

FEBRUARY 2025 Senior Center Newsletter

FILE YOUR TAXES FOR FREE!

AARP Foundation Tax-Aide:

AARP Foundation

TAX-AIDE

The **AARP Tax-Aide** program is providing **FREE** tax preparation services at the Manchester Senior Center, **Monday—Thursday, 12:45 PM—2:00 PM**. AARP has no age limit, or qualifying income limit.

These services are by **appointment only**. To schedule an appointment please call **860-647-6024**.

In order to have your tax return completed please bring all tax documents to your **scheduled appointment**. The AARP volunteers will prepare your return while you wait. You do not have to be an AARP or Senior Center Member to use this service.

Volunteer Income Tax Assistance :



The **Volunteer Income Tax Assistance (VITA)** program provides **FREE** tax preparation services at the Manchester Senior Center on **Saturdays, 9:00 AM—4:00 PM**. Appointments will be available **February 1 —April 12, 2025**. This program is for Simple Income Tax Returns only. To qualify for this service families and individuals can make no more than **\$67,000 per year**.

These services are by **appointment only**. To schedule an appointment please call **860-647-3092**.

Please bring all tax documents to your **scheduled appointment**. The VITA volunteers will prepare your return while you wait. You do not have to be a Senior Center Member to use this service.

Please bring the following Documents to your appointment:

- | | |
|---|--|
| <ul style="list-style-type: none">• All W2's for the household• 1099 Forms (Pension, Social Security)• Social Security cards or Individual taxpayer ID numbers for all household members• Last year's tax return (if you have one)• Child Care Provider name, address, and tax ID or Social Security number, if you pay childcare• Education expenses & student loan information | <ul style="list-style-type: none">• Valid photo I.D.• Documentation of property tax payments (home, auto)• For direct deposit, a check or savings account and routing number• Any other tax-related documents you have received• If you are married and filing jointly, both you and your partner need to be present to sign the |
|---|--|

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

Maria Rios

Bilingual Program Assistant

Chance "CJ" Jones

Recreation Program Assistant

Lisa Cammilleri

Whitney Evans

Kitchen Technicians

Ed Paquette

Kitty Dudley

Social Workers

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

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 **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](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.

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.

HEALTH SERVICES

Boost Your Immunity: Learn About Essential Vaccinations

The Hispanic Health Council will be giving an informative talk on the importance of immunization. **Date:** Thursday, February 20 **Time:** 11:00 AM **RSVP:** 860-647-3211. Our expert speaker will cover:

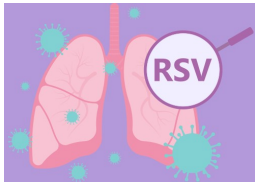


- Recommended vaccines for adults
- Understanding vaccine myths and misconceptions
- The benefits of staying up-to-date on vaccinations
- Addressing common vaccine side effects
- Finding reliable vaccination resources

Don't miss this opportunity to learn how to protect yourself and your loved ones from preventable diseases.

RSV Health Talk

Join the Hispanic Health Council as they give an informative health talk on Respiratory Syncytial Virus (RSV), a common respiratory infection that can be serious, especially for young children and older adults. **Date:** Thursday, March 20 **Time:** 11:00 AM **RSVP:** 860-647-3211. Learn about:



- RSV symptoms and risk factors
- Prevention strategies
- When to seek medical attention
- The latest in RSV treatment

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! 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, February 20th**. On the day of your appointment bring all **PRESCRIBED** medications and **OVER THE COUNTER** medications in a bag.

Foot Care— 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 card. Call the Manchester Health Department at **860-647-3173** to schedule your appointment. **Dates: 2/7 & 2/21.** If you have to cancel , please allow at least 48 hours advance notice. **Diabetics are excluded from the nurse nail care services (see below).**

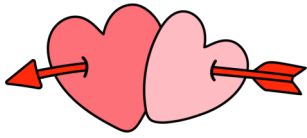
Podiatry Doctor Appointments

The next scheduled visit is on **Friday, FEBRUARY 14, 2025.** 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.** Appointments will be in the First Choice Mobile Clinic Unit in the Senior Center parking lot. If you don't already see a Podiatrist take advantage of this beneficial medical service. It's time to start feeling better from the ground up!



