

# April 2024 Senior Center Newsletter

*“April is a gentle reminder that life’s transformations are beautiful and inevitable.” — Ellen Lovell*

## Taking Medications as We Age



Clinic Nurse, Diana Martin, will discuss some tips for elders taking medications. Medicines are meant to help us live longer and healthier lives, but taking medicines the wrong way or mixing certain medicines and supplements can be dangerous. Older adults often have multiple medical conditions and take many medicines. Come and learn some great tips that can help you safely take and keep track of all your medications. Join us on **Wednesday, April 17**, at **1:00 PM**. Light refreshments will be served! Please register in advance by calling **860-647-3211**.

## Fraud and Identity Theft



Due to the consistent presence of scams and fraud, the Community Policing Team of the Manchester Police Department will be giving an informational presentation at the Senior Center on **Thursday April 18**, at **10:00 AM**. The presentation will include Identify Theft, Telemarketing/Tech Support Scams, Romance Scams, Phishing Scams, Medicare Fraud, Grandparent Scams, and Lottery/Prize Scams. Come learn about protection, prevention, and reporting when it comes to scams! Additional resources and information will be available to help prevent becoming a victim of these crimes. Please register in advance by calling **860-647-3211**.

## FREE! Steering Wheel Locks!

The Senior Center has free Steering Wheel Locks available for KIA and HYUNDAI car models. This is a great way to deter theft and keep your car safe. Stop by the front desk and ask for one today. Available while supplies last.



## You have the Power to Prevent Substance Misuse

By properly disposing of medications as soon as they're no longer needed you can help prevent unused drugs from being misused, stolen, or accidentally consumed. Flushing or throwing out drugs still allows them to contaminate our water supply and landfills. By using Medication Safe Disposal bags (Detera Pouches) you can safely and properly dispose medication you no longer need. The Manchester Senior Center has FREE Detera Pouches available at the front desk while supplies last. Stop by today and ask for today!

## Spring/Summer Programming

See **Page 9** for information on the **Senior Golf League**, **Senior Bocce League**, **Senior Center Community Garden**, and **Summer Ceramics** !

**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 Assistant

**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



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!

All participants can drop off their food scraps at the Transfer Station (311 Olcott Street) during normal operation hours, Tuesday—Saturday, 7:30 AM—2:30 PM.

While all Manchester residents are eligible to use the Transfer Station drop-off location, if you receive the Town's Trash and Recycling curbside collection program you are eligible to use one of the **App-Accessible Satellite Stations**! This includes a convenient station located right at the Senior Center! The Satellite Stations require a **Phone App** to unlock the drop-off station, once you register you will receive an email containing instructions on how to download and use the app. Make sure you register ahead a time to get easy access to the Satellite Station!

App-Access Satellite Stations:

- Transfer Station Entrance, 311 Olcott Street - Located near Olcott Street, on the right
- Whiton Library, 100 North Main Street - Back parking lot entrance, on sidewalk
- ***Senior Center, 549 East Middle Turnpike - Back corner of the parking lot***
- Mount Nebo Park, 155 Spring Street - Spring Street entrance, to the left

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>

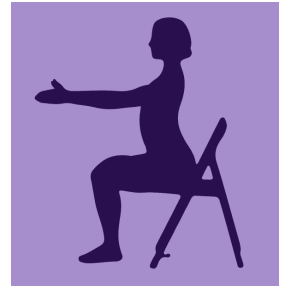
### To Apply: Please Provide the Following:

- **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

### Steady as we go – Movement and Balance for Seniors

This chair-based class uses light weights, exercise bands, or no weights at all, and is great for improving posture and balance. The Summer session class will meet on **Tuesdays only** from **11:00 AM—12:00 PM**, at the Eastside Neighborhood Resource Center (153 Spruce Street). The Summer Session will begin on **Tuesday, June 18** and end on **Tuesday, August 27**. **Cost: \$5.00**. Register at the Senior Center or call 860-647-3211, beginning on May 8th.



### 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, April 18**. 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. **April Dates: 4/5, and 4/19**. 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, April 26**. Appointments are still available. 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!

