

October 2024 Senior Center Newsletter

The Manchester Senior Center Presents:

The logo features a circular emblem on the left with a red top half, a white middle section containing the year '2024', and a blue bottom half with white stars. To the right of the emblem, the words 'MEET THE' are in blue and 'CANDIDATES' is in red, both in a bold, serif font.

2024 MEET THE CANDIDATES

Tuesday, October 15th, 2024 at 1:00 PM

In the Senior Center Auditorium

All candidates on the November ballot running to represent Manchester for Federal and State Level offices have been invited to attend this special event. Each candidate will make a brief introduction, and explain why they are running for office. Following introductions all candidates will participate in a question and answer session. Questions will be prepared in advance and be asked by a moderator. Don't miss your opportunity to learn about the candidates and become an informed voter!

Please call **860-647-3211** to register.

Join us for refreshments following the program!



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

Kitchen Assistant

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

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.

SPECIAL EVENTS

Low Cost Health & Wellness Pet Clinic

Vet Care Everywhere will be hosting a low cost pet clinic at the Senior Center on **Friday, October 25th @ 10:00 AM. PRE-REGISTRATION IS REQUIRED.** Registration can be done online at vetcareeverywhere.org/community-events, or call **860-647-3211**.

\$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.



Halloween Party & Lunch!



Join us on **Thursday, October 31st** for a frightfully fun Halloween Party. Appetizers will be served beginning at **11:30 AM**, followed by a delicious MACC lunch of Penne Broccoli Alfredo, Caesar Salad, and special Halloween dessert. After lunch test your Halloween knowledge with a fun game of **TRIVIA!** Don't forget to come dressed in your spookiest attire for the **COSTUME CONTEST.** Everyone wearing a costume will receive ***extra points towards their trivia score.*** Cost: suggested lunch donation of \$2.50. Don't miss out on this BOO-tiful event. Please **REGISTER** with the front office or by calling **860-647-3211**. ***Lunch is for Halloween Party Dine-in participants only, All Takeouts will be cancelled this day.***

Pinochle Lessons

The Pinochle Group will be offering lessons every **Monday** in October! If you've ever been interested in learning how to play this great card game, now is the perfect opportunity! Lessons will begin at **12:30 PM**, please call 860-647-3211 to register. Beginners are welcome, and encouraged to join!

FREE! Medication Disposal Bags & Steering Wheel Locks!

The Manchester Senior Center has **FREE** Detera Medication Disposal Pouches and Steering Wheel Locks available at the front desk while supplies last. Stop by and ask for one today!

SPECIAL EVENTS

Senior Center Advisory Committee

Get involved.



Elections will be held to seat members to the Senior Advisory Committee. Nomination forms will be available on **Monday September 23rd** through **Friday, October 4th, 2024**. A ballot will be prepared listing all nominees and voting will take place starting **Monday, October 21st** through **Friday, November 1st**. Newly elected members of the Committee will be announced the week of **November 4th**. Nomination forms and ballots can be **picked up at the Front Office** and completed forms should be returned to the Front Office. The first meeting of the Committee will be held **Tuesday, November 12th, 2024. At 9 a.m.***

***Due to the nominating and voting period dates falling after the first Friday of November, the first meeting will be held the 2nd Tuesday of November – November 12th.**

AARP Smart DriverTEK

LEARN ABOUT HIGH-TECH CAR SAFETY FEATURES IN A NEW WORKSHOP



Smart DriverTEKSM keeps drivers in the know about the latest vehicle safety technologies, and how to use them. From lane departure warnings and smart headlights to blind-spot detection systems and more, the workshop helps drivers recognize how these technologies might enhance their driving safety and extend their safe driving years. Attendees leave with a vehicle technology checklist, which will offer guidance on desired technologies when shopping for a new car, or what features may already be in their car. Take the next Smart DriverTEK workshop at ***The Manchester Senior Center*** on ***Tuesday, October 22***, at ***10:00 AM***. The workshop is open to all drivers and is FREE! Space is limited, 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. Upcoming classes: **Monday, Oct 28th 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

ENERGY ASSISTANCE 2024/2025

To apply for assistance, call the Community Renewal Team at: **860-560-5800** to schedule a Manchester appointment. A staff member will conduct a brief screening to determine if you are eligible. You will then be given appointment information.

