

## January 2024 Senior Center Newsletter

HELLO  
NEW  
YEAR



*New is the year, new are the hopes, new is the resolution, new are the spirits, and new are our wishes for all of you. The Senior Center Staff would like to wish everyone a promising and fulfilling New Year! We are so excited to see what 2024 has in store for all of us, and can't wait to share this adventure with you!*

### How Stay Healthy This New Year:

It is important to protect yourself and others from winter viruses, please follow these steps to keep us all healthy this coming year!!

1) Stay HOME if you are sick

- Staying home when you're sick slows the spread of illness.

2) Find the best Treatment Option for you

- Getting your flu, Covid-19, and RSV vaccine can be among the best ways to reduce the chances of getting severely ill. Talk to your doctor to see what the best options for you are.

3) Wear a mask

- Wearing a mask can slow the spread of illness and protect the most vulnerable populations.

4) Wash your Hands

- Frequently wash your hands with soap and warm water for at least 20 seconds to prevent the spread of germs.

5) Cover Your Cough or Sneeze

- Cover your cough or sneeze in your elbow, arm, or disposable tissue to prevent the spread of germs, and always wash your hands after.

**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

**Robert Buzzell**  
Kitchen Aide

**Jessica Bonilla**  
Bilingual Program Assistant

**Kitty Dudley**  
**Calma Frett**  
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**

**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. 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.

## ENERGY ASSISTANCE 2023 / 2024

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)

**\*\* 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 EVER- SOURCE's Matching Payment Program.

Income Guidelines (Family Size and Income Amount)						
1	2	3	4	5	6	7
\$41,553	\$54,338	\$67,124	\$79,910	\$92,695	\$105,481	\$107,878

Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_

## Free Memberships for 2024!

Attention Manchester Residents! Join us in celebrating community, fun, and your well-being with a FREE MEMBERSHIP!

Beginning **Tuesday, January 2, 2024**, the Town of Manchester Senior Center has some exciting news just for you. Thanks to the American Rescue Plan Act (ARPA) funding, Manchester residents can enjoy a full year of Senior Center Membership for FREE\*!



Claim your FREE Senior Center Membership and let the fun begin! Visit the Front Desk beginning Tuesday, January 2, to obtain a new senior center membership card, renew your current card, or open a brand-new account! Membership is required to participate in Senior Center programs, groups, activities, and exercise classes. Membership is not required for lunch, transportation, or day trips.

\*Offer available to Manchester residents only. This opportunity is limited, make sure you don't miss your chance to seize a free membership card to make the most of your Manchester experience! Terms and conditions may apply.

## Shingles and Pneumonia Immunization Informational Session

### *Spanish & English Presentation!*



The Immunization Action Plan program is a public health initiative funded by the CT Department of Public Health, created with the goal of increasing immunization rates for the prevention of infectious diseases at the individual and community level. The Health Protection & Education Center of the Hispanic Health Council has assessed the needs of the Greater Hartford area to provide the latest immunization advice through culturally sensitive, community-based services.

On **Wednesday, January 24 at 10:00 AM**, a Hispanic Health Council community health worker will be visiting the Senior Center to present immunization information and education on ***Shingles*** and ***Pneumonia***. This presentation is ***FREE!*** and will be held in ***BOTH Spanish*** and ***English***, simultaneously. To learn more information about these viruses and their respective immunization schedules and sites, please call **860-647-3211** to register. Take home information and goodies will be provided.

## Food Donations

There will no longer be boxes outside the community garden for food donations. If anyone would like to make a donation please use the bin in the Senior Center Lobby. We can only accept non-perishable items that are not expired. If anyone is need of food please call the Senior Center at 860-

# HEALTH SERVICES

## Blood Pressure—Drop In

Blood Pressure checks are every **Wednesday** between **9:30 AM—12:00 Noon!** 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, January 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. 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, February 23**. 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!

## ECHN's Diabetes Prevention Program - Information Session

Are you looking to make changes to your lifestyle to prevent diabetes and to live a long and healthy life? Join us on **Wednesday, January 17** from **10:00 AM to 12:00 PM** to learn about the Diabetes Prevention Program. This is a 16-week program with monthly follow-up sessions for up to one year. You will explore healthy ways to fill your plate, how to increase your physical activity, techniques to reduce stress, and more! Bring your insurance card and a copy of your most recent blood work from your physician to find out if you are eligible. The Senior Center will be offering a the Diabetes Prevention Program later this year, come learn more about this program and see if it's a good fit for you! Please visit the front desk or call **860-647-3211** to register.

