

JUNE 2024 Senior Center Newsletter

FREE Shred Event:

Saturday, June 1st
8:00 AM—12:00 PM (or until full)

Manchester Residents only
Manchester Senior Center Parking Lot

The Town of Manchester Public Works Department is hosting a **FREE** shred event! All documents will be securely shredded on-site. This event is for Manchester Residents Only, proof of residency is required at check-in via a driver's license, or a Manchester Recycling permit. There is a **2 box maximum** per resident.

Celebrate Manchester Presents:

Senior Line Dance Party

Tuesday, June 4th
6:00 PM—8:00 PM

Manchester Senior Center



Come out and celebrate Manchester with Music and Line Dancing. Line Dance Caller Jim Gregory will be sure to get this party started right! No experience or partner needed! Everyone is welcome! Refreshments and door prizes will be available. Admission is **FREE**, tickets are required to be entered to win a door prize. Tickets are available at the Senior Center and Town Hall Customer Service Center. Tickets can be picked up until June 4, at 4:30 PM. Get your ticket today and enjoy the fun, music, dancing and socializing!

Food Scrap Drop-Off Program:

Did you know the Town of Manchester offers a Free Food Scrap Drop-Off Program? The Sanitation Department will be at the Senior Center on **Monday, June 10th** to help residents register for this amazing program! You can help turn your food waste into energy! Please see **Page 4** for more details.



Women's Self Defense Seminar:

This introductory level seminar will focus on self defense education through risk awareness, risk reduction, risk recognition, and risk avoidance. Participants will have an opportunity to learn basic hands on skills, and can expect to leave with an increased safety mindset. This seminar is appropriate for all physical abilities, women only. Join Detective Claire Hearn on **Thursday, June 13**, from **10:00 AM—12:00 PM**. Advanced registration is required, please call **860-647-3211**.



Vehicle Technology Workshop

Technology is changing the driving experience. The Smart DriverTEKSM workshop will keep you in the know about the latest high-tech safety features in your car. This **FREE**, 90-minute workshop will take place at the Senior Center on **Tuesday, June 18**, at **10:00 AM**. Please see **Page 7** for more details. Advanced registration is required.

CPR Awareness

Would you know what to do in an emergency? Minutes count. CPR can save lives. Take a few minutes to learn Hands-Only CPR during CPR/AED Awareness week! Staff from the Manchester Health Department and Manchester Fire Department will be at the Senior Center on **Wednesday, June 5**, from **11:00 AM—1:00 PM**. Stop by to learn Hands-Only CPR and be better prepared in an emergency situation.



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
Sharon Bosco
Kitchen Assistants

Kitty Dudley
Social Worker

Andrew Swain
MSW Intern

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.

Reducing Food Waste in Manchester!

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!

The Sanitation Department will be visiting the Senior Center to help residents sign-up for the Food Scrap Drop-off Program, and receive their Recycling Permit!

Where: Manchester Senior Center, 549 East Middle Turnpike

When: Monday, June 10th

Time: 10:00AM—2:00PM

Provided: Manchester Recycling Card, Food Scrap Pail, and Compostable Bags

Eligibility: All Manchester Residents are eligible for a Recycling Permit. This permit allows use of the food scrap drop-off unit at the Transfer Station. For use of the satellite food scrap drop-off stations, like the one at the Senior Center, you must be a resident who receives trash and recycling collection from the Town of Manchester.

Proof of Residency: If you already have a current (BLUE) Recycling Permit Card, that is all you need to bring! Otherwise, please bring two proofs of residency from the list below, one of which **must be a photo ID.**

*State Photo ID/Driver's License ***REQUIRED***

*DMV Vehicle Registration

*Utility Bill (Gas/Electric) - ***Water bill is not accepted***

*Cable TV/Internet

* Valid Lease Agreement

App Access: In order to unlock the satellite food scrap drop-off stations, you will need to use a cell phone app. Sanitation staff will help you setup the app on your cell phone, and show you how to use it when you sign-up!

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>

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.

