

JULY & AUGUST 2024 Senior Center Newsletter



The Senior Center will be closed for our annual **Shut Down** from

Monday, August 12—Friday, August 23.

During this closure we will be able to focus on projects that we are not able to complete while the senior center is open for operation.

Bagged Lunches will be available for pick up daily from **12:00—12:30 PM** in the senior center parking lot. Please register for lunch pick up by 12:30 PM the day before. Individuals who utilize senior center transportation will have their lunches delivered by bus. To register please call the office at (860) 647-3211.

Staff will be onsite and available by phone at **860-647-3211**. There will be no Classes, Activities, Programs, Presentations, Billiards, Cafeteria Lunch, Blood Pressure, or Social Work appointments.

Escape from Albania

George is an Ellington Resident who came to the United States from Albania. Hear the story of what life was like in Albania years ago, and the struggles George faced to come to the United States. Join us on **Tuesday, July 2**, at **10:00 AM**, FREE! Sign up in advance by calling **860-647-3211**, or visit the front desk.



Medication Take Back



The Manchester Police Department will be at the Senior Center on **Wednesday, July 24**, **10:30 AM—12:30 PM**, to collect unused or expired prescription and nonprescription medicines. No needles, liquids or lotions can be accepted. Stop by the Senior Center to safely dispose of the medications you no longer need!

Social Bridge

Social bridge is looking for new players, see **page 11** for more details!

****August Calendars and Lunch Menus are available online, and at the Senior Center.****

SENIOR CENTER
STAFF

Eileen Faust
Director

Missy Rankin
Recreation Supervisor

Kathy Nohmy
Senior Administrative
Secretary

Amy Judd
Clerical Assistant

AJ Jackson
Custodian/Bus Driver

Rick Bosco

Ed Cassala

Reggie Ginotti
Bus Drivers

Debbie Keehner
Kitchen Assistants

Kitty Dudley
Social Worker

Diana Martin R.N.
Health Department
Nurse

MANCHESTER SENIOR CENTER

549 East Middle Turnpike

Manchester, CT 06040

Hours of Operation: Monday—Friday 8:30 AM—4:30 PM

Phone: 860-647-3211 **FAX:** 860-647-3240

SENIOR ADVISORY COMMITTEE

Donna Wilson—Chair, **Maelene Williams**—Co-Chair

Marilyn Landon—Treasurer

Members: **David Anderson, Barbara Armentano, Grace Carlson,**

Lee McCray, Marie Munson

CONTACT INFORMATION

For the **DIRECTOR, SOCIAL WORKER** or **GENERAL INFORMATION**

860-647-3211

For (**SAFS**) **SENIOR, ADULT** and **FAMILY SERVICES**

860-647-3096

For the **HEALTH DEPARTMENT**—860-647-3173

For **SILK CITY TRAVELERS/Missy Rankin**—860-647-3210

Email us at:

seniorcenter@manchesterct.gov

WE ARE ON FACEBOOK— “like” us and follow along for

updates and information:

<https://www.facebook.com/ManchesterCTSeniorCenter>

WE ARE HANDICAP ACCESSIBLE



Senior Center operations



Lunch Program – Meals are served from 12:00 PM — 12:30 PM Monday through Friday. Manchester Residents who are 60 years of age or older, or the partner of an eligible individual regardless of age, may eat lunch at the Senior Center for a suggested donation of **\$2.50**. Reservations must be made by **12:30 PM** on the day before you are joining us for lunch. Register by calling (860) 647-3211. Reservations can not be made more than a week in advance. You do not have to be a Senior Center Member to eat lunch here. Lunch menu and service questions can be directed to the front office at (860) 647-3211.



Senior Center Transportation – Bus rides to and from the Senior Center can be scheduled up to **3:00 PM** the day before your ride is needed. Call the Senior Center at (860) 647-3211 to schedule your ride with us. If you find that you need to cancel your ride with us, please call the office as soon as possible. We appreciate as much advance notice as possible.