# What is RSV?



By now you've probably heard of RSV, Respiratory Syncytial Virus. RSV is not a new illness, but for the first time there is a vaccine for older adults available. Much like COVID, influenza and other respiratory viruses, RSV can cause varying degrees of illness, and in some individuals it can lead to hospitalization.

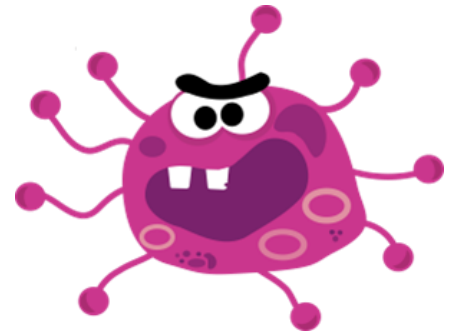
According to CDC statistics 6,000 to 10,000 Americans die due to RSV on an annual basis. Symptoms of RSV are very similar to COVID and the Flu. The CDC is recommending that adults aged 60 and above speak with their health care provider (your regular doctor, nurse practitioner or physician assistant). Pharmacists are also a great source of information about vaccines. Local pharmacies are carrying the RSV vaccine.

If you or your healthcare provider think the RSV vaccine is right for you, you will only need one dose. Insurance coverage for the RSV would fall in line with your insurance's typical coverage for vaccine administration.

**Careful handwashing and staying home when sick are especially important for protecting the health of all who come to the Senior Center!** Those who are immune compromised, have diabetes or another significant medical condition may also wish to wear a mask when out in public during peak cough, cold and virus season.

## WHAT Can I Do?

- Check with your doctor or pharmacist about getting the RSV vaccine!
- **Stay home when you are sick!**
- Keep up with careful handwashing!
- Consider wearing a mask in public!



**Protect Yourself!**

**Protect Others!**



## **AARP SMART DRIVER COURSES!**



Connect with AARP Driver Safety on FACEBOOK—[www.facebook.com/aarpdsp](http://www.facebook.com/aarpdsp) and TWITTER—[www.twitter.com/aarpdsp](http://www.twitter.com/aarpdsp) for access to information, tips and other content.

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.

AARP Smart Driver Course is available on **Monday, January 22**. Classes are located at the **Manchester Senior Center** (549 Middle Turnpike East, Manchester, CT) 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)

## **New Town Clerk and Office Hours Change**

In accordance with Manchester Town Ordinance, the Town Clerk's Office will be open to the public **Monday, Wednesday and Friday 8:30 AM—5:00 PM**, and **Tuesday and Thursday 12:00 PM—5:00 PM**. Thank you for your cooperation and patience. Any questions or concerns, please contact **Dr. Maria W. Cruz, Town Clerk** at **(860) 647-3037**.

## **Light Post Banner Program**

In conjunction with the celebration of the Manchester Bicentennial, The Veteran's Advisory Committee in partnership with the Town is planning to honor veterans by initiating a **Light Post Banner Program**. The purpose is to honor veterans from WWII, Korea and Vietnam to acknowledge their sacrifices that gives us the freedom we enjoy today. Donations and sponsorships are being sought to acknowledge as many Manchester Veterans as possible. For more information, please contact Richard Zaremba at **(860) 205-6129**.



## **UR COMMUNITY CARES**

Interested in building stronger communities? Have some free time on your hands? Retired and want to contribute to the greater good? Volunteer your time! Once a week, once a month, or whenever you can spare it. **UR COMMUNITY CARES** is a nonprofit in Connecticut which enables volunteers to pair off with those who need help in the community. Sign up at: **URCOMMUNITYCARES.ORG** or call **(860) 430-4557** for more information.



## Winter/Spring 2024 Programs

Registration for the Winter/Spring session of programs has begun. Please register for your activities at the front desk, or by calling (860) 647-3211.

### Card Renewal and Membership Details



Starting **Tuesday, January 2, 2024** members can renew their membership and new members can register for a first time membership. All memberships will be valid until December 31, 2024.