HEALTH SERVICES

ECHN's Diabetes Prevention Program

Are you looking to make changes to your lifestyle to prevent diabetes and to live a long and healthy life? Join us on **Wednesday, June 5th** at **10:00 am** to learn about the ***Diabetes Prevention Program***. This will be the start of a 16-week program with monthly follow-up sessions for up to one year. You will explore healthy ways to fill your plate, how to increase your physical activity, techniques to reduce stress, and more! Bring your ***insurance card*** and a copy of your ***most recent blood work*** from your physician. To register or if you have questions, please call 860-647-3211.

Blood Pressure—Drop In

Blood Pressure checks are every **Wednesday** between **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, June 20th**. 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: June 7th & June 21st**. 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**. **Two appointments (8:30AM & 12:30PM) are 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!

SPECIAL PROGRAMS

AARP Smart DriverTEK

Smart DriverTEKSM keeps drivers in the know about the latest vehicle safety technologies, and how to use them. Developed jointly by AARP Driver Safety and The Hartford, this **FREE** 90-minute workshop offers a dynamic environment to learn how new, high-tech features in cars today can help make driving safer and easier. Take the next Smart DriverTEK workshop at **The Manchester Senior Center** on **Tuesday, June 18**, at **10:00 AM**. The workshop is open to all drivers and is free! Space is limited, so register now at www.aarp.org/findaworkshop8 or call **1-877-805-4115**. You can also register by calling the Senior Center at **860-647-3211**.

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. Next class is on **Monday, June 17th** at **8:45 AM**. The 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

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!



Responsible AI (Artificial Intelligence) Class



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.

SUMMER PROGRAMS

Chair Volleyball:

Beginning on **Thursday, June 6** 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 Social—Popsicles



Join us in the cafeteria for a delicious treat and the opportunity to spend time with fellow members. Join us on **Thursday, June 20** at **1:00 PM**, please call the front desk to register, (860) 647-3211.

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:

<u>June</u>	<u>July</u>
Mondays: 6/3, 6/10, 6/17, 6/24 Cost: \$24	Mondays: 7/1, 7/8, 7/15, 7/22 Cost: \$24
Fridays: 6/7, 6/14, 6/21, 6/28 Cost: \$24	Fridays: 7/5, 7/12, 7/19, 7/26 Cost: \$24

Senior Power of Produce Program

The Pop program offers weekly \$5.00 produce vouchers to Manchester's seniors. Vouchers can be used at The Spruce Street Farmers Market & Northwest Park Farmers Market. The voucher can be used on any fresh fruits or vegetables at the Farmers Markets.

Voucher registration opens at 9:00 AM on the 1st Monday of the month from May 2024—September 2024 for the following month's markets. Registered participants can pick up their vouchers at the Welcome Pavilion at the Spruce Street or 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.

Spruce Street **FARMERS MARKET**

Good Food. Good People. Grown Here.

WEDNESDAYS, JUNE 5 - AUGUST 28, 4:30-7:30 PM
MARKET FIELD, 153 & 163 SPRUCE STREET

SNAP DOUBLED UP TO \$30.00



PROGRAMS



SUMMER 2024—Registration for all Summer Session Programs has begun. The summer session begins on **Monday, June 3rd**, please register for all your programs before June 3rd to ensure you are on the class attendance rosters. Thank you!

Birthday Lunch

We will be celebrating all **June** birthdays on **Wednesday, June 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!

Biking Group

Monday afternoon from **1:00 PM—3:30 PM**, approximately 10—15 miles on paved or hard pack surfaces, fairly flat, gentle hills, relaxed pace. This group stops for water breaks and things of interest. Bring water to stay hydrated and wear a helmet for head protection. Please e-mail John Flynn (jr_F@att.net) if you have questions, or are interested in joining! Join the biking group on **Monday, June 3rd** for the ride from Bissell Bridge Windsor to Keney Park & **June 17th** for Airline State Park Trail South.

Book Group

The Book Group will meet in the Senior Center Library on **Tuesday, June 18th** at **10:30 AM**. We will be covering “Hester” by Laurie Lise Abanese. 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.