Grocery Shopping – Transportation to and from the Grocery Store has been suspended until further notice. **If you are unable to get groceries for yourself, or with the help of friends, family, or neighbors, please contact the Senior Center at (860) 647-3211.** We will help make arrangements to make sure you are getting the groceries that you need.

TOWN OF MANCHESTER Dial-A-Ride Services

DIAL-A-RIDE is a separate service from the Manchester **Senior Center Transportation** (see above). Please direct questions or comments to Senior, Adult & Family Services at **(860) 647-3096** if you need more information.

Dial-a-Ride serves Manchester residents who are 60 years of age or older and people with disabilities. Rides are provided free of charge, Monday through Friday in Manchester for medical appointments, grocery shopping (Limit of 3 shopping bags per shopper), work, bank, post office, town hall, gym, library and social events. First pick up is 8:30 am and last pick up is 4:00 pm. Excluding Holidays. Reservations & registration are required. **Please call (860) 870-7940, Monday - Thursday between 8:00 am - 4:30 pm, on Fridays 8:00 am— 1:30 pm.** In case of inclement weather, please watch WTNH or WFSB for closing or late start.

Renters Rebate – 2024 Applications

The Senior, Adult & Family Services Division of the Town of Manchester begins completing applications for the State of Connecticut **Renter's Rebate Program** starting **April 1** and continuing to **October 1, 2024**. This program provides a one-time yearly payment to renters based on income, rent, and utilities that were paid from the previous year (2023). Applicants must be 65 or over by 12/31/23 or be **permanently and totally disabled** as defined by Social Security and at least 18 years of age by 12/31/23. The income limits (including Social Security) are as follows:

Qualifying Income Limits

Single—\$43,800

Married—\$53,400

Many applications done in 2024 will be processed by mail. We also have a drop box located outside of The Weiss Building, located at **479 Main Street** (back parking lot). For questions call **860-647-3096**. Please ensure your contact information is included with all your paperwork. There is a form available online for signature purposes if you choose or we can mail you one.

<https://www.manchesterct.gov/files/content/public/government/departments/senior-adult-family-services/renters-rebate/renters-rebate-signature-form.pdf>

To Apply: Please Provide the Following:

- **Proof of all income** for the year 2023, including all 1099's for: Social Security, Pensions, and Interest Earned.
- Your **2023 Income Tax**– if you filed one.
- **Proof of Rent** you paid in 2023 – these can be in the form of rent receipts, cancelled checks, letter from your landlord with contact information or a statement from the rental office. (A lease does not verify proof of payments made.)
- **Proof of utilities** paid in 2023 including EVERSOURCE, CNG or oil company receipts. (We can assist with a payment history from EVERSOURCE & CNG if you provide the account numbers.)
- **Proof of water** paid in 2023 if you pay a water bill.

Senior Power of Produce Program

The Pop program offers weekly \$5.00 produce vouchers to Manchester's seniors. Vouchers can be used on any fresh fruits or vegetables at The Spruce Street & Northwest Park Farmers Market. You must be a Manchester resident aged 60+ to register. Limit one voucher per resident per week. Vouchers are limited to 50 total per farmers market. Registration can be completed by calling or visiting: Manchester Senior Center, Center Springs Park, Town Hall, & Community Y. Registered participants can pick up their vouchers at the Welcome Pavilion at the Spruce Street or Northwest Park Farmers Market.



Food Scrap Drop-off Program Registration!



Did you know that the Town of Manchester offers a Food Scrap Drop-off program. Through the Food Scrap Drop-off Program you can bring your food scraps to one of the Town's drop-off stations where it will be collected and transported to a nearby facility for composting, and the biogas created in the process will be captured for energy!

For more information on **REGISTERING**, **ACCEPTED ITEMS** and **DROP-OFF LOCATIONS** pick up a flyer at the front desk or visit <https://www.manchesterct.gov/Government/Departments/Public-Works/Sanitation-Division/Residential-Food-Waste>

Community Compost Program

The Town of Manchester is teaming up with the Spruce Street Community Garden to offer a Community Composting Program! Food scraps contributed to this program will be turned into compost onsite and made available to the garden participants. All Manchester residents are eligible to participate, **REGISTRATION** is required before you can start contributing food scraps. The Garden is located at 153 Spruce Street, registered participants can drop-off their food scraps at the composting units located behind the garden. This is a seasonal program, available from March—October.