SPECIAL PROGRAMS

Valentine's Day Lunch



Cupid's arrow is headed to the Senior Center! Join us for a Valentine's Day Lunch filled with laughter, friends, and delicious food. Enjoy fun Valentine's Day Themed Games, Prizes and Music! **Day:** Thursday, February 13 **Time:** 11:30 AM **MACC Menu:** Herb Lemon Cod, Loaded Baked Potato, Vegetable Medley, and Special Dessert. Cost is suggested lunch donation of \$2.50. This lunch is dine-in only for those registered in advance; **take out/pickup lunches are canceled.** Space is limited, register today at the front desk, or call 860-647-3211.

Celebrating Black History Month—Film Series

Celebrate Black History Month with a captivating film series at the Senior Center! Join us for a series of thought-provoking and inspiring films that explore the rich history and diverse experiences of Black Americans.

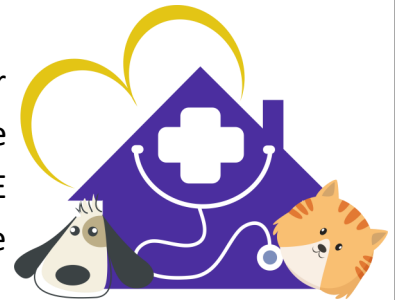


Friday, February 7th @ 1:00 pm *The Six Triple Eight (2024)* During WWII, the only US Women's Army Corps unit of color stationed overseas takes on an impossible mission. Watch the remarkable challenges and accomplishments of the 6888th Army Battalion in this new movie. Rated: PG 13, Runtime: 2h 7m, Genre: Drama, History, War. **Please register in advance.**

Friday, February 21st @ 1:00 pm *Harriet (2019)* Based on the thrilling and inspirational life of an iconic American Freedom fighter, Harriet tells the extraordinary tale of Harriet Tubman's escape from slavery. Rated PG 13, Runtime: 2h 5m, Genre: Action, Biography, Drama. **Please register in advance.**

Low Cost Health & Wellness Pet Clinic

Vet Care Everywhere will be hosting a low cost pet clinic at the Senior Center on **Friday, April 11. PRE-REGISTRATION IS REQUIRED.** Registration can be done online at vetcareeverywhere.org, or call **860-647-3211**. SPOTS ARE LIMITED, register early. Deadline to register is April 7. If registering multiple pets, please select an individual time slot for each one.



\$60 per pet for qualifying Seniors and Veterans, **\$100** per pet for all others. Included services: Wellness Check, Rabies Vaccines, Distemper Vaccine, Basic Deworming, Heartworm Testing (dog only). Additional services such as non-core vaccines (Lyme, Lepto, Kennel Cough) are available for an added fee.

Please be aware that all cats **MUST** be in a carrier, and all dogs **MUST** be leashed. **NO** litters of puppies or kittens. Prior proof of rabies is required for 3 year rabies certificate. If you have any questions, or need help registering please call Missy at 860-647-3211.

ANNOUNCEMENTS

Medication Take Back

The Manchester Police Department will be at the Senior Center on **Wednesday, March 12, 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!



CRT Energy Assistance



If you have trouble paying your home heating bills we can help! Senior Center members can now schedule energy assistance appointments at the Manchester Senior Center. To schedule an appointment or for more information about the energy assistance program, please call **Ed Paquette** at **860-647-5255**.

2025 Senior Center Membership

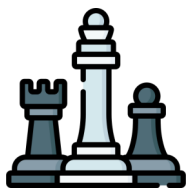
It is time to renew or purchase your Senior Center Membership. Membership costs **\$10**, and is valid from January 2—December 31, 2025. You must be 60 years of age or older and a Manchester resident to purchase a Senior Center Membership. Please visit the front desk for assistance.