July 16 *Mad Honey* by Jodi Picoult

Oct. 15 *The Lioness of Boston* by Emily Franklin

Aug. 13 *Anywhere You Run* by Wanda Morris

Nov. 19 *Hello Beautiful* by Ann Napolitano

Sep. 17 *What Happened to the Bennetts* by Lisa

Dec. 17 *Remarkably Bright Creatures* by Shelby Van Pelt

Cardio Drumming

Join us on **Thursdays** at **10:00 AM**. June Classes: 6/6 & 6/20. NO CLASS on 6/13 or 6/27. 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.

PROGRAMS

Monthly Movie

Tuesday, June 11 @ 1:00 PM—*A Man Called Otto (2022)* Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby a friendship forms that turns his world around. Starring: Tom Hanks, and Mariana Trevino. Rated: PG -13 Runtime: 2 hrs. 6 min. Please register in advance.

Music Circle:

The music circle will only be meeting twice a month during the summer. **June Dates: 6/10 & 6/24, 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.

Hiking Group

Thursdays 1:00 PM—3:00 PM. Participants will be notified of changes by e-mail. Please provide your e-mail to Jim Oliphant, jimoliphant50@gmail.com. Carpooling is greatly encouraged for all out-of-town locations.

June 6th—Palmer Kendall Mountain Conservation Area, TollandA moderate/difficult 2 miles**

Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60 and up. The next meeting is **Wednesday, June 12, 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

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**. Our next class is on **Tuesday, June 4**. Register today, space is limited.



Royal Scarlett Gadabouts

Monthly membership meetings will be 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. Please contact Queen Maelene Williams for more information at **860-375-8460**. Next meeting will be on **Tuesday, June 4th**.

Therapy Dogs

Bright & Beautiful Therapy Dogs will be in the Senior Center Library on **Tuesday, June 11** from **10:30 AM – 11:30 AM**. If you have questions call the front desk at **860-647-3211**.



Manchester—*Silk City Travelers*

NEW TRIPS! Register beginning **Monday, June 3!**

The Glen Campbell Experience

La Bella Vista, Waterbury CT

Beloved Entertainer Jimmy Mazz delivers the world's premier tribute to Glen Campbell, the man and his music featuring all the great timeless tunes. 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



Shadows of the 60s: A Holiday Tribute to Motown

Aqua Turf, Plantsville CT



What happens when you mix the most celebrate music in American history with the most popular Holiday time of the year? You get 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

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.

See Trip Flyers for more details.

Questions?

Call Missy Rankin

(860) 647-3210

Manchester—*Silk City Travelers*

Previously Advertised, Register Today!

Lobster & A Great Show Featuring Jimmy Russo

The Log Cabin, Holyoke MA

Jimmy Russo is a dynamic entertainer with a beautiful voice and a love of music from the 60s & 70s. The real star of this show is the FOOD! Main entrée is a choice between 1 1/4 pound Lobster or Prime Rib. All entrees are served with Potato Salad, Cole Slaw, Lobster/Crab Cakes, BBQ Chicken, Dessert & Coffee. **Date:** Wednesday, July 17 **Cost:** \$134 pp. **Includes:** round trip transportation, lunch, entertainment, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** June 14 **Departs:** 10:15 AM **Approximate Return:** 4:30 PM

Sail On: The Beach Boys Tribute

Aqua Turf, Plantsville CT

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

See Trip Flyers for more details.

Questions?