What you need for your appointment:

_____ **Social Security cards** for all persons **who have not** previously applied

_____ Name, address and phone number of your **landlord**

_____ **Bank Statements are only needed this year if you need to prove SSA/SSDI income, if you have your SSA statement, you do not need your bank statement**

_____ **Current** copy of your **heating bill** (if gas) **AND** current copy of your **Eversource bill**

_____ Documentation of **ALL household income** for **four consecutive weeks prior to your appointment**

Including: Paystubs, SSI or SSDI, Unemployment printout, child support or a printout from the State DSS for TFA recipients; [**Pension** cannot be taken from bank statement (1099's , check stubs/ an original letter from pension company are acceptable for pension)

_____ **Current** rent receipt, or a copy of your lease if your heat is included with your rent

Please bring a Mortgage statement if you are a homeowner. **If no mortgage, bring property taxes.**

_____ Proof of **subsidized housing or section 8** (if you receive it)

_____ **SNAP Benefit letter** if you receive SNAP (**Notice of Action IS NOT ACCEPTED**)

**** Asset forms** need to be completed by intake worker for **all** household members 18+.

Your appointment will last 20-30 minutes. The Community Renewal Team will notify you within 45 days as to whether you have been awarded a benefit and the amount of your benefit. The benefit amount will go directly to your heating company and will appear as a credit on your heating statement or oil delivery. Everyone who applies for Energy Assistance is **expected to make monthly payments** towards their heating bills and to participate in CNG's and EVERSOURCE's Matching Payment Program.

Income Guidelines (Family Size and Income Amount)						
1	2	3	4	5	6	7
\$45,505	\$59,507	\$73,509	\$87,511	\$101,513	\$115,514	\$118,139

Appointment Date: _____ **Time:** _____

MEDICARE OPEN ENROLLMENT

OCTOBER 15— DECEMBER 7, 2024

Major changes are coming in 2025 that will likely impact your coverage!

If you'd like to explore your Medicare options for 2025, please make an appointment with Kitty by calling **(860) 647-3211**. We are scheduling now for appointments from **October 15—December 7**.

Appointments can only be made for one individual at a time.

If you and a partner both need to review coverage please make 2 appointments.

Please be sure you **bring the following to the appointment:**

- **Your ORIGINAL Medicare Card**
- **Current Medicare Insurance Card (Advantage or Supplement Plan and RX Card)**
- **Silver CT Department of Social Services Card (if you have one)**
- **List of ALL Current Medications with Names, Dosages (milligrams), and Frequency**
- **List of ALL Current Doctors**

******IF YOU DON'T BRING ALL OF THE ABOVE INFORMATION, YOUR APPOINTMENT WILL NEED TO BE RESCHEDULED******

As in previous years, there are a number of changes coming for 2025. It's in your best interest to check your Medicare benefits EACH year, as many plans change and cost you more MONEY!



Medicare

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, October 17th**. 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: 10/4 & 10/18.** 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, November 15th as the doctor is not available in October.** 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!

PROGRAMS

Please be mindful of activity start times. It is extremely helpful when you attend a program on time, especially for card groups and games. When people join late it can be difficult to start a new game. We want to make sure everyone gets a chance to play! Help us, help you by coming on time! If you are not sure when a group starts please check the Newsletter Calendar, or call the front desk at 860-647-3211. Thank you so much for your understanding!

Birthday Lunch

We will be celebrating all **October** birthdays on **Wednesday, October 30** 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

Book Group Meeting: **Tuesday, October 15th**—*The Lioness of Boston* by Emily Franklin. 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. November 19: *Hello Beautiful* by Ann Napolitano, December 17: *Remarkably Bright Creatures* by Shelby Van Pelt.

Cardio Drumming

Join us on **Thursdays** at **10:00 AM**. October Classes: 10/3, 10/10, 10/17, & 10/24. All equipment will be provided. **FREE!** Please register before class, **860-647-3211**. Registration for the November session begins on Thursday, October 24.