## 2024 Tax Assistance Programs

### AARP Foundation Tax-Aide:



The **AARP Tax-Aide** program is providing **FREE** tax preparation services at the Manchester Senior Center, **Monday—Thursday, 12:45 PM—4:00 PM**. This Program is intended for taxpayers with low to moderate income, there is no age limit. These services are by **appointment only**. To schedule an appointment please call **860-647-6024**. In order to have your tax return completed please bring all tax documents to your **scheduled appointment**. The AARP volunteers will prepare your return while you wait. You do not have to be an AARP or Senior Center Member to use this service.

### Volunteer Income Tax Assistance :



The **Volunteer Income Tax Assistance (VITA)** program will be providing **FREE** tax preparation services at the Manchester Senior Center on **Saturdays, 10:00 AM—2:00 PM**. Appointments will be available **February 3—April 13**. This program is for low to mid-income families, and individuals making no more than **\$60,000 per year**. These services are by **appointment only**. To schedule an appointment please call **860-647-3092**. In order to have your tax return completed please bring all tax documents to your **scheduled appointment**. The VITA volunteers will prepare your return while you wait. You do not have to be a Senior Center Member to use this service.

### **Please bring the following Documents to your appointment:**

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

### 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, April 29th 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](http://www.aarp.org/driving36)

## Summer 2024 PROGRAM REGISTRATION PROCESS



Registration for ALL programs, begins on **Wednesday, May 8**. Seniors may register at any location, or by calling (860) 647-3211, beginning May 8 at **9:00AM**. Registration Locations: Manchester Senior Center, Community “Y” Recreation Center, Center Springs Recreation Office, Customer Service Center.

### Lottery Class Registration

Beginning on **Wednesday, May 8** members can register for Lottery Classes and drop-in programs at the front desk, or by calling (860) 647-3211 . To be included in the lottery please register and make payment by **Wednesday, May 22**. Payment can be made by **Cash, Check, Mastercard, or Visa**. No lottery registration can be accepted after Wednesday, May 22. The class lists of acceptance will be posted in the senior center lobby on **Friday, May 24**. If you registered for a lottery class (listed below) and did not get in to the class you wanted your name will automatically be placed on the wait list and a credit will be applied to your account. If you missed the lottery registration window and would like to participate in any of these classes, you may register for classes with openings beginning on **Friday, May 24**. Please call Missy at 860-647-3210 if you have any questions! Classes included in the lottery are listed below.



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

#### Body Sculpt

Monday (starts 6/3) 12:30 – 1:15PM \$5.00  
 Wed. (starts 6/5) 12:30 – 1:15 PM \$5.00

#### Beginner Line Dancing

Tuesday (starts 6/4) 10:00 – 11:00 AM \$5.00

#### Advanced Line Dancing

Tuesday (starts 6/4) 11:00 – 12:00PM \$5.00

#### Strength and Flex: You may register for 2 out of 3

Monday (starts 6/3) 10:00 – 11:00AM \$5.00  
 Wed. (starts 6/5) 10:00 – 11:00AM \$5.00  
 Wed. (starts 6/5) 11:00 – 12:00PM \$5.00  
 Friday (starts 6/7) 10:00 – 11:00AM \$5.00

#### Light-n-Lively: You may register for 2 out of 3

Monday (starts 6/3) 11:00—12:00PM \$5.00  
 Monday (starts 6/3) 1:20 – 2:15PM \$5.00  
 Wed. (starts 6/5) 1:20 – 2:15PM \$5.00  
 Friday (starts 6/7) 11:00 – 12:00PM \$5.00

#### Yoga Plus: You may register for 1 out 2

M/W (starts 6/3) 2:20 – 3:15PM \$5.00  
 M/W (starts 6/3) 3:20 – 4:15PM \$5.00

#### Zumba Gold

Thursday (starts 6/6) 3:00 – 4:00PM \$5.00



# SPRING/SUMMER PROGRAMS

## Senior Bocce League

If you are interested in the bocce league please contact Missy Rankin at 860-647-3210, or [mrankin@manchesterct.gov](mailto:mrankin@manchesterct.gov). Bocce will start on **Wednesday, May 8th**. Games are played between 8:30 AM, and 11:00 AM. You do not need a partner to join the league, we will do our best to find one for you. In order to make sure you're a part of the league, **please sign up with Missy by Friday, April 19.**

## Senior Golf Leagues

**Day:** Monday mornings, 4/22—8/26 **Location:** Manchester Country Club **Cost:** \$256.00

The Men and Women Senior golf leagues start on **Monday, April 22nd**. If you would like to play **please complete a registration form and return it to Missy Rankin no later than April 5th**. No registration can be made without payment. We accept cash, check, Master Card, and Visa. Please see registration forms for more details. Any questions, please call Missy Rankin at 860-647-3210.