For more information on **REGISTERING**, and **ACCEPTED ITEMS** pick up a flyer at the front desk, or visit <https://www.manchesterct.gov/Government/Departments/Public-Works/Sanitation-Division/Residential-Food-Waste>



HEALTH SERVICES

Blood Pressure—Drop In

Blood Pressure checks are every **Wednesday** from **9:30 AM—12:00 PM!** If you have any questions, or concerns, please contact the Manchester Health Department at 860-647-3173.

File of Life Medication Review

30 minutes now can save valuable time in an emergency situation! Having a File of Life Card on your refrigerator provides important medical information to emergency responders! The 3rd Thursday of each month nurses from the Manchester Health Department can help create your own File of Life. Please call **860-647-3211** to schedule an appointment for **Thursday, July 11th**. On the day of your appointment bring all **PRESCRIBED** medications and **OVER THE COUNTER** medications in a bag.

Foot Care—Appointments on the 1st & 3rd Friday of each month

Schedule a 30 minute appointment to meet with a nurse from FootCare By Nurses LLC. **Cost: \$45.00.** You can pay by cash, check or charge. Call the Manchester Health Department at **860-647-3173** to schedule your appointment. **Dates: July 5th, July 19th & Aug 2nd.** If you have to cancel, please allow at least 48 hours advance notice. **Diabetics are excluded from the nurse nail care services (see below).**

Podiatry Doctor Appointments

The Manchester Health Department is partnering with First Choice Health Centers to bring on-site Podiatry Services to the Senior Center. The next scheduled visit is on **Friday, July 12th. One appointment (8:30AM) is still available. The next scheduled visit will be on September 20th.** Anyone with chronic pain or a foot/ankle injury may benefit from the specialized care of a podiatrist. Dr. Vera Halbfass can assist with fungal infections, foot/ankle wounds, and the unique foot care needs of those with diabetes, and circulatory conditions. If you would like to schedule an appointment, please call Diana Martin, RN at **(860) 647-3175. REGISTRATION IS REQUIRED.** First Choice accepts most insurance plans and offers a sliding fee scale for patients who are uninsured or underinsured. Dr. Halbfass will be providing services in the First Choice Mobile Clinic Unit in the back section of our Senior Center parking lot. If you don't already see a Podiatrist, we hope you will take advantage of this beneficial medical service. It's time to start feeling better from the ground up!

Fall 2024 PROGRAM REGISTRATION PROCESS

Must have a valid 2024 Membership Card to participate in any programs.

Registration for all programs, begins on **Wednesday, July 24th**. Please do not rush to register on **July 24** if your class does not fill up, or is a drop-in program. Feel free to register any time before the Fall session begins on **Tuesday, September 3rd**. Seniors may register in person or over the phone beginning July 24 at 9:00AM. Registration Locations: Manchester Senior Center, Community “Y” Recreation Center, Center Springs Recreation Office, Customer Service Center.

Lottery Class Registration

It’s time to register for Fall Session Lottery Classes. Members can register for Lottery Classes, and drop-in programs, at the front desk or by calling (860) 647-3211 beginning on **Wednesday, July 24th**. To be included in the lottery please register and make payment for the classes you are interested in by **Wednesday, August 7**. **Payment can be made by cash, check, Mastercard, or Visa**. No lottery registration can be accepted after Wednesday, August 7. The class lists of acceptance will be posted in the senior center lobby on **Thursday, August 8th**. If you registered for a lottery class (listed below) and did not get in to the class you wanted your name will automatically be placed on the wait list and a credit will be applied to your account. If you missed the lottery registration window or would like to register for additional classes, you may register for classes with openings beginning on **Thursday, August 8th**. Please call Missy at 860-647-3210 if you have any questions! Classes included in the lottery are listed below.

Please note that all class dates are subject to change due to instructor availability.