Anybody participating in the Senior Center **Winter/Spring 2024** programs needs to renew their Senior Center Membership before their program begins. Membership renewal begins on **Tuesday, January 2, at 8:30 AM**. Please be prepared to renew your membership before your class begins in order to be able to participate. All memberships for 2024 are **FREE** (details on Page 5)!!

### Writing Classes with Debi:

#### ***Introduction to Short Story:***

**Thursdays 9:00 AM—10:30 AM**  
**February 1—March 21**



Stories are a part of our daily lives. Our stories share our lives with others, and most of the time those stories are nonfiction. This workshop will provide you with methods to capture your ideas and put you on your story writing journey. You'll start by creating a character, and you may discover that your character will lead you on an adventure, a story inside, just waiting to be told. This class is **FREE**, but please register in advance.

#### ***Writing to Explore Poetry:***

**Thursdays 10:30 AM—12:00 PM**  
**February 1—March 21**

Poetry takes many forms and not all of it rhymes. This 8 week writing workshop explores many facets of this genre. Using models, you'll be creating your own poetry, and if you want, sharing it with other workshop members. 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.

### Scrabble

Scrabble is the ultimate Crossword Game in which every letter counts! The Scrabble group is looking for new players! Join us on **Thursday** mornings at **9:30 AM**. Please call **860-647-3211** to register. Don't miss your chance to take turn forming words on the board!



## PROGRAMS

### Birthday Lunch

We will be celebrating all **January Birthdays** on **Wednesday, January 31** 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!

### Book Group

The Book Group will meet in the Senior Center Library on **Tuesday, January 16 at 10:30 AM**. *Doc: A Novel* by Mary Doria Russel. Born to the life of a Southern gentleman, Dr. John Henry Holliday arrives on the Texas frontier hoping that the dry air and sunshine of the West will restore him to health. Soon, with few job prospects, Doc Holliday is gambling professionally with his partner. In search of high-stakes poker, the couple hits the saloons of Dodge City. And that is where the unlikely friendship of Doc Holliday and a fearless lawman named Wyatt Earp begins— before the gunfight at the O.K. Corral links their names forever in American frontier mythology—when neither man wanted fame or deserved notoriety. 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>Jan. 16</b>	<i>Doc: A Novel</i> by Mary Doria Russel	<b>July 16</b>	<i>Mad Honey</i> by Jodi Picoult
<b>Feb. 20</b>	<i>The Silent Patient</i> by Alex Michaelides	<b>Aug. 13</b>	<i>Anywhere You Run</i> by Wanda Morris
<b>March 19</b>	<i>Hamnet</i> by Maggie O'Farrell	<b>Sep. 17</b>	<i>What Happened to the Bennetts</i> by Lisa Scolotina
<b>April 16</b>	<i>The Shadow Box</i> by Luanne Rice	<b>Oct. 15</b>	<i>The Lioness of Boston</i> by Emily Franklin
<b>May 21</b>	<i>Lessons in Chemistry</i> by Bonnie Garmus	<b>Nov. 19</b>	<i>Hello Beautiful</i> by Ann Napolitano
<b>June 18</b>	<i>Hester</i> by Laurie Lise Abanese	<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**. January Classes: 1/11, 1/18, 1/25. All equipment will be provided. **Cost: FREE!** Please register before class, **860-647-3211**.

### Computer Room

The Computer Lab will be open from 8:30 AM – 4:15 PM, Monday through Friday (hours are subject to change). 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, January 9 @ 1:00 PM—*The Upside (2017)***. Philip is a disabled billionaire, who feels that life is not worth living. To help him in his day-to-day routine, he hires Del, a parolee who is trying to reconnect with his estranged wife. What begins as a professional relationship develops into a friendship as Del shows his grouchy charge that life is worth living. Starring: Bryan Cranston, Kevin Hart, and Nicole Kidman. Rated: PG-13 Runtime: 2 hours 6 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**. Please register in advance.

### Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60 and up, and takes place in the Senior Center Library. The next meeting is **Wednesday, January 10, at 11:00 AM**. Interested participants will receive introductions to our programs and tour the facility. Please register ahead of time with the front office 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, January 16**. **Cost \$15**. Sign-ups will begin on **Monday, January 8 at 8:30 AM**. Space is limited.



