

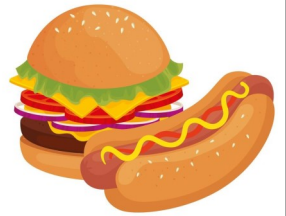
September 2024 Senior Center Newsletter

Senior Picnic



Our Annual Senior Center Picnic will be held on **Tuesday, September 24**, at **Northwest Park**, in the event of rain the picnic will be held at the Senior Center. Event will run from **11:30 AM – 1:30 PM**.

Our afternoon will include the musical stylings of ***The Armentano Brothers***, great food, and lawn games! Enjoy a fabulous menu of Hamburgers, Hotdogs, Shady Glen Coleslaw, Potato Salad, Baked Beans, Chips, and Dessert! Please let us know if you'd like a hamburger or a hot dog when registering.



Sign-up begins on Tuesday, September 3rd. This event will fill up quickly, call us at **860-647-3211** to put your name on the list!

Senior Center Advisory Committee

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.**

Just a Friendly Reminder

As we are moving into fall, and there have been increased reports of Covid and other illnesses, we would like to take the time to remind everyone it is best practice to stay home when you are not feeling well. Let's do our best to keep each other healthy, and stop the spread of germs and illness. We appreciate everyone's cooperation as we keep the Senior Center a fun and healthy place for everyone to visit! Thank you!

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!

SENIOR CENTER
STAFF

Eileen Faust

Director

Missy Rankin

Recreation Supervisor

Kathy Nohmy

Senior Administrative
Secretary

Amy Judd

Clerical Assistant

AJ Jackson

Custodian/Bus Driver

Rick Bosco

Ed Cassala

Reggie Ginotti

Bus Drivers

Debbie Keehner

Kitchen Assistants

Kitty Dudley

Social Worker

Diana Martin R.N.

Health Department
Nurse

MANCHESTER SENIOR CENTER

549 East Middle Turnpike

Manchester, CT 06040

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

Phone: 860-647-3211

FAX: 860-647-3240

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.



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.

SCAM ALERT

Hybrid Scams on the Rise, often referred to as “long-con” scams



Scammers compound tactics by using fake Amazon or PayPal tech support emails and text messages to get you to connect with an imposter Social Security Administration (SSA) employee who will try to convince you that your Social Security Number (SSN) or record is compromised.

The email or text message claims that something is wrong with your Amazon or PayPal account and while trying to “fix” the alleged issue, the scammer instead states that in searching your computer they found other problems, mainly with your SSN. They then offer to assist by transferring you to someone pretending to be with the Social Security Administration. This type of scam is designed to drain you of all your resources.

This type of hybrid scam is part of a new trend – the SSA “long-con,” where:

- Scammers develop confidence over time, often starting as some other scam, but passing the target to an imposter SSA agent when the first scammer “discovers” a problem in the target’s “SSA records.”
- Scammers often have detailed information on their targets, who are typically of Social Security retirement age. This generates further confidence in the credibility of the scam and scammer.
- The scam often ends with an in-person meeting with an individual who is either part of the scheme or an unsuspecting participant, such as an Uber driver, during which the target turns over gold, cash, a crypto wallet, or some other currency for “safe keeping,” at the direction of an imposter SSA federal agent.

In a recent news article a woman in Ohio liquidated over \$500,000 in retirement savings to buy gold and turned it over to scammers who showed up to her house, after a several month “long con,” involving SSA and other government imposters. In an interview, the victim stated, “They were so slick, the guy I talked to everyday had an answer for everything and he was smooth, I had no question he was who he said he was. He didn’t hesitate on any of his answers, he knew what he was doing.”



To learn more about protecting yourself and reporting Social Security related scams, please visit <https://www.ssa.gov/scam/>

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

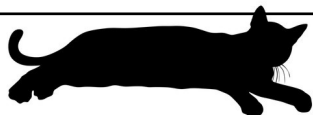
Married—\$53,400

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.



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. 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.



The Wall That Heals



Vietnam Memorial Replica and Mobile Education Center

The Wall that Heals is a three-quarter scale traveling replica of the Vietnam Veterans Memorial in Washington, D.C. The Wall honors the 58,281 service members who lost their lives and all who served during the Vietnam War.

The exhibit consists of the Wall replica and the mobile Education Center. The mobile education center showcases Hometown Heroes, In Memory Honor Role, digital displays on the history of the Vietnam War, and sample items left at the Wall in Washington, D.C.

The Exhibit is **FREE** and open to the public 24 hours a day during its stay, **ALL** are welcome. The Wall That Heals will be at **Charter Oak Park**, 50 Charter Oak Street, Manchester, CT from **September 19—22**. Please make plans to visit this remarkable exhibit that will be in Manchester for a limited time. For more information, or questions please call Missy at 860-647-3210.