<u>Body Sculpt</u>			<u>Ceramics:</u> You may register for 1 out of 2 classes		
Monday (starts 9/9)	12:30 – 1:15PM	\$5.00	Monday (starts 9/9)	9:30 AM—11:30 AM	\$5.00
Wed. (starts 9/4)	12:30 – 1:15 PM	\$5.00	Friday (starts 9/6)	9:30 AM—11:30 AM	\$5.00
<u>Beginner Line Dancing</u>			<u>Light-n-Lively:</u> You may register for 2 out of 4 classes.		
Tuesday (starts 9/3)	10:00 – 11:00 AM	\$5.00	Monday (starts 9/9)	11:00—12:00 PM	\$5.00
<u>Advanced Line Dancing</u>			Monday (starts 9/9)	1:20 – 2:15PM	\$5.00
Tuesday (starts 9/3)	11:00 – 12:00PM	\$5.00	Wed. (starts 9/4)	1:20 – 2:15PM	\$5.00
<u>Strength and Flex:</u> You may register for 2 out of 4 classes.			Friday (starts 9/6)	11:00 – 12:00PM	\$5.00
Monday (starts 9/9)	10:00 – 11:00AM	\$5.00	<u>Yoga Plus:</u> You may register for 1 out 2 classes.		
Wed. (starts 9/4)	10:00 – 11:00AM	\$5.00	M/W (starts 9/4)	2:20 – 3:15PM	\$5.00
Wed. (starts 9/4)	11:00 – 12:00PM	\$5.00	M/W (starts 9/4)	3:20 – 4:15PM	\$5.00
Friday (starts 9/6)	10:00 – 11:00AM	\$5.00	<u>Zumba Gold</u>		
			Thursday (starts 9/5)	2:30 – 3:30PM	\$5.00

New Ceramics Enrollment Rule

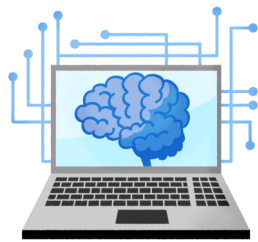
Now when registering for ceramics you may only register for one day, either Monday or Friday. If there are openings in the class you did not originally enroll in you may register for the additional class once open registration begins on Thursday, August 8. If you have any questions please call Missy at 860-647-3210.

SPECIAL PROGRAMS

AARP SMART DRIVER COURSES!

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Plus, you may qualify for a multi-year automobile insurance discount by completing the course. Please check with your auto insurance agent for details. Upcoming classes: **Monday, July 22**, or **Monday, August 26 at 8:45 AM**. This one day classroom course costs **\$20 for AARP Members** and **\$25 for Non-Members**. Space is limited, please register in advance in person at the Senior Center. Payable by **check only** made out to **AARP**. To find in-person courses in your area: Please call 1-888-773-7160 or visit www.aarp.org/driving36

Responsible AI (Artificial Intelligence) Class



Artificial Intelligence (AI) is one of the most transformational technologies of this generation. It is widely used throughout industry, government and science. Many of the technologies you use today already utilize AI; for example Google, Amazon, Netflix and more! Join our **FREE! 5 week Course** to learn more about this amazing technology. Day: **Tuesdays** Time: **10:00 AM—11:00 AM** Dates: **9/3, 9/10, 9/17, 10/1, & 10/8**. Location: **Senior Center Computer Lab**. Space is limited, don't miss out and register today! Please call **860-647-3211** to register, or if you have any questions.

Writing Classes with Debi:

Exploring Memoir:

Thursdays 9:00 AM—10:30 AM, September 5—October 24

Tell the story. You are rich with experience and have many stories to share. This workshop will explore multiple forms of writing to unlock those ideas. We will use poetry, essay, and short story (yes, fiction) to coax out memories of the past. Our goal is to creatively capture snapshot moments of yesterday. This class is **FREE**, but please register in advance.



Writing to Explore Poetry:

Thursdays 10:30 AM—12:00 PM, September 5—October 24

This 8 week writing workshop explores many facets of poetry. Using models, you'll be creating your own poetry, and if you want, sharing it with other workshop members. We will: cover the workshop process for giving and receiving feedback; look at examples and write our own pieces of Haiku, black-out, sestina, villanelle, pantoum, sonnet, and freeform poems; and if time allows, put together a booklet of the final pieces. Poetry can be fun to write and entertaining to share. It may also allow you to discover a voice inside, a new way of listening and observing and sharing your ideas. Come join the fun. This class is **FREE**, but please register in advance.