Call Missy Rankin

(860) 647-3210

Swinging Summer

Amarante's Sea Cliff, New Haven CT

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 of America &

The FDR Presidential Library and Museum

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 Bocus 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

Grand Oak Villa

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

-- 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—JUNE 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 6/3 – 6/7	Chef's Choice	Chicken Taco Salad Contains: Wheat	Cheeseburger & Hot Dog Potato Salad Chips Ice Cream Contains: Wheat	Thai Peanut Chicken Steamed Rice Sesame Broccoli Contains: Nuts	Soup, Salad, Sandwich, TGIF Dessert Contains: Wheat
Week 2 6/10 – 6/14	Chef's Choice	Beef & Bean Burrito Fresh Fruit Contains: Wheat	Rodeo Turkey Burger Pasta Salad Fresh Watermelon Ice Cream Contains: Wheat	Greek Chicken Roasted Potatoes Squash Medley	Soup, Salad, Sandwich TGIF Dessert Contains: Wheat
Week 3 6/17 – 6/21	Chef's Choice	Chicken & Cheese Enchilada Fiesta Rice Contains: Wheat	Senior Center Closed Juneteenth	French Onion Chicken Rice Pilaf Garlic Green Beans	Soup, Salad, Sandwich TGIF Dessert Contains: Wheat
Week 4 6/24 – 6/28	Chef's Choice	Chimichurri Chicken Gyro Cape Cod Chips Contains: Wheat	Pulled Pork Sliders House Slaw Pineapple & Mandarin Salad Ice Cream Contains: Wheat	Smoked Gouda Meatloaf Buttered Egg Noodles Bacon Brussels 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.