Senior Power of Produce Program

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

HEALTH SERVICES

The Health Collective Denture Repair Program

The Health
Collective

Be Well. Be Yourself.

*Are you or someone you know struggling with dentures that don't fit right or make your mouth sore? We are happy to announce a new program at the Manchester Senior Center. Dr. Kevin Hall, from The Health Collective, will be offering a **NO-COST** denture repair and replacement service. Dr. Hall and staff will be at the Senior Center on **Monday, September 30th**, from **9:30 AM—12:00 PM**, for an informational meeting.*

After a short presentation, they will meet with attendees individually to discuss their needs. If Dr. Hall can assist you, the Health Collective staff will schedule your individual appointment. Appointments will be held in the Health Office at the Senior Center. On the day of your appointment some minor repairs may be done, but other repairs may have to go out to the dental lab.

Some of the services offered by the Denture Repair Program include: replace missing dentures, duplicate existing dentures, make new full upper dentures, full lower dentures, flippers, or partial dentures.

This program is for a limited number of people and will be done at NO COST for any repairs or work performed. **Please note: *This program is only for people with dentures.*** *It is not suitable for people with other types of tooth problems.* If you still need extractions to prepare for dentures, you are not currently suitable for this program, but you can still attend the presentation to see if you will fit the criteria in the future.

No insurance is required, but, if you have insurance the Health Collective will discuss submitting a claim, this will allow them to help more people in Manchester.

If you would like to participate in this program please **register in advance for the presentation on September 30th!** To register, or if you have any questions call **860-647-3211.**



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, September 19th**. 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: Sept 6th, Sept 20th & Oct 4th.** 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, 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!

Steady as We Go

Movement and Balance for Seniors

This chair-based class uses light weights, exercise bands, or no weights at all. It is great for improving posture and balance! **Tuesdays & Thursdays 11:00 AM—12:00 PM**, at the Community Y, located at 78 North Main Street. The Fall Session will begin on **Tuesday, October 8** and ends on **Thursday, December 19**. **Cost: \$5.00.** Register, beginning on **September 11th**, at the Senior Center or call **860-647-3211**,

SPECIAL PROGRAMS

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, Sept 16th** 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

Writing Classes with Debi

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

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



Writing to Explore Poetry: Thursdays 10:30 AM—12:00 PM, September 5—October 24

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

PROGRAMS

Fall 2024 Program Registration

Please make sure to register for all programs before the session starts on **September 3rd**. Must have a valid 2024 Membership Card to participate in any programs.

Birthday Lunch

We will be celebrating all **September** birthdays on **Wednesday, September 25** 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, September 17th**—*What happened to the Bennetts* by Lisa Scolotina. 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.

Oct. 15 <i>The Lioness of Boston</i> by Emily Franklin	Dec. 17 <i>Remarkably Bright Creatures</i> by Shelby Van Pelt
Nov. 19 <i>Hello Beautiful</i> by Ann Napolitano	

Cardio Drumming

Join us on **Thursdays** at **10:00 AM**. September Classes: 9/5, 9/12, 9/19, 9/26. All equipment will be provided. **FREE!** Please register before class, **860-647-3211**. Registration for the October session begins on Thursday, September 19.

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!

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, September 10 @ 1:00 PM—IF (2024) A tale about a girl who discovers that she can see everyone's imaginary friends, known as IFs. She embarks on a magical journey to reconnect forgotten IFs with their kids. An adventure you'll need to believe to see. IF is perfect for the whole family. Starring: Ryan Reynolds, John Krasinski, and Steve Carell. Rated: PG Runtime: 1 hour 44 minutes. Please register in advance.

PROGRAMS

Music Circle

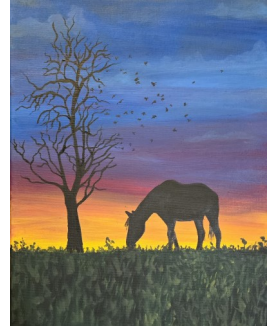
Join the music circle to sing and/or play acoustic instruments with fellow music lovers. Take turns suggesting and playing songs you already know and encouraging others to join in on their instruments. **Mondays 1:00 PM—3:00 PM**. Upcoming Dates: **September 9, 16, 23, 30**. Please register in advance.

Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60 and up. The next meeting is **Wednesday, September 18**, 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 **Wednesday, September 18**, 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, September 9.



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, September 10th**.