SUMMER PROGRAMS

Chair Volleyball:

Join us to play Chair Volleyball! It's the game you know and love, but with a twist! Everyone playing will sit in a chair! Games will take place on **Thursday** afternoons from **12:30 PM—2:00 PM**. No experience necessary, please register by calling 860-647-3211. Don't miss out on this new and fun experience!



Summer Socials



Join us in the cafeteria for a delicious treat and the opportunity to spend time with fellow members. Socials start at **1:00 PM**, please call the front desk to register, (860) 647-3211.

July: Build your own Ice Cream Sundae, **Thursday July 18th**.

August: Strawberry Shortcake, **Thursday, August 29th**.

Summer Ceramics Classes

Registration for Summer Ceramics is open. Classes take place on **Mondays** and **Fridays** from **9:30 AM —11:30 AM**. You can register for any of the following classes: Mondays: 7/1, 7/8, 7/15, 7/22

Cost: **\$24** Fridays: 7/5, 7/12, 7/19, 7/26 Cost: **\$24**

SPECIAL EVENTS

Red Hat Country Western Gala

Join us for a Country Western Gala hosted by The Royal Scarlet Gadabouts and Grand Queens Court of the Connecticut Red Hatters Chapter. The event will take place at the Manchester Senior Center on **Friday, September 6th, 3:00 PM—7:00 PM**. Enjoy dancing, light country buffet, door prizes, raffles, and more! Music provided by DJ Curtis . **Cost: \$50** /person donation. Registration form and donation must be submitted by August 16. Registration form and more information is available at the front desk. If you have any questions please contact Grand Queen Maelene Williams at 860-375-8460.



Save the date for The Senior Picnic

Please save the date for our Annual Senior Center Picnic! This event will be held on **Tuesday, September 24**, at **Northwest Park**, in the event of rain the picnic will be held at the Senior Center. Enjoy the musical stylings of **The Armentano Brothers**, great food, and lawn games! Event will run from **11:30 AM – 1:30 PM**. Stay tuned for more details and registration information in the September newsletter!

PROGRAMS

Birthday Lunch

We will be celebrating all **July** birthdays on **Wednesday, July 31**, and all **August** birthdays on **Wednesday, August 28** in the cafeteria with cake! Please register for lunch in advance, lunch starts at 12:00 PM. Join us on the Last Wednesday of every month to celebrate the birthdays for that month!

Book Group

Upcoming Book Group Meetings: **Tuesday, July 16**—*Mad Honey* by Jodi Poul. **Tuesday, August 6**—*Anywhere Your Run* by Wanda Morris. Meetings take place in the Senior Center Library at **10:30 AM**. If you have questions about the book club, please contact **Carol Flynn** at carolflynn128@yahoo.com. Books are available for the book club at the Manchester Public Library in the reference room.

Sep. 17 *What Happened to the Bennetts* by Lisa Scolotne **Nov. 19** *Hello Beautiful* by Ann Napolitano

Oct. 15 *The Lioness of Boston* by Emily Franklin **Dec. 17** *Remarkably Bright Creatures* by Shelby Van Pelt

Cardio Drumming

Join us on **Thursdays** at **10:00 AM**. July/August Classes: 7/11, 7/18, 7/25, 8/1, 8/8, & 8/29. NO CLASS on 7/4, 8/15, or 8/22 All equipment will be provided. **FREE!** Please register before class, **860-647-3211**.

Computer Room

The Computer Lab is open **8:30 AM – 4:15 PM**, Monday through Friday. Senior Volunteer, Jim Lessard, may be available to answer your questions in the computer room Monday, Wednesday and Friday, 9:30 AM—11:30 AM.