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, last week is 10/10!

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, October 8 @ 1:00 PM—*Ghostbusters: Frozen Empire (2024)* When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second ice age. Starring: Paul Rudd, Carrie Coon, Bill Murray, and Ernie Hudson. Rated: PG-13 Runtime: 1 hour 55 minutes. Please register in advance.



PROGRAMS

Music Circle

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. **Mondays 1:00 PM—3:00 PM**. Upcoming Dates: **October 7, 21, & 28**. Please register in advance.

Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60 and up. The next meeting is **Wednesday, October 16**, 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, October 15**, as 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, October 7.



Royal Scarlett Gadabouts

Monthly membership 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. Please contact Queen Maelene Williams for more information at **860-375-8460**. Next meeting will be on **Tuesday, October 1st**.

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. Questions, please call Missy at 860-647-3210.

Square Dancing

Square Dancing is back! Join us on **Thursdays** from **12:30—2:15 PM**. **October class dates: 10/17, 10/24, 10/31**. **Cost: \$5 per class**. Pre-registration is required before class and is done at the front desk, or by calling the Senior Center at **(860) 647-3211**. The more the merrier, out of town participants can participate!! Join this group to have fun, get exercise, and make friends!

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, October 1**. 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.

OUTDOOR PROGRAMS

Biking Schedule—Mondays 1:00 PM—3:30 PM

Length of rides varies from approximately 15-20 miles on either paved or hard-pack surfaces that are fairly flat or with gentle hills. Our pace is relaxed, stopping for water breaks or things of interest. Please bring water to stay hydrated and wear a helmet for head protection.

Please note rides at further locations will likely run until 4:00/4:30 PM, please plan accordingly.

If you would like to join the Bike Group please e-mail **John Flynn** at **JR_F@att.net**. In the event of rain or any changes, bikers will be notified by email.

October 7—Farmington Canal North (Simsbury to Suffield)

October 21—Hop River Trail (Bolton at Steele's Crossing Road toward Willimantic)

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.

October 3 – Schoolhouse Brook Park, Mansfield – Moderate 2.5 miles

October 17 – Rose Trail Loop at Heritage Farm, Bolton – Moderate 2.1 miles

October 31 – Palmer Kendall Mountain Conservation Area, Tolland - Moderate/Difficult 2 miles

November 14 – South Meadows River Trail, East Hartford/Glastonbury - Easy/Moderate 3 miles

December 5 – Valley Falls Park, Vernon – Moderate 4+ miles

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.



Manchester—*Silk City Travelers*

Previously Advertised, Register Today!

The Glen Campbell Experience

La Bella Vista—Waterbury, CT

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

Aqua Turf—Plantsville, CT

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 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—October 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 9/30—10/4	Chef's Choice	Sesame Garlic Pork Basmati Rice Vegetable Medley	Chimichurri Chicken Spanish Rice Cucumber Salad	Chicken Parmesan Pesto Pasta Broccoli	Soup, Salad, Sandwich TGIF Dessert
Week 2 10/7 – 10/11	Vegetarian Chili House Salad	Chicken Cordon Bleu Casserole Dinner Roll <i>Contains: Gluten</i>	Shepard's Pie Salad Dinner Roll	Ham & Potato Casserole Dinner Roll <i>Contains: Gluten</i>	Hoisin Shrimp Dinner Roll Fruit <i>Contains: Gluten</i>
Week 3 10/14 – 10/18	<i>Closed</i> Indigenous Peoples' / Columbus Day	Bean & Cheese Burrito <i>Contains: Gluten</i>	Arroz con Pollo Cucumber Salad	Pasta Bolognese Salad Dinner Roll <i>Contains: Gluten</i>	Potato Crusted Cod Rice Pilaf Vegetable Medley Fruit
Week 4 10/21 – 10/25	Soft Beef Taco <i>Contains: Gluten</i>	Bacon & Broccoli Quiche <i>Contains: Gluten</i>	Vegetarian Stuffed Peppers Salad Dinner Roll	Chicken a la King Dinner Roll <i>Contains: Gluten</i>	Tilapia Roasted Potatoes Spinach Fruit
Week 5 10/28 – 11/1	Chicken Parmesan Garden Salad Garlic Bread <i>Contains: Gluten</i>	Beef Stroganoff Egg Noodles Roasted Zucchini <i>Contains: Gluten</i>	Sesame Garlic Pork Steamed Rice Broccoli <i>Contains: Soy</i>	<i>Halloween Party!</i> Penne Broccoli Alfredo Caesar Salad Dinner Roll <u>No Takeouts</u>	Seafood Fra Diavolo Fruit <i>Contains: Gluten</i>