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 here on **Tuesday, September 3** from **10:30 AM – 11:30 AM**. Please feel free to come anytime during the hour to meet the dogs. If you have any questions or would like to register, please call the front desk at 860-647-3211.

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.

September 9 —Airline State Park Trail Middle (Willimantic toward Colchester)

September 23 —Norwottuck Rail Trail (Northampton-East toward Belchertown, MA)
--

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.

September 5 – Wapping Park, South Windsor – Easy 2.2 miles

September 19 – Evergreen Walk Trail, South Windsor – Easy 2+ miles

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 Ultimate Cher Experience

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

The Glen Campbell Experience

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

A Holiday Tribute to Motown

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

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—September 2024



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 9/2—9/6	Senior Center CLOSED Labor Day	Pork Loin Loaded Potatoes Steamed Broccoli	Mexican Beef & Rice Casserole	Lemon Chicken Gyros Cape Cod Chips Hand Fruit	Soup, Salad, Sandwich TGIF Dessert
Week 2 9/9—9/13	Chef's Choice	Honey Garlic Pork Chops Scalloped Potatoes Corn	Doug's Chili Corn Bread Garden Salad	Rodeo Turkey Burgers Potato Wedges Grapes	Soup, Salad, Sandwich TGIF Dessert
Week 3 9/16—9/20	Chef's Choice	BBQ Pulled Chicken Sandwiches	Pesto Pasta Italian Meatballs Garlic Bread	Chicken Pasta Primavera Garlic Sticks	Soup, Salad, Sandwich TGIF Dessert
Week 4 9/23—9/27	Chef's Choice	SENIOR CENTER PICNIC @ Northwest Park <u>No Cafeteria Service</u> All Other Classes Cancelled	White Chicken Chili Nachos	Sloppy Joes Pasta Salad Chips	Soup, Salad, Sandwich TGIF Dessert
Week 5 9/30—10/4	Chef's Choice	Sesame Garlic Pork Basmati Rice Vegetable Medley	Chimichurri Chicken Spanish Rice Cucumber Salad	Chicken Parm Pesto Pasta Broccoli	Soup, Salad, Sandwich TGIF Dessert

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>			
Senior Center CLOSED Labor Day		02	Responsible AI 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 Water & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	03	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/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	04	Exploring Memoir 9:00 AM Samba 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Exploring Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Chair Volleyball/Dup. Bridge 12:30 PM Hiking/Hand & Foot/Quilting 1:00 PM Zumba Gold 2:30 PM	05	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 Cribbage 12:45 PM Country Western Gala 3:00 PM Foot Care—By Appointment	06	
		09	Walking Group 9:00 AM Ceramics 9:30 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Pinochle 12:30 PM Biking 1:00 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	10	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/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	11	Exploring Memoir 9:00 AM Samba 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Exploring Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Chair Volleyball/Dup. Bridge 12:30 PM Hand & Foot/Quilting 1:00 PM Zumba Gold 2:30 PM	12	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	13	
		16	AARP Smart Driver Course 8:45 AM Walking Group 9:00 AM Ceramics 9:30 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	17	Friendship Circle 8:30 AM Walking Group 9:00 AM Stronger Seniors 9:15 AM Paint Program 9:30 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM Newcomers Meeting 11:00 AM Lunch 12:00 PM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	18	Exploring Memoir/ Samba 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Exploring Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Chair Volleyball/Dup. Bridge 12:30 PM Hiking/Hand & Foot/Quilting 1:00 PM Zumba Gold 2:30 PM File of Life—Appointment Only	19	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 & Foot Care—By Appointment	20	
		23	Walking Group 9:00 AM Ceramics 9:30 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Pinochle 12:30 PM Biking 1:00 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	24		25	Exploring Memoir 9:00 AM Samba 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Exploring Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Chair Volleyball/Dup. Bridge 12:30 PM Hand & Foot/Quilting 1:00 PM Zumba Gold 2:30 PM	26	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	27	
		30	Walking Group 9:00 AM Ceramics 9:30 AM Denture Repair Program 9:30 AM Strength & Flex 10:00 AM Light & Lively 11:00 AM Lunch 12:00 PM Body Sculpt 12:30 PM Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	24		25		26		27	
		<div style="display: flex; justify-content: space-between;"> <div style="width: 20%; text-align: center;"> SENIOR PICNIC Northwest Park 11:30 AM—1:30 PM No Classes, Activities, or Programs No Cafeteria Lunch </div> <div style="width: 60%; text-align: center;"> <h1 style="font-size: 4em; margin: 0;">September 2024</h1> </div> <div style="width: 20%; text-align: center;"> Available every day: 8:30 AM—4:15 PM Billiards Computer Room Ping Pong </div> </div>									