Monthly Movie

Tuesday, July 9 @ 1:00 PM—*Wonder (2017)* After being homeschooled all his life, a boy with facial differences attends a traditional school, where ere he must find friends among his bullies. Starring: Julia Roberts, Owen Wilson, and Jacob Tremblay. Rated: PG Runtime: 1 hr. 53 min. Please register in advance.

Tuesday, August 6 @ 1:00 PM—*Crazy Rich Asians (2018)* This contemporary romantic comedy follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family. Starring: Constance Wu, Henry Golding, and Michelle Yeoh. Rated: PG-13 Runtime: 2 hours. Please register in advance.



PROGRAMS

Music Circle:

The music circle will have limited meetings during the summer. **July/August Dates: 7/8, 7/22, 8/5, at 1:00 PM.** Join the music circle to sing and/or play acoustic instruments with fellow music lovers. Take turns suggesting and playing songs you already know and encouraging others to join in on their instruments. Please register in advance.

Newcomers Meeting

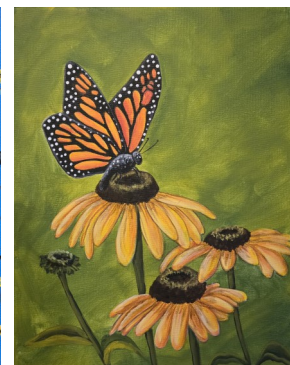
The Newcomer's meeting is open to Manchester Residents ages 60 and up. The next meeting is **Wednesday, July 17, at 11:00 AM**, in the Senior Center Library. There will be no meeting in August. Interested participants will receive introductions to our programs, and tour the facility. Please register ahead of time by calling **860-647-3211**.

Paint Program

A local artist will instruct and assist as you create a one of a kind masterpiece to take home with you. No experience necessary. Class starts at **9:30 AM**. All supplies will be included. **Cost \$15**. Register beginning, **Monday, July 8**.

July 16—Yellow Flowers

August 6—Butterfly



Social Bridge

The social bridge group is looking for new members to join! This group meets every **Wednesday** from **12:30—4:00 PM**. If you enjoy playing bridge this is the perfect group for you, register at the front desk today! If you have any questions, please call Missy at 860-647-3210.

Manchester—*Silk City Travelers*

Trip Policies:

1. All participants must fill out and sign an Emergency Contact Form/Liability waiver before participating.
2. Make all checks out to the Tour Company listed. Include name, address and phone number on the check.
3. All Trips depart from the Senior Center Parking lot unless stated otherwise.
4. Sign up for new trips does not begin until date stated.
5. You can sign up any time for trips that have been previously advertised.
6. You do not have a secured spot on the trip until payment has been made.
7. If a trip is full your name will be placed on a waitlist, open spots will be filled in order from the wait list
8. If a person cancels a trip for any reason, no refunds will be given once payment is received unless we are able to fill your spot on the trip.

Manchester—*Silk City Travelers*

Previously Advertised, Register Today!

Sail On: The Beach Boys Tribute

Sail On is the most popular Beach Boys tribute, appearing all over the world. Family style lunch consists of Garden Salad, Pasta, Lemon Chicken, Maple Glazed Salmon, Vegetable, Potato, Rolls, Dessert, and Coffee. **Date:** Wednesday, August 21 **Cost:** \$124 pp. **Includes:** round trip transportation, lunch, entertainment, taxes and gratuities. **Checks to: Friendship Tours Deadline:** July 15 **Departs:** 10:30 AM **Approximate Return:** 4:30 PM

New York's High Society

Discover **Gracie Mansion**, one of the oldest surviving wooden structures in Manhattan, and the official residence of New York City mayors since 1942. Lunch at **Carmine's** for a delicious Italian Family-Style lunch. Then visit the **NY Historical Society**. **Date:** Wednesday, August 28 **Cost:** \$154 pp. **Includes:** round trip transportation, Gracie Mansion, NY Historical Society, Lunch, Tour Director, taxes and gratuities. **Checks to: Tours of Distinction Deadline:** July 26 **Departs:** 7:30 AM **Approximate Return:** 7:00 PM