Senior Center Advisory Committee

Join us for the next Senior Advisory Committee meeting on **Tuesday, February 4th at 9:00 AM**, in the Senior Center Library. Help shape the future of our Senior Center by sharing your ideas and concerns. All seniors are welcome to attend!



Chess Club



Are you ready to sharpen your mind and conquer the chessboard? The chess club is open to all skill levels, from beginners to seasoned players. Come join us for weekly meetings of friendly matches and open play. Sign up today and start your chess journey! Meets **Tuesday** mornings from **10:00 AM—11:00 AM**. Please call **860-647-3211** to register. Chess boards will be provided, players are welcome to bring their own as well.

Samba needs more players!

The Samba card group is looking for new players! Samba is a fun variation of canasta that you will love playing. This group meets **Thursday** mornings from **9:00 AM—11:00 AM**. Beginners are welcome and encouraged to join, call 860-647-3211 to register today!

Computer Room—TAX SEASON

Due to the AARP Tax Program which runs **February-April**, the Computer Lab will have reduced hours. It will be open from **8:30 AM – 12:00 PM**, Monday—Friday (hours are subject to change).

SOCIAL GROUPS

Did you know that the Senior Center has many different social groups waiting for you to join? Please see below to learn more about our fabulous groups and how you can get involved at the center! To join any of these groups call 860-647-3211.



Book Group

The Book Group meets on the 3rd Tuesday of the month. Our next meeting is **Tuesday, February 18** —*West With Giraffes* by Lynda Rutledge. 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.

Friendship Circle

The Friendship Circle meets on **Wednesday** mornings from **8:30 AM—11:30 AM**. Come any time during the meeting to work on your own knitting or crochet project with like minded crafters. If you're new to these crafts members are excited to teach you, and supplies are available for free. The group also enjoys lively conversation, coffee, and delicious baked goods.

Men's Group and Women's Group

Get involved and get social with the Men's Group or the Women's Group! These are great groups of seniors who drop in for an hour of conversation, current events, health topics, and more! This program is facilitated by our Program Assistant CJ. The Women's Group meets on **Monday** mornings from **9:30 AM—10:30 AM**. The Men's group meets on **Monday** mornings from **10:45 AM—11:45 AM**.

Royal Scarlett Gadabouts

The Royal Scarlett Gadabouts are the Manchester chapter of the Red Hat Society. Join this group to make friends, learn from guest speakers, attend social events, and volunteer in the community. Monthly meetings are typically held the first Tuesday of every month from **1:00 PM—4:00 PM**. New members are welcome to attend, please reach out to Maelene before your first meeting. For more information please contact Maelene Williams at **860-375-8460**. The next meeting is on **Tuesday, February 4**.

Senior Circle

The senior circle is perfect for people who enjoy small group activities. This group meets on **Tuesday** and **Thursdays** from **10:00 AM—12:00 PM**. Enjoy games, art projects, exercise, day trips, educational lessons, and more! This group is lead by our Program Assistant CJ.

PROGRAMS

AARP SMART DRIVER COURSE

This course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. You may qualify for a multi-year automobile insurance discount by completing the course. Please check with your auto insurance agent for details. **Monday, February 24th, 8:45 AM—12:45 PM. \$20 for AARP Members and \$25 for Non-Members.** Register in advance 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

Birthday Lunch

We will be celebrating all **February** birthdays on **Wednesday, February 26** 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!

Hiking Schedule—Thursdays 1:00 PM—3:00 PM

Hike substitutions or cancellations may be necessary due to weather, participants will be notified of changes by e-mail. To get the most up to date information please provide your e-mail to Jim Oliphant, jimoliphant50@gmail.com. Carpooling is greatly encouraged for all out-of-town locations.

