dining room desk when you first enter the senior center so that the kitchen knows early that you will be here for your meal.

TASTE OF THURSDAY-March 29th at noon. Participants will enjoy Pizza, Salad and Dessert. Cost \$2.50 per person at the time of sign-up.

Thinking of You

People want to know where their friends are, so we try to pass this information along. If there is a change in anyone’s status, please let us know.

Apple Rehab of Colchester: Dot Shiff

Harrington Court: Millie Fiondella, Edmond Fontaine

Marlborough Health Care: Mary Raicik

TRANSPORTATION

In Town Transportation

Please call before 12 noon to secure your reservations for the following day or unfortunately we may not be able to grant your request.

Out of Town Transportation

A grant from the Department of Transportation enables us to offer out of town transportation on a first come, first served basis. Giving as much notice as possible will increase the chances that we can fill your request.

Donations for both in town and out of town transportation are accepted by mail or you may bring your donations to the senior center office.

TRAVEL

Call the Colchester Senior Center for additional information (537-3911).

Revised Sign Up Policy

Beginning this month we will now ask that you pay for the full cost of a trip or activity at the time of sign up when there is a cost involved, and we will no longer be able to take these reservations over the phone. This will enable us to deposit the funds from you and requisition checks for payments in a timely manner and better plan for lunch events where we need to buy enough food etc... We will also require that you sign up by the posted deadline. Examples of this would be a trip to the Goodspeed Opera House event, or our Taste of Thursday and other special meals here at the center.

You can still phone in to sign up for the monthly shopping trips and lunch outings.

(Please remember that all sign up activities should be done on Mondays and Fridays.)

This policy does not apply to TVCCA meals.

SHOPPING TRIP- Wednesday March 14th to Rocky Hill Walmart or Kohls.

Transportation is a suggested donation of \$3.00.

LUNCH OUTING- Friday March 30th to Modesto's in Franklin, CT.

Transportation is a suggested donation of \$3.00.

AMERICAN BANDSTAND REVUE-April 17th - Remember American Bandstand?

Enjoy a live band, fabulous dance numbers and authentic costumes that celebrate the music of Jerry Lee Lewis, Paul Anka, Connie Francis and many others. Dine on Baked Stuffed Shrimp or Jr. Roast Prime Rib as you "rock around the clock" at the Venus de Milo in Swansea, MA. Cost: A check for \$73 to Landmark Tours and Cruises plus \$6 cash. Deadline for sign-up is April 2nd.

MAME-May 2nd - Come along for the madcap adventures of Auntie Mame and her adoring nephew, at the Goodspeed for a Matinee, after enjoying a leisurely lunch at the beautiful Gelston House. Cost \$66 plus a suggested transportation donation of \$4.00. (Limited seating.) Deadline for sign up is March 30th.

A TASTE OF PROVIDENCE-Tuesday May 22nd -Cooking Demo & Little Italy Tour and more! Providence with its newly designed waterfront area downtown district is on the National Register of Historic Places. First stop is Geppetto's an upscale pizzeria located on DePasquale Square on Historic Federal Hill famous for its legendary pizza-grilled and gourmet. Also the chef delights and entertains the group table side as you dine on your five course meal! Following the luncheon stroll across to Venda Ravioli's Italian Food Emporium with gourmet pastas, fine olive oil, cheeses, gift baskets etc. Then a professional guide will board your coach for a 90 minute tour of Little Italy. Visit Scialo Brother Italian Bakery with a mini tour before returning home. Please make a check to Landmark Tours & Cruises for \$60 and a check to Colchester Senior Center or cash for \$6.00. Deadline for sign-up is April 16th.

PILGRIM BELLE-Wednesday June 20th - Begin the day at Flax Pond Farms to chat about cranberry farming. The site also has a gift shop. Cruise Plymouth Harbor in style and comfort aboard the Pilgrim Belle, a Mississippi style paddlewheeler. The narrated tour is loaded with history! Dine at Isaac's Restaurant in a relaxed atmosphere with huge glass windows located on the historic Plymouth waterfront with spectacular view of the harbor. A check to Landmark Tours & Cruises for \$67 is needed with a check to Colchester Senior Center or cash of \$6.00. Deadline for sign-up is Friday May 18th.

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NATIONAL PARKS-12 Days- September 8th-19th. Stop in for a brochure!

AFRICA-Kenya Wildlife Safari- 15 Days- Departure February 28th - March 13th 2013.

Please Note: When going on an all day or extended trip with the center please make an effort to either get a ride to the center, ask us for transportation, or park in the bank or office complex parking lots located on either side of our property. This allows those who are coming to the center for other activities to have a place to park. Thanks very much for your cooperation. If this presents a hardship for anyone please let us know in the office.

Answers to: Famous People Trivia

1. The Stilt.
2. Marcos.
3. First decade (1903).
4. Ronald Reagan.
5. Thomas Edison.