Swinging Summer

Jack Lynn's "Dino" style and sound will take you back to the Rat Pack Years, as he performs the incredible tunes made famous by Dean Martin and his pals. Lunch will be a choice of Chicken Florentine or Baked Stuff Sole. Please provide meal choice when registering. **Date:** Tuesday, September 10 **Cost:** \$110 pp. **Includes:** round trip transportation, lunch, entertainment, taxes and gratuities. **Checks to: Friendship Tours Deadline:** August 5 **Departs:** 10:30 AM **Approximate Return:** 4:30 PM

Culinary Institute & The FDR Presidential Library

Our journey this morning takes us to the famed **Culinary Institute of America**. Go behind the scenes of the CIA and get an inside look into our world of food. Next have lunch at **The Bocuse Restaurant** on the CIA Campus. After lunch we make our way to the **FDR Library and Museum** for a self-guided tour. The museum features rarely seen artifacts that convey the dramatic story of the Roosevelt era. **Date:** Wednesday, September 25 **Cost:** \$179 pp. **Includes:** round trip transportation, CIA experience, lunch, museum admission, tour director, taxes and gratuities. **Checks to: Tours of Distinction Deadline:** August 23 **Departs:** 7:45 AM **Approximate Return:** 6:15 PM

The Ultimate Cher Experience

Get ready to go on a music journey of Cher's spectacular career. Lisa Carter promises to bring in the elaborate costumes, wigs, banter, and comedy to this magical show. Alongside Lisa, special guest Freddie Marion will be showcasing country crooner Kenny Rogers' great hits. Family style meal: Salad, Pasta, Chicken Parmesan, Sliced Roast Beef, Roasted Potato, Vegetable, Dessert, Soda, and Coffee. Carafes of Red and White wine on every table. **Date:** Thursday, October 10 **Cost:** \$124 pp. **Includes:** round trip transportation, lunch, entertainment, taxes and gratuities. **Checks to: Friendship Tours Deadline:** September 6 **Departs:** 10:30 AM **Approximate Return:** 4:30 PM

The Glen Campbell Experience

This full production with live band includes virtually all of Glen Campbell's huge hits, plus a touching tribute to his life. Enjoy famous hit songs such as Rhinestone Cowboy, Gentle On My Mind, Southern Nights, and many more. Welcome Table includes Cheese, Vegetables, Italian Meats, Antipasto, and Fruit. Family style meal: Salad, Penne ala Vodka, Chicken Francaise & Pork Loin, Potato, Vegetable, Pastries, Soda, and Coffee. **Date:** Tuesday, November 12 **Cost:** \$124 pp. **Includes:** round trip transportation, lunch, entertainment, taxes and gratuities. **Checks to: Friendship Tours Deadline:** October 4 **Departs:** 10:30 AM **Approximate Return:** 4:30 PM

A Holiday Tribute to Motown

Enjoy the unforgettable upbeat hits of Motown and your favorite Holiday songs, done with a Motown Twist that is sure to put you in the singing and dancing mood. Family style meal: Garden Salad, Pasta, Chicken Parmesan, Broiled Scrod, Vegetable, Potato, Rolls, Dessert, and Coffee. **Date:** Tuesday, December 3 **Cost:** \$124 pp. **Includes:** round trip transportation, lunch, entertainment, taxes and gratuities. **Checks to: Friendship Tours Deadline:** October 30 **Departs:** 10:30 AM **Approximate Return:** 4:15 PM