Upcoming Hikes:

February 13—Downtown Glastonbury. Easy 2 miles

February 27—Great River Park, East Hartford. Easy 2.8 miles

Monthly Movie

Tuesday, February 11 @ 1:00 PM—*Barbie (2023)* Cold showers, bad breath, flat feet—something's off with Barbie. To fix it, she must venture into the real world and find the girl playing with her. Starring: Margot Robbie, Ryan Gosling, and America Ferrera. Rated: PG-13 Runtime: 1 hours 54 minutes. Please register in advance.

Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60 and up. The next meeting is **Wednesday, February 19, at 11:00 AM**, in the Senior Center Library. Interested participants will receive introductions to our programs, and tour the facility. Please register ahead of time by calling **860-647-3211**.

Paint Program

Join us on **Tuesday, February 25**, as a local artist will instruct and assist as you create a one of a kind masterpiece. No experience necessary. No experience necessary. Class starts at **9:30 AM**. All supplies will be included. **Cost \$15**. Register beginning, Monday, February 10.



PROGRAMS

Square Dancing

Join us on **Thursdays** from **12:30—2:15 PM**. **February class dates: 2/6, 2/13, 2/20, & 2/27** Cost: **\$5 per class**. **Pre-registration is required before class** at the front desk, or by calling the Senior Center at **(860) 647-3211**. The more the merrier, out of town participants can participate!!

Therapy Dogs

Bright & Beautiful Therapy Dogs will be visiting the senior center on the **First Tuesday** of each month, from **10:30 AM—11:30 AM**. Upcoming visit: **Tuesday, February 4**. Drop by any time during the hour to meet the dogs. If you have any questions please call the front desk at 860-647-3211.

Walking Group

This group meets **Monday, Wednesday, and Friday** mornings. The walk starts at **9:00 AM**, members meet at 8:50 AM. Join this group to walk with friends around local trails. To find out the walking schedule, or if you have any questions please call Missy Rankin at 860-647-3210. Register to be updated with any changes.



Writing Classes with Debi:

Exploring Memoir:

Thursdays 9:00 AM—10:30 AM, February 6—March 27

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, February 6—March 27

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.



SPRING PROGRAMS

Senior Bocce League

Calling All Bocce Enthusiasts! Don't miss out on the fun this spring and join the Senior Center Bocce League! Enjoy friendly competition and social time with fellow members, improve your hand-eye coordination, and get some exercise. No experience necessary! All skill levels welcome!

Games are played on **Wednesdays** between **8:30 AM** and **11:00 AM**, from **May 7—June 11**. **Free!**

You do not need a partner to join this league, we will do our best to find you one. Substitute players are also welcome to register and fill in when needed.

If you are interested in the bocce league please contact Missy Rankin at **860-647-3210**, or mrankin@manchesterct.gov Deadline to register is Friday, April 17.



Senior Golf Leagues

Looking for a fun way to stay active and social? The Manchester Senior Golf League is the perfect fit! Enjoy weekly rounds, friendly competition, and the opportunity to connect with other golfers in our community. We welcome players of all skill levels.

Day: Monday mornings, **Dates:** April 21—August 25, **Location:** Manchester Country Club, **Cost:** \$256.00



Please complete a registration form and return it to Missy Rankin no later than April 4th.

Registration forms can be found on the senior center website, at the front desk, or e-mailed to you by request. No registration can be made without payment. We accept Cash, Check, Master Card, and Visa. Credit Card payments can be made over the phone by calling **860-647-3210**. Please see registration forms for more details. Contact Missy Rankin (860-647-3210, mrankin@manchesterct.gov) to learn more and join the fun!

Senior Center Community Garden 2025

The Community Garden will open in Spring 2025. All participants who currently have a garden plot will receive a letter explaining what steps need to be made before the garden opens. Anyone with questions, or interest in being added to the waitlist for an open garden plot should contact Missy Rankin at **860-647-3210**, or mrankin@manchesterct.gov.

Do you have a green thumb?

Are you interested in having your very own garden?