## Senior Center Community Garden 2024



The Manchester Senior Garden has a few plots left! If you are interested in having a garden this spring, please call Missy Rankin at 860-647-3210 or visit the front desk and ask to be signed up. On **Friday, April 12th** interested participants will be selected at random until all plots are assigned.

## Summer Ceramics Classes

Registration for Summer Ceramics will begin on **Wednesday, May 8**. 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: <b>\$24</b>	Mondays: 7/1, 7/8, 7/15, 7/22 Cost: <b>\$24</b>
Fridays: 6/7, 6/14, 6/21, 6/28 Cost: <b>\$24</b>	Fridays: 7/5, 7/12, 7/19, 7/26 Cost: <b>\$24</b>

## Summer Farmers Market Series



Save the date for the upcoming Spruce Street Farmers Market! Shop local and enjoy beautiful Market Field. All markets accept SNAP/EBT payments & will double the value of SNAP purchases up to \$20.00 (spend \$20.00 using your EBT card to receive an additional \$20.00 to spend on SNAP-eligible items). In addition, all children in attendance will receive a \$2.00 Power of Produce voucher each market for use on any fresh produce. **Date:** Wednesdays, 06/05/24—08/28/24, 4:30 PM – 7:30 PM **Location:** Market Field, 153 & 163 Spruce Street **Ages:** All ages welcome **Fee:** No cost to attend. Free parking available at 160 Spruce Street.

## PROGRAMS

### Birthday Lunch

We will be celebrating all **April** birthdays on **Wednesday, April 24** in the cafeteria with cake! 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](mailto:jr_F@att.net)) if you have questions, or are interested in joining! Join the biking group on **Monday, April 22nd**, for a Loop Ride at Hope River State Park Trail to Charter Oak Greenway.

### Book Group

The Book Group will meet in the Senior Center Library on **Tuesday, April 16th at 10:30 AM**. We will be covering “*The Shadow Box*” by Luanne Rice. If you have questions about the book club, please contact Carol Flynn at [carolflynn128@yahoo.com](mailto:carolflynn128@yahoo.com). **Books are available for the book club at the Manchester Public Library in the reference room.**

<b>May 21</b>	<i>Lessons in Chemistry</i> by Bonnie Garmus	<b>Sep. 17</b>	<i>What Happened to the Bennetts</i> by Lisa Scolotina
<b>June 18</b>	<i>Hester</i> by Laurie Lise Abanese	<b>Oct. 15</b>	<i>The Lioness of Boston</i> by Emily Franklin
<b>July 16</b>	<i>Mad Honey</i> by Jodi Picoult	<b>Nov. 19</b>	<i>Hello Beautiful</i> by Ann Napolitano
<b>Aug. 13</b>	<i>Anywhere You Run</i> by Wanda Morris	<b>Dec. 17</b>	<i>Remarkably Bright Creatures</i> by Shelby Van Pelt

### Cardio Drumming

This fun class will get your heart rate going and your feet moving. Join us on **Thursdays at 10:00 AM**. April Classes: 4/4, 4/11, & 4/25. All equipment will be provided. **Cost: FREE!** Please register before class, **860-647-3211**.

### Computer Room—TAX SEASON

**Due to the AARP Tax Program**, the Computer Lab will have reduced hours, **8:30 AM – 12:00 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, April 9 @ 1:00 PM—*Barbie (2023)*** Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. Starring: Margot Robbie, Ryan Gosling, Will Ferrell, and America Ferrera. Rated: PG-13 Runtime: 1 hour 54 minutes. Please register in advance.