SEE FLYERS FOR MORE DETAILS

Questions, call Missy at 860-647-3210

-- IN THE LOOP --

1. **Manchester Matters** – The Town of Manchester’s e-newsletter is a great source of information for Town news, information and events! Sign up today to receive weekly newsletters on all things Manchester: <https://bit.ly/manchestermatters> or call the Customer Service & Information Center at 860-647-5235.
2. **Foodshare** – If you are interested in participating as a volunteer please contact Krista Ostaszewski at Foodshare 860-286-9999 EXT 104, or email kosta@foodshare.org.
3. **(S.H.O.P.) Seniors Help Our Pantry** – Our MACC contribution box is located in the Senior Center Lobby. With everyone’s help we can keep our MACC box full. To make a monetary contribution to MACC, you can pick up a donation form from the Front Office and send a check directly to MACC indicating our S.H.O.P. PROGRAM in the memo section of your check. Mail to MACC, 466 Main Street, Manchester, Ct 06040.
4. **MACC Food Pantry Donations** – Monetary donations to the food pantry can be mailed to P. O. Box 3804, Manchester, CT 06045-3804. Food donations can be dropped off at (MACC) Manchester Area Conference of Churches, 856 Main Street, 9:00 AM-5:00 PM, Monday—Thursday, Friday 9:00 AM—2:00 PM, and Saturday at the Community Kitchen 9:00 AM 2:00 PM. Special arrangements for food donations can be arranged by calling 860-647-0800 or Shannon Baldassario, Executive Director/CEO at 860-647-8003 EXT 17. Please visit www.maccct.org.

Items needed for the food pantry at this time:

Pasta Sauce, Pasta, Hot and Cold Cereal, Oatmeal, Jelly, Peanut Butter, Snack Bars and Cookies, Tuna and Other Canned Meats, Macaroni and Cheese, Egg noodles, Chef Boyardee, Beef Stew, Canned Fruits and Soups, Saltines and other Crackers, Juice Boxes, Coffee and Tea, Hot Chocolate, Applesauce, Jello, Pudding, Pickles, Raisins, Potato Chips, Snacks, Popcorn. **Personal Hygiene Items:** Shampoo, Conditioner, Toothpaste, Toothbrushes, Dental Floss, Body Lotion, Bar/Liquid Hand/Body Soaps, Toilet paper, Paper Towels.

PLEASE DO NOT DONATE FRESH PRODUCE OR PERISHABLE ITEMS.

5. **Support our Troops & Honor our Veterans** – Please take a moment to express your gratitude and thank a soldier. Further details are available online at <http://uwc.211ct.org/u-s-troops-how-to-support/>. Small, individual donations can be dropped off at the Town Hall, Customer Service & Information Center, 41 Center Street, Manchester, CT 06040 or contact 860-647-5235.

Manchester Senior Center Lunch Menu—JULY 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 7/1 – 7/5	Chef's Choice	Tex-Mex Rice Bowl	BBQ Bacon Cheeseburger Baked Beans Cape Cod Chips Ice Cream Contains: Wheat	Senior Center Closed 4 th of July	Soup, Salad, Sandwich, TGIF Dessert Contains: Wheat
Week 2 7/8 – 7/12	Chef's Choice	Twin Tacos Fiesta Rice & Beans Contains: Wheat	Twin Chili Dogs Pasta Salad Sliced Watermelon Ice Cream Contains: Wheat	Dijon Pork Loin Mashed Potatoes Green Bean Salad Dinner Roll & Butter Contains: Wheat	Soup, Salad, Sandwich TGIF Dessert Contains: Wheat
Week 3 7/15 -7/19	Chef's Choice	Shrimp Street Tacos Lime & Cilantro Slaw Contains: Wheat	Jerk Chicken Sandwich House Slaw Cape Cod Chips Ice Cream Contains: Wheat	Honey Chipotle Chicken Rice & Garbanzos Cucumber & Tomato Salad	Soup, Salad, Sandwich TGIF Dessert Contains: Wheat
Week 4 7/22 – 7/26	Chef's Choice	Pork Carnitas Spanish Rice Plantains	Smoky Ribs Baked Potato 3 Bean Salad Ice Cream	Meatball Subs Peppers & Onions Cape Cod Chips Fresh Fruit Contains: Wheat	Soup, Salad, Sandwich TGIF Dessert Contains: Wheat
Week 5 7/29 – 8/2	Chef's Choice	Southwest Chicken Salad Contains: Wheat	Pineapple BBQ Kielbasa Potato Salad Corn On Cob Ice Cream	Rosemary Chicken Roasted Potatoes Steamed Broccoli Dinner Roll & Butter Contains: Wheat	Soup, Salad, Sandwich TGIF Dessert Contains: Wheat

Please call **860-647-3211** to make a lunch reservation.
Menu is subject to change based on availability of product.