The Manchester Senior Garden has a few plots left! If you are interested in having a garden this spring, please call **Missy Rankin** at **860-647-3210** or visit the front desk and ask to be signed up. On **Friday, April 11th** interested participants will be selected at random until all plots are assigned.



Manchester—*Silk City Travelers*

New Trips, Register beginning February 3!

Savor the Flavor

Providence, Rhode Island

Enjoy a day touring Federal Hill, Providence's Little Italy. We'll begin our day at Scialo Bros. Bakery, well known for their fine bread & pastries. Then continue to Trattoria Appia, a Southern Italian kitchen featuring handmade pasta and wood-fired pizza. The chef will delight and entertain you with his tableside demonstration of the techniques used in pizza making. Our 5 course family-style meal includes: Insalata di Cesare, Pizza Margherita, Gnocchi alla Nonna, Pomodori Mozzarella, Penne Bolognese, and Pollo Marsala, topped off with Cannoli & Coffee. Following lunch we will stroll over to Venda's Ravioli Emporium to shop for fine Italian foods, olive oil, and cheeses. We'll complete our day with a riding Tour of Providence with our local step on guide. **Date:** Tuesday, May 13, 2025 **Cost:** \$143 pp. **Includes:** Food tour, lunch, city tour, tour director, transportation, taxes and gratuities. **Checks to: Friendship Tours Deadline:** April 4 **Departs:** 8:00 AM **Approximate Return:** 5:30 PM.

Summer Breeze

Amarante's Sea Cliff, New Haven

Come for the view, enjoy the food, stay for the show. Amarante's Sea Cliff is a beautiful waterfront property with a private deck and ballroom overlooking the cove known for their outstanding hospitality and good food. Enjoy entertainment by Dennis Dell, a voice that will transport you to another place. A present member of oldies group, The Achords, Dennis brings energy and passion to every performance. Today's food offering include a Welcome Station of Assorted cheese, pepperoni, and vegetable crudité, Mixed Garden Salad, Chicken Marsala OR Baked Stuffed Shrimp, Vegetable, Potato, Dessert, Soda, Coffee, and Tea. Please provide meal choice when registering. **Date:** Wednesday, June 25, 2025 **Cost:** \$124 pp. **Includes:** Lunch, entertainment, transportation, taxes and gratuities. **Checks to: Friendship Tours Deadline:** May 14 **Departs:** 10:30 AM **Approximate Return:** 4:30 PM.

Twin Lobsters!

Log Cabin, Holyoke MA

It's showtime at the Log Cabin! Rich DiPalma has been entertaining audiences for over 17 years. He effortlessly performs the songs of crooners like Sinatra, Bobby Darin, and Dino. In addition to these Rat Pack songs, enjoy the music from the early days of Rock 'n Roll, and Broadway hits! Today's food offerings include a Welcome Tray of cheese & veggies, Twin Lobsters OR Prime Rib, Baked Potato, Cole Slaw, Dessert, and Coffee. Please provide meal choice when registering. **Date:** Tuesday, July 22, 2025 **Cost:** \$148 pp. **Includes:** Lunch, entertainment, transportation, taxes and gratuities. **Checks to: Friendship Tours Deadline:** June 13 **Departs:** 10:15 AM **Approximate Return:** 4:30 PM.

Lighthouse Cruise

Narragansett Bay, Rhode Island

Take a cruise of Narragansett Bay on a beautiful Catamaran. This 90-minute narrated cruise includes 10 famous lighthouses, 10 incredible islands, Jamestown and Newport Bridge, the Newport Naval Base, and Newport Harbor. Before the cruise enjoy a wonderful brunch at the Quonset 'O' Club. After there will be time for shopping at Olde Mistick Village. **Date:** Wednesday, July 30, 2025 **Cost:** \$144 pp. **Includes:** Brunch, cruise, transportation, tour director, taxes and gratuities. **Checks to: Friendship Tours Deadline:** June 20 **Departs:** 10:00 AM **Approximate Return:** 6:30 PM.