## PROGRAMS

### Hiking Group

**Thursdays 1:00 PM—3:00 PM.** Participants will be notified of changes by e-mail. Please provide your email to Jim Oliphant, [jimoliphant50@gmail.com](mailto:jimoliphant50@gmail.com). Carpooling is greatly encouraged for all out-of-town locations. Carpooling will be done either from the **A: Big Y shopping plaza**, far right side facing the plaza . **B: Red public parking lot** on the corner of Oak and Cottage St. Plan to leave the parking areas at 12:30 PM.

**April 11**—Schoolhouse Brook Park, Mansfield— B Moderate 2.5 mi.

**April 25**—Creaser Park, Coventry—B Moderate 2 mi.

### Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60 and up. The next meeting is **Wednesday, April 10**, 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. Next class is on **Tuesday, April 23**. **Cost \$15**. Sign-ups will begin on **Monday, April 8** at **8:30 AM**. 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, April 2**.

### Square Dancing

Join us **Thursdays** from **12:30 PM—2:15 PM**. **April dates: 4/4, 4/11, & 4/18**. **Cost \$5 per class**. Pre-registration required before class. Register at the front desk, or by calling **860-647-3211**. Out of town participants are able to join!

### Therapy Dogs

Bright & Beautiful Therapy Dogs will be in the Senior Center Library on **Tuesday, April 9 & 23** from **10:30 AM – 11:30 AM**. Come anytime during the hour to meet the dogs. If you have questions call the front desk at **860-647-3211**.



# Manchester—*Silk City Travelers*

**NEW TRIPS!** Register beginning **Monday, April 8!**

## **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. Jimmy will perform many of your favorites from an era you know so well. The real star of

this show is the FOOD! Enjoy a welcome tray with Cheese, Crackers, and Vegetables. Start lunch with Shrimp Cocktail, House Garden Salad, and Signature Breads. Main entrée is a choice between 1 1/4 pound Lobster or Prime Rib. Please provide meal choice when registering. All entrees are served with Potato Salad, Cole Slaw, Lobster/Crab Cakes, BBQ Chicken, Dessert & Coffee. Don't miss this trip down memory lane, accompanied by a delicious meal! **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***

The Beach Boys are one of the most iconic and influential bands in rock history. They've sold over 100 million records worldwide and have won numerous awards. Sail On is the most popular Beach Boys tribute, appearing all over the world. Performing all of the classic hits, Sail On faithfully recreate the timeless songs of surfing, cruising, dancing, and dreaming! Enjoy coffee and donuts on arrival. 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



## **New York's High Society**

***Gracie Mansion—New York City***

Have you ever wondered where the mayor of **New York City** lives and how? Discover this architectural treasure dating from 1799. **Gracie Mansion** is one of the oldest surviving wooden structures in Manhattan, and the official residence of New York City mayors since 1942. After, we have lunch at **Carmine's** for a delicious Italian Family-Style lunch. Our journey continues at the **NY Historical Society**. Discover everything you can possibly imagine that made New York City, New York City. The Historical Society features permanent and rotating exhibits. **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**

# Manchester—*Silk City Travelers*

***Previously Advertised, Register Today!***

## **A Taste of Italian New York**

First we stop at ***Zabar's Upper West Side Gourmet Market***. Shop for a variety of cheese, bread, meat, fish, gadgets, and more! Next enjoy a family-style Italian lunch at the famous ***Carmine's*** restaurant. End the day at ***Arthur Avenue*** in the Bronx, some consider this the real Little Italy of New York. . Make sure to bring a cooler! This trip will require a moderate amount of walking **Date:** Saturday, May 18 **Cost:** \$139 pp. **Includes:** round trip transportation, lunch, tour director, taxes and gratuities. **Checks to:** **Friendship Tours** **Deadline:** April 15 **Departs:** 7:45 AM **Approximate Return:** 8:00 PM

## **Timeless Music: Pop to Broadway**

Anthony Claus is an up and coming star you don't want to miss! Enjoy an afternoon of wonderful music including the hits of The Rat Pack, Elvis, Oldies, Broadway & more! Lunch Menu: Choice of Roast Turkey or Yankee Pot Roast. **Date:** Thursday, June 13 **Cost:** \$110 pp. **Includes:** round trip transportation, lunch, entertainment, taxes and gratuities. **Checks to:** **Friendship Tours** **Deadline:** May 10 **Departs:** 10:45 AM **Approximate Return:** 4:15 PM