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>		
<h1>October 2024</h1>			Responsible AI 10:00 AM	01	Friendship Circle 8:30 AM	02	Exploring Memoir 9:00 AM	03	Walking Group 9:00 AM	04				
			Beginner Line Dancing 10:00 AM		Walking Group 9:00 AM		Ceramics 9:30 AM							
			Therapy Dogs 10:30 AM		Stronger Seniors 9:15 AM		Bingo 10:00 AM							
			Advanced Line Dancing 11:00 AM		Blood Pressure Drop In 9:30 AM		Strength & Flex 10:00 AM							
			Lunch 12:00 PM		Strength & Flex 10/11:00 AM		Light & Lively 11:00 AM							
			Mahjong 12:30 PM		Lunch 12:00 PM		Lunch 12:00 PM							
			Red Hat Meeting 1:00 PM		Body Sculpt/Social Bridge 12:30 PM		Setback 12:30 PM							
Water & Oil 1:00 PM	Dominoes 12:45 PM	Advanced Tai Chi 12:30 PM												
Advanced Tai Chi 1:30 PM	Light & Lively 1:20 PM	Cribbage 12:45 PM												
Beginner Tai Chi 2:30 PM	Yoga 2:20/3:20 PM	Beginner Tai Chi 1:30 PM	Foot Care—By Appointment											
Walking Group 9:00 AM	07	Responsible AI 10:00 AM	08	Friendship Circle 8:30 AM	09	Exploring Memoir 9:00 AM	10	Walking Group 9:00 AM	11					
Ceramics 9:30 AM		Beginner Line Dancing 10:00 AM		Walking Group 9:00 AM		Ceramics 9:30 AM								
Strength & Flex 10:00 AM		Advanced Line Dancing 11:00 AM		Stronger Seniors 9:15 AM		Bingo 10:00 AM								
Light & Lively 11:00 AM		Lunch 12:00 PM		Blood Pressure Drop In 9:30 AM		Strength & Flex 10:00 AM								
Lunch 12:00 PM		Mahjong 12:30 PM		Strength & Flex 10/11:00 AM		Light & Lively 11:00 AM								
Body Sculpt 12:30 PM		Movie: Ghostbusters Frozen 1:00 PM		Lunch 12:00 PM		Lunch 12:00 PM								
Pinochle 12:30 PM		Water & Oil 1:00 PM		Body Sculpt/Social Bridge 12:30 PM		Setback 12:30 PM								
Biking 1:00 PM	Advanced Tai Chi 1:30 PM	Dominoes 12:45 PM	Advanced Tai Chi 12:30 PM											
Music Circle 1:00 PM	Beginner Tai Chi 2:30 PM	Light & Lively 1:20 PM	Cribbage 12:45 PM											
Light & Lively 1:20 PM		Yoga 2:20/3:20 PM	Beginner Tai Chi 1:30 PM											
Yoga 2:20/3:20 PM														
<h2>Closed Indigenous Peoples’ Columbus Day</h2>			Paint Program 9:30 AM	15	Friendship Circle 8:30 AM	16	Exploring Memoir 9:00 AM	17	Walking Group 9:00 AM	18				
			Beginner Line Dancing 10:00 AM		Walking Group 9:00 AM		Ceramics 9:30 AM							
			Book Group 10:30 AM		Stronger Seniors 9:15 AM		Bingo 10:00 AM							
			Advanced Line Dancing 11:00 AM		Blood Pressure Drop In 9:30 AM		Strength & Flex 10:00 AM							
			Lunch 12:00 PM		Strength & Flex 10/11:00 AM		Light & Lively 11:00 AM							
			Mahjong 12:30 PM		Newcomers Meeting 11:00 AM		Lunch 12:00 PM		Lunch 12:00 PM					