Questions, Call Missy Rankin

860-647-3211

Please See Trip Flyers for more Details

Manchester—*Silk City Travelers*

Previously Advertised, Register today!

Swing into Spring with the King

A Villa Louisa, Bolton, CT

DRIVE ON OWN ONLY

Richie Santa performs as an Elvis tribute artist with a show that will not disappoint! There will never be another Elvis, but as long as fans support the music, Richie will continue to perform his show as a tribute to the greatest entertainer of all time. Enjoy a welcome charcuterie table of meats, cheese, and fruit. For your entree please choose between Chicken Florentine with a Lemon Mornay Sauce, or Stuffed Sole with crabmeat stuffing and Sherry Cream Lobster Sauce. All entrees served vegetable, potato, dessert, soda, coffee, and tea. Please be aware that this trip is drive yourself only, there will be no transportation from the senior center. **Date:** Wednesday, April 16, 2025 **Cost:** \$85 pp. **Includes:** Lunch, entertainment, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** March 7

The Metropolitan Opera

Lincoln Center, New York City

SIGN UP FOR THIS TRIP ASAP

A lifetime experience not to be missed! See the opera at the magnificent Metropolitan Opera House featuring the world's greatest singers and musicians in an unforgettable performance. You don't need to be an expert of opera to appreciate the enormous scale of these productions or the amazing voices booming through the Opera House with no microphones! We will be seeing *Aida*. Radames, a young Egyptian army officer is in love with Aida, an Ethiopian princess who is now the slave of Pharaoh's daughter, Amneris, who is also in love with Radames. We have reserved Orchestra Rear Seating, show runs 3 hours 15 minutes. Time will be available before the show to grab a bite to eat on your own. **Date:** Sunday, April 27, 2025 **Cost:** \$182 pp. **Includes:** round trip transportation, show ticket, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** ASAP **Departs:** 8:30 AM **Approximate Return:** 4:30 PM

Waitress the Musical

Majestic Theater, West Springfield MA

Waitress tells the story of Jenna, a waitress and expert pie maker stuck in a small town and a rocky marriage. When a baking contest in a nearby county offers her a chance at escape, Jenna fights to reclaim a long-forgotten part of herself. This show celebrates the power of friendship, dreams the family we choose, and the beauty of a well baked pie. Prior to the show enjoy lunch at Storowtown Tavern Carriage House. Please choose between Roast Turkey, or Baked Scrod. All meals served with salad, vegetable, potato, dessert, and coffee. **Date:** Saturday, May 31, 2025 **Cost:** \$143 pp. **Includes:** round trip transportation, show ticket, lunch, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** April 23 **Departs:** 10:30 AM **Approximate Return:** 5:15 PM

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.

-- 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—February 2025



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 2/3 – 2/7	Spaghetti & Meatballs Caesar Salad Garlic Knot	Red Wine Demi Glazed Pork Chops Potatoes Carrots	Ham & Swiss Pasta Bake Caesar Salad Dinner Roll	Pork Stir Fry White Rice Pot Stickers	Shrimp & Sausage Casserole Dinner Roll
Week 2 2/10 – 2/14	Sesame Chicken Steamed Basmati Slaw Salad	Ricotta Pasta Bake Spinach Caesar Salad Dinner Roll	Pork Chops Spanish Vegetable Rice Dinner Roll	<u>Valentine's Day Lunch</u> Herb Lemon Cod Loaded Baked Potato Vegetable Medley <u>No Takeouts</u> <u>11:30 AM start</u>	Mediterranean Chicken Roasted Red Bliss Potatoes Vegetables
Week 3 2/17 – 2/21	<u>Closed</u> <i>Washington's Birthday</i>	Chicken Wings Macc & Cheese House Salad	Jambalaya House Salad Dinner Roll	Parmesan Pesto Pasta Casserole Dinner roll	Open Face Tuna Melt Cape Cod Chips Fresh Fruit
Week 4 2/24 – 2/28	Ham & Broccoli Quiche Home Fries Croissant	Mushroom Veggie Burger Potato Chips Fresh Fruit	Chicken Chili Loaded Nachos Fresh Fruit	Chimichurri Chicken Rice & Peas Corn Bread	Baked Pollock Rice Pilaf Garlic Green Beans