## **Coastal Queen Newport Harbor, RI**

Come aboard the Coastal Queen and view Newport Harbor and Narragansett Bay up close on this narrated tour. View the historic sites that surround beautiful Newport Harbor and the Jamestown Shoreline. Upon arrival enjoy lunch at Johnny's Restaurant. Menu: Choice of Chicken Piccata, Baked Stuffed Scrod, or Pasta Primavera. There will be time on Bowen's Wharf for shopping/browsing. **Date:** Thursday, June 27 **Cost:** \$142 pp. **Includes:** round trip transportation, lunch, harbor cruise, tour director, taxes and gratuities. **Checks to:** **Friendship Tours** **Deadline:** May 16 **Departs:** 8:30 AM **Approximate Return:** 7:30 PM

## **Trip Policies:**

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

## -- IN THE LOOP --

1. **Manchester Matters** – **HAS A NEW LOOK!** 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 single volunteer, with your family or as part of a service group project, please contact Krista Ostaszewski at Foodshare 860-286-9999 extension 104 or email [kosta@foodshare.org](mailto:kosta@foodshare.org).
3. **(S.H.O.P.) Seniors Help Our Pantry** – Our MACC contribution box is located in the Senior Center Lobby, under the wooden table to the right as you enter through the front door. **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 of your check. Mail to MACC, 466 Main Street, Manchester, Ct 06040.
4. **MACC Food Pantry Donations** – Happy New Year! 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, 9am-5pm, Monday through Thursday, Friday 9am-2pm, and Saturday at kitchen 9am-2pm. Special arrangements for food donations can be arranged by calling 860-647-0800 or Beth Stafford, Executive Director/CEO at 860-647-8003 extension 17. Please visit [www.maccct.org](http://www.maccct.org).

Items **needed** for the food pantry at this time: **Pasta Sauce, Pasta, Hot/Cold Cereal, Oatmeal, Jelly, Peanut Butter, Snack Bars/Cookies, Tuna/Other Canned Meats, Macaroni and Cheese, Egg noodles, Chef Boyardee, Beef Stew, Canned Fruits and Soups, Saltines and other Crackers, Juice Boxes, Coffee/Tea, Hot Chocolate, Applesauce, Jello/Pudding, Pickles, Raisins, Potato Chips/Snacks, Popcorn. Personal Hygiene: Shampoo, Conditioner, Toothpaste, Toothbrushes, Dental Floss, Body Lotion, Bar/Liquid Hand/Body Soaps, Toilet paper, Paper Towels. DO NOT DONATE FRESH PRODUCE/PERISHABLE ITEMS PLEASE.**