<i>Monday</i>			<i>Tuesday</i>			<i>Wednesday</i>			<i>Thursday</i>			<i>Friday</i>					
JUNE			2024			Available every day: <i>8:30 AM—4:15 PM</i>											
Walking Group	9:00 AM	03	PAINT CLASS	9:30 AM	04	Friendship Circle	8:30 AM	05	Samba	9:00 AM	06	Walking Group	9:00 AM	07			
Ceramics	9:30 AM		Responsible AI/Beg Line Dance	10:00 AM		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM				
Strength & Flex	10:00 AM		Advanced Line Dancing	11:00 AM		Stronger Seniors	9:15 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM				
Light & Lively	11:00 AM		Lunch	12:00 PM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM				
Lunch	12:00 PM		Mahjong	12:30 PM		S&F/ECHN Diabetes Prevention	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM				
Body Sculpt/Pinochle	12:30 PM		Red Hats	1:00 PM		CPR Awareness	11:00 AM		Lunch	12:00 PM		Lunch	12:00 PM				
Biking Group	1:00 PM		Water & Oil	1:00 PM		Lunch	12:30 PM		Duplicate Bridge/Chair Volleyball	12:30 PM		Setback	12:30 PM				
Light & Lively	1:20 PM		Advanced Tai Chi	1:30 PM		Body Sculpt/Social Bridge	12:30 PM		Square Dancing	12:30 PM		Advanced Tai Chi	12:30 PM				
Yoga	2:20/3:20 PM		Beginner Tai Chi	2:30 PM		Dominoes	12:45 PM		Quilting	1:00 PM		Cribbage	12:45 PM				
		Celebrate Manchester Line Dance— 6:00PM		Light & Lively	1:20 PM	Hand & Foot/Hiking Group	1:00 PM	Beginner Tai Chi	1:30 PM								
				Yoga	2:20/3:20 PM	Zumba Gold	2:30 PM	Foot Care—By Appointment									
Walking Group	9:00 AM	10	Beginner Line Dancing	10:00 AM	11	Friendship Circle	8:30 AM	12	Samba	9:00 AM	13	Walking Group	9:00 AM	14			
Ceramics	9:30 AM		Therapy Dogs	10:30AM		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM				
Strength & Flex	10:00 AM		Advanced Line Dancing	11:00 AM		Stronger Seniors	9:15 AM		Wii Bowling	10:00 AM		Bingo	10:00 AM				
Food Scrap Drop Off Program	10:00 AM		Lunch	12:00 PM		Blood Pressure Drop In	9:30 AM		Women's Self Defense Seminar	10:00 AM		Strength & Flex	10:00 AM				
Light & Lively	11:00 AM		Mahjong	12:30 PM		S&F/ECHN Diabetes Prevention	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM				
Lunch	12:00 PM		Movie: A Man Called Otto	1:00 PM		Newcomer's Meeting	11:00AM		Lunch	12:00 PM		Lunch	12:00 PM				
Body Sculpt	12:30 PM		Watercolor & Oil	1:00 PM		Lunch	12:00 PM		Duplicate Bridge/Chair Volleyball	12:30 PM		Setback	12:30 PM				
Pinochle	12:30 PM		Advanced Tai Chi	1:30 PM		Body Sculpt/Social Bridge	12:30 PM		Square Dancing	12:30 PM		Advanced Tai Chi	12:30 PM				
Music Circle	1:00 PM		Beginner Tai Chi	2:30 PM		Dominoes	12:45 PM		Hand & Foot/Quilting	1:00 PM		Cribbage	12:45 PM				
Light & Lively	1:20 PM			Light & Lively	1:20 PM			Beginner Tai Chi	1:30 PM								
Yoga	2:20/3:20 PM			Yoga	2:20/3:20 PM												
AARP SMART DRIVER CLASS	8:45 AM	17	AARP Smart DriverTEK	10:00 AM	18	JUNETEENTH SENIOR CENTER IS CLOSED			Zumba Gold	2:30 PM	19	Samba	9:00 AM	20	Walking Group	9:00 AM	21
Walking Group	9:00 AM		Beginner Line Dancing	10:00 AM					Scrabble	9:30 AM		Ceramics	9:30 AM				
Ceramics	9:30 AM		Book Group	10:30 AM					Cardio Drumming	10:00 AM		Bingo	10:00 AM				
Strength & Flex	10:00 AM		Advanced Line Dancing	11:00 AM					Wii Bowling	10:00 AM		Strength & Flex	10:00 AM				
Light & Lively	11:00 AM		Lunch	12:00 PM					Cornhole	11:00 AM		Light & Lively	11:00 AM				
Lunch	12:00 PM		Mahjong	12:30 PM					Lunch	12:00 PM		Lunch	12:00 PM				
Body Sculpt/Pinochle	12:30 PM		Watercolor & Oil	1:00 PM					Duplicate Bridge/Chair Volleyball	12:30 PM		Setback	12:30 PM				
Biking Group	1:00 PM		Advanced Tai Chi	1:30 PM					Square Dancing	12:30 PM		Advanced Tai Chi	12:30 PM				
Light & Lively	1:20 PM		Beginner Tai Chi	2:30 PM					Hand & Foot/Quilting/Popsicles	1:00 PM		Cribbage	12:45 PM				
Yoga	2:20/3:20 PM			Zumba Gold	2:30 PM	Beginner Tai Chi	1:30 PM										
				File of Life—By Appointment			Foot Care—By Appointment										
Walking Group	9:00 AM	24	Beginner Line Dancing	10:00 AM	25	Friendship Circle	8:30 AM	26	Samba	9:00 AM	27	Walking Group	9:00 AM	28			
Ceramics	9:30 AM		Advanced Line Dancing	11:00 AM		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM				
Strength & Flex	10:00 AM		Lunch	12:00 PM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Bingo	10:00 AM				
Light & Lively	11:00 AM		Mahjong	12:30 PM		ECHN Diabetes Prevention	10:00 AM		Cornhole	11:00 AM		Lunch	12:00 PM				
Lunch	12:00 PM		Watercolor & Oil	1:00 PM		Birthday Lunch	12:00 PM		Lunch	12:00 PM		Lunch	12:00 PM				
Body Sculpt/Pinochle	12:30 PM		Advanced Tai Chi	1:30 PM		Social Bridge	12:30 PM		Duplicate Bridge/Chair Volleyball	12:30 PM		Setback	12:30 PM				
Music Circle	1:00 PM		Beginner Tai Chi	2:30 PM		Dominoes	12:45 PM		Square Dancing	12:30 PM		Advanced Tai Chi	12:30 PM				
Light & Lively	1:20 PM					Yoga	2:20/3:20 PM		Hand & Foot/Quilting	1:00 PM		Cribbage	12:45 PM				
Yoga	2:20/3:20 PM								Zumba Gold	2:30 PM		Beginner Tai Chi	1:30 PM				