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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
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February 2025

Available every day:
8:30 AM—4:15 PM
 Billiards

Walking Group 9:00 AM Ceramics 9:30 AM Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	03	Senior Advisory Committee Senior Circle 10:00 AM Chess Club 10:00 AM Beginner Line Dancing 10:00 AM Therapy Dogs 10:30 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Red Hats 1:00 PM Water & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	04	Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	05	Samba 9:00 AM Exploring Memoir 9:00 AM Scrabble 9:30 AM Senior Circle 10:00 AM Cardio Drumming 10:00 AM Writing to Explore Poetry 10:30 AM Lunch 12:00 PM Square Dancing 12:30 PM Duplicate Bridge 12:30 PM Hand & Foot/Quilting 1:00 PM Zumba Gold 2:30 PM	06	Walking Group 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Movie: The 6888 1:00 PM Beginner Tai Chi 1:30 PM Foot Care—By Appointment	07	
Walking Group 9:00 AM Ceramics 9:30 AM Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	10	Senior Circle 10:00 AM Chess Club 10:00 AM Beginner Line Dancing 10:00 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Movie: Barbie 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	11	Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	12	Samba 9:00 AM Exploring Memoir 9:00 AM Scrabble 9:30 AM Senior Circle 10:00 AM Cardio Drumming 10:00 AM Writing to Explore Poetry 10:30 AM Valentine's Day Lunch 11:30 AM Square Dancing 12:30 PM Duplicate Bridge 12:30 PM Hand & Foot/Quilting 1:00 PM Hiking 1:00 PM Zumba Gold 2:30 PM	13	Walking Group 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM Podiatry—By Appt	14	
Senior Center Closed <i>Washington's Birthday</i>		17	Senior Circle 10:00 AM Chess Club 10:00 AM Beginner Line Dancing 10:00 AM Chess Club 10:00 AM Book Group 10:30 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	18	Friendship Circle 8:30 AM Walking Group 9:00 AM Blood Pressure Drop In 9:30 AM Newcomers Meeting 11:00 AM Lunch 12:00 PM Social Bridge 12:30 PM Dominoes 12:45 PM Yoga 2:20/3:20 PM	19	Samba/Exploring Memoir 9:00 AM Scrabble 9:30 AM Senior Circle 10:00 AM Cardio Drumming 10:00 AM Writing to Explore Poetry 10:30 AM Boost Your Immunity 11:00 AM Lunch 12:00 PM Square Dancing 12:30 PM Duplicate Bridge 12:30 PM Hand & Foot/Quilting 1:00 PM Zumba Gold 2:30 PM File of Life—By Appointment	20	Walking Group 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Movie: Harriet 1:00 PM Beginner Tai Chi 1:30 PM Foot Care—By Appointment	21
AARP Smart Driver Course 8:45 AM Walking Group 9:00 AM Ceramics 9:30 AM Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	24	Paint Program 9:30 AM Senior Circle 10:00 AM Chess Club 10:00 AM Beginner Line Dancing 10:00 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	25	Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Birthday Lunch 12:00 PM Body Sculpt 12:30 PM Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	26	Samba 9:00 AM Exploring Memoir 9:00 AM Scrabble 9:30 AM Senior Circle 10:00 AM Cardio Drumming 10:00 AM Writing to Explore Poetry 10:30 AM Lunch 12:00 PM Square Dancing 12:30 PM Duplicate Bridge 12:30 PM Hand & Foot/Quilting 1:00 PM Hiking 1:00 PM Zumba Gold 2:30 PM	27	Walking Group 9:00 AM Ceramics 9:30 AM Bingo 10:00 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Setback 12:30 PM Advanced Tai Chi 12:30 PM Cribbage 12:45 PM Beginner Tai Chi 1:30 PM	28	