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

## April 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> <b>4/1 – 4/5</b>	Chef's Choice	Chicken Divan Spinach Salad Warm Croissant	Gyro Turkey Burger Pasta Salad Chips	Garlic Pork Chops Smashed Potatoes Corn	Soup, Salad & Sandwich TGIF Dessert
<b>Week 2</b> <b>4/8 – 4/12</b>	Chef's Choice	Cajun-Avocado Chicken Sandwich Chips Grapes	BBQ Shredded Beef Smoky Greens Sweet Potato	Bruschetta Chicken Pasta Spinach Salad Garlic Knot	Soup, Salad & Sandwich TGIF Dessert
<b>Week 3</b> <b>4/15 – 4/19</b>	Chef's Choice	Meat Bolognese Baked Penne Caesar Salad Dinner Roll	Chicken Tenders & Potato Wedges House Salad Dipping Sauces	Cheddar Bacon Cheeseburger Potato Salad Fruit	Soup, Salad & Sandwich TGIF Dessert
<b>Week 4</b> <b>4/22 – 4/26</b>	Chef's Choice	Jerk Chicken Rice & Peas Green Beans	Blue-Bacon Turkey Burger Potato Wedges Orange	Creamy Pesto Pasta Roasted Vegetables Garlic Bread	Soup, Salad & Sandwich TGIF Dessert
<b>Week 5</b> <b>4/29 – 5/3</b>	Chef's Choice	Chicken Cordon Bleu Sandwich Roasted Potatoes	Italian Chicken Cacciatore Baked Potato Garden Salad	Grilled Chicken Garden Salad Dinner Roll Fresh Fruit	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>					
Walking Group	9:00 AM	01	Wood Shop	9:00 AM	02	Friendship Circle	8:30 AM	03	Samba	9:00 AM	04	Walking Group	9:00 AM	05			
Ceramics	9:30 AM		Beginner Line Dancing	10:00 AM		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM				
Strength & Flex	10:00 AM		<b>Responsible AI</b>	<b>10:00 AM</b>		Stronger Seniors	9:15 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM				
Light & Lively	11:00 AM		Advanced Line Dancing	11:00 AM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM				
Lunch	12:00 PM		Lunch	12:00 PM		Strength & Flex	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM				
Body Sculpt/Pinochle	12:30 PM		Mahjong	12:30 PM		Lunch	12:00 PM		Lunch	12:00 PM		Lunch	12:00 PM				
Music Circle	1:00 PM		<b>Red Hats</b>	<b>1:00 PM</b>		Body Sculpt/Social Bridge	12:30 PM		Dup. Bridge/Square Dance	12:30 PM		Setback	12:30 PM				
Light & Lively	1:20 PM		Watercolor & Oil	1:00 PM		Dominoes	12:45 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM				
Yoga	2:20/3:20 PM		Advanced Tai Chi	1:30 PM		Light & Lively	1:20 PM		Hand & Foot	1:00 PM		Cribbage	12:45 PM				
			Beginner Tai Chi	2:30 PM	Yoga	2:20/3:20 PM	Zumba Gold	2:30 PM				Beginner Tai Chi	1:30 PM				
<b>Foot Care—By Appointment</b>																	
Walking Group	9:00 AM	08	Wood Shop	9:00 AM	09	Friendship Circle	8:30 AM	10	Samba	9:00 AM	11	Walking Group	9:00 AM	12			
Ceramics	9:30 AM		Beginner Line Dancing	10:00 AM		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM				
Strength & Flex	10:00 AM		<b>Responsible AI</b>	<b>10:00 AM</b>		Stronger Seniors	9:15 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM				
Light & Lively	11:00 AM		<b>Therapy Dogs</b>	<b>10:30 AM</b>		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM				
Lunch	12:00 PM		Advanced Line Dancing	11:00 AM		Strength & Flex	10:00/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM				
Body Sculpt/Pinochle	12:30 PM		Lunch	12:00 PM		<b>Newcomer's Meeting</b>	<b>11:00AM</b>		Lunch	12:00 PM		Lunch	12:00 PM				
Music Circle	1:00 PM		Mahjong	12:30 PM		Lunch	12:00 PM		Duplicate Bridge/Square Dance	12:30 PM		Setback	12:30 PM				
Light & Lively	1:20 PM		<b>Movie: Barbie</b>	<b>1:00 PM</b>		Body Sculpt/Social Bridge	12:30 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM				
Yoga	2:20/3:20 PM		Water & Oil	1:00 PM		Dominoes	12:45 PM		<b>Hiking Group</b>	<b>1:00 PM</b>		Cribbage	12:45 PM				