			Watercolor & Oil 1:00 PM		Lunch 12:00 PM		Square Dancing/Dup. Bridge 12:30 PM		Setback 12:30 PM					
Meet The Candidates 1:00 PM	Body Sculpt/Social Bridge 12:30 PM	Hiking/Hand & Foot/Quilting 1:00 PM	Advanced Tai Chi 12:30 PM											
	Dominoes 12:45 PM	Zumba Gold 2:30 PM	Cribbage 12:45 PM											
	Light & Lively 1:20 PM	File of Life—Appointment Only	Beginner Tai Chi 1:30 PM											
	Yoga 2:20/3:20 PM		Foot Care—By Appointment											
Walking Group 9:00 AM	21	Beginner Line Dancing 10:00 AM	22	Friendship Circle 8:30 AM	23	Exploring Memoir 9:00 AM	24	Walking Group 9:00 AM	25					
Ceramics 9:30 AM		AARP Smart DriverTEK 10:00 AM		Walking Group 9:00 AM		Ceramics 9:30 AM								
Strength & Flex 10:00 AM		Advanced Line Dancing 11:00 AM		Stronger Seniors 9:15 AM		Bingo 10:00 AM								
Light & Lively 11:00 AM		Lunch 12:00 PM		Blood Pressure Drop In 9:30 AM		Pet Health & Wellness Clinic 10:00 AM								
Lunch 12:00 PM		Mahjong 12:30 PM		Strength & Flex 10/11:00 AM		Lunch 12:00 PM								
Body Sculpt 12:30 PM		Watercolor & Oil 1:00 PM		Lunch 12:00 PM		Setback 12:30 PM								
Pinochle 12:30 PM		Advanced Tai Chi 1:30 PM		Body Sculpt/Social Bridge 12:30 PM		Cribbage 12:45 PM								
Biking 1:00 PM	Beginner Tai Chi 2:30 PM	Dominoes 12:45 PM												
Music Circle 1:00 PM		Light & Lively 1:20 PM												
Light & Lively 1:20 PM		Yoga 2:20/3:20 PM												
Yoga 2:20/3:20 PM														
AARP Smart Driver Course 8:45 AM	28	Beginner Line Dancing 10:00 AM	29	Friendship Circle 8:30 AM	30	Exploring Memoir 9:00 AM	31	Available every day: 8:30 AM—4:15 PM Billiards Computer Room						
Walking Group 9:00 AM		Advanced Line Dancing 11:00 AM		Walking Group 9:00 AM		Samba 9:00 AM								
Ceramics 9:30 AM		Lunch 12:00 PM		Stronger Seniors 9:15 AM		Scrabble 9:30 AM								
Strength & Flex 10:00 AM		Mahjong 12:30 PM		Blood Pressure Drop In 9:30 AM		Exploring Poetry 10:30 AM								
Light & Lively 11:00 AM		Watercolor & Oil 1:00 PM		Strength & Flex 10/11:00 AM		Halloween Party! 11:30 AM								
Lunch 12:00 PM		Advanced Tai Chi 1:30 PM		Birthday Lunch 12:00 PM		Square Dancing 12:30 PM								
Body Sculpt 12:30 PM		Beginner Tai Chi 2:30 PM		Body Sculpt/Social Bridge 12:30 PM		Duplicate Bridge 12:30 PM								
Pinochle 12:30 PM		Dominoes 12:45 PM	Hiking 1:00 PM											
Music Circle 1:00 PM		Light & Lively 1:20 PM	Hand & Foot/Quilting 1:00 PM											
Light & Lively 1:20 PM		Yoga 2:20/3:20 PM	Zumba Gold 2:30 PM											
Yoga 2:20/3:20 PM														