			Advanced Tai Chi	1:30 PM	Light & Lively	1:20 PM	Hand & Foot	1:00 PM				Beginner Tai Chi	1:30 PM				
			Beginner Tai Chi	2:30 PM	Yoga	2:20/3:20 PM	Zumba Gold	2:30 PM	<b>Foot Care—By Appointment</b>								
Walking Group	9:00 AM	15	Wood Shop	9:00 AM	16	Friendship Circle	8:30 AM	17	Samba	9:00 AM	18	Walking Group	9:00 AM	19			
Ceramics	9:30 AM		<b>Responsible AI</b>	<b>10:00 AM</b>		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM				
Strength & Flex	10:00 AM		Beginner Line Dancing	10:00 AM		Stronger Seniors	9:15 AM		<b>Fraud &amp; Identity Theft</b>	<b>10:00 AM</b>		Bingo	10:00 AM				
Light & Lively	11:00 AM		<b>Book Group</b>	<b>10:30 AM</b>		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM				
Lunch	12:00 PM		Advanced Line Dancing	11:00 AM		Strength & Flex	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM				
Body Sculpt/Pinochle	12:30 PM		Lunch	12:00 PM		<b>ECHN Diabetes April Session</b>	<b>10:00 AM</b>		Lunch	12:00 PM		Lunch	12:00 PM				
Music Circle	1:00 PM		Mahjong	12:30 PM		Lunch	12:00 PM		Duplicate Bridge/Square Dance	12:30 PM		Setback	12:30 PM				
Light & Lively	1:20 PM		Watercolor & Oil	1:00 PM		Body Sculpt/Social Bridge	12:30 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM				
Yoga	2:20/3:20 PM		Advanced Tai Chi	1:30 PM		Dominoes	12:45 PM		Hand & Foot	1:00 PM		Cribbage	12:45 PM				
			Beginner Tai Chi	2:30 PM	Light & Lively	1:20 PM	Zumba Gold	2:30 PM	<b>Foot Care—By Appointment</b>								
<b>File of Life—By Appointment</b>																	
<b>Senior Golf Leagues Start</b>		22	Wood Shop	9:00 AM	23	Friendship Circle	8:30 AM	24	Samba	9:00 AM	25	Walking Group	9:00 AM	26			
Walking Group	9:00 AM		<b>Paint Class</b>	<b>9:30 AM</b>		Walking Group/Wood Shop	9:00 AM		Scrabble	9:30 AM		Ceramics	9:30 AM				
Ceramics	9:30 AM		<b>Responsible AI</b>	<b>10:00 AM</b>		Stronger Seniors	9:15 AM		Cardio Drumming	10:00 AM		Bingo	10:00 AM				
Strength & Flex	10:00 AM		Beginner Line Dancing	10:00 AM		Blood Pressure Drop In	9:30 AM		Wii Bowling	10:00 AM		Strength & Flex	10:00 AM				
Light & Lively	11:00 AM		<b>Therapy Dogs</b>	<b>10:30 AM</b>		Strength & Flex	10/11:00 AM		Cornhole	11:00 AM		Light & Lively	11:00 AM				
Lunch	12:00 PM		Advanced Line Dancing	11:00 AM		<b>Birthday Lunch</b>	<b>12:00 PM</b>		Lunch	12:00 PM		Lunch	12:00 PM				
Body Sculpt/Pinochle	12:30 PM		Lunch	12:00 PM		Body Sculpt/Social Bridge	12:30 PM		Duplicate Bridge	12:30 PM		Setback	12:30 PM				
Music Circle	1:00 PM		Mahjong	12:30 PM		Dominoes	12:45 PM		Quilting	1:00 PM		Advanced Tai Chi	12:30 PM				
<b>Biking Group</b>	<b>1:00 PM</b>		Watercolor & Oil	1:00 PM		Light & Lively	1:20 PM		<b>Hiking Group</b>	<b>1:00 PM</b>		Cribbage	12:45 PM				
Light & Lively	1:20 PM	Advanced Tai Chi	1:30 PM	Yoga	2:20/3:20 PM	Hand & Foot	1:00 PM	Beginner Tai Chi	1:30 PM								
Yoga	2:20/3:20 PM	Beginner Tai Chi	2:30 PM			Zumba Gold	2:30 PM	<b>Podiatry—By Appointment</b>									
<b>AARP Safe Driver Course</b>	<b>8:45 AM</b>	29	Wood Shop	9:00 AM	30	<b>Available every day:</b>						<i>April 2024</i>					
Walking Group	9:00 AM		<b>Responsible AI</b>	<b>10:00 AM</b>		<b>8:30 AM—4:15 PM</b>											
Ceramics	9:30 AM		Beginner Line Dancing	10:00 AM		Billiards											
Strength & Flex	10:00 AM		Advanced Line Dancing	11:00 AM		Ping Pong											
Light & Lively	11:00 AM		Lunch	12:00 PM													
Lunch	12:00 PM		Mahjong	12:30 PM													
Body Sculpt/Pinochle	12:30 PM		Watercolor & Oil	1:00 PM													
Music Circle	1:00 PM		Advanced Tai Chi	1:30 PM													
Light & Lively	1:20 PM		Beginner Tai Chi	2:30 PM													
Yoga	2:20/3:20 PM																