### Piano Lessons

A volunteer piano teacher will be here on **Friday** mornings from **9:00 AM —10:00 AM**. The next session is **Friday, January 12—February 23**. Limited space is available, please register before 1/12.

### Royal Scarlett Gadabouts

Monthly membership meetings will be held the first Tuesday of every month from **1:00 PM—4:00 PM**. Everyone is welcome to attend. Please contact Queen Maelene Williams for more information at **860-375-8421**. Next meeting will be on **Tuesday, January 2**.

### Square Dancing

Join us **Thursdays** from **12:30 PM—2:15 PM**. **January dates: 1/4, 1/11, 1/18 & 1/25**. **Cost \$5 per class**. Pre-registration required before class and can be done at the front desk, or by calling **860-647-3211**. Out of town participants are able to join. Must be able to follow simple instructions and move through the dance. Join this group to have fun, get exercise, and make friends!

### Therapy Dogs

Bright & Beautiful Therapy Dogs will be here on **Tuesday, January 9 and January 23** from **10:30 AM – 11:30 AM**. Feel free to come anytime during the hour to meet the dogs. If you have questions or would like to register, call the front desk at **860-647-3211**.



## PROGRAMS

### Hiking Group

**Thursdays 1:00 PM—3:00 PM** (approximate time) Note: Substitutions or cancellations may be necessary due to weather. Participants will be notified of changes by e-mail. Please provide your email to Jim Oliphant, jimoliphant50@gmail.com. Carpooling is greatly encouraged for all out-of-town locations in order to reduce our carbon footprint. By sharing your vehicle with others and taking turns we can reduce the cost of gas for everyone. Carpooling will be done either from the **Big Y shopping plaza (far right side facing the plaza)**, designated by the letter **A**, or the **red public parking lot on the corner of Oak and Cottage St.**, designated by the letter **B**. We will plan to leave the parking areas at 12:30 PM. If you are unable or unwilling to drive at all, perhaps you can offer a small donation of \$1 to help cover the cost of gas.



- \* In Manchester but with very limited parking – please carpool
- \*\* Out-of-town and very limited parking – please carpool

January 4 – Oak Grove, Manchester\* - B Easy 1.75 mi.

January 18 – Downtown Manchester\* – Easy 2 mi.

February 1 – Center Springs Park, Manchester\* – Easy 2+ mi.

February 15 – Downtown Glastonbury\*\* – B Easy 2 mi.

February 29 – Oakland Hiking Trail, Manchester\* – Easy/Moderate 2 mi.

March 14 – Northwest Park, Windsor\*\* – A Easy 1.25+ mi.

March 28 – Evergreen Walk Trail, S. Windsor\*\* – A Easy 2+ mi.

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

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

May 9 – Rose Trail Loop at Heritage Farm, Bolton\*\* – B Moderate 2.1 mi.

May 23 – Flat Brook Falls, Glastonbury\*\* – B Moderate 1.5 mi.

June 6 – Palmer Kendall Mountain Conservation Area, Tolland\*\* - A Moderate/Difficult 2 mi

## -- 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.**

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

## January 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> <b>1/1 – 1/5</b>	<b><i>New Year's Day</i></b> <b>Senior Center Closed</b>	Garlic Chicken Thighs Sweet Potatoes Broccoli	Salisbury Steak Smashed Potatoes Green Beans	Garlic Pesto Chicken Egg Noodles Parmesan Spinach	Soup, Salad & Sandwich TGIF Dessert
<b>Week 2</b> <b>1/8 – 1/12</b>	Chef's Choice	Baked Ziti Caesar Salad Dinner Rolls	Vegetable Lasagna Garlic Sticks House Salad	Sloppy Joe Sandwich Tater Tots House Salad	Soup, Salad & Sandwich TGIF Dessert
<b>Week 3</b> <b>1/15 – 1/19</b>	<b><i>MLK Jr. Day</i></b> <b>Senior Center Closed</b>	Pasta & Clam Sauce House Salad Dinner Roll	Shepherd's Pie Cucumber Tomato Salad Croissants	Chicken Cacciatore Caesar Salad Garlic Bread	Soup, Salad & Sandwich TGIF Dessert
<b>Week 4</b> <b>1/22 – 1/26</b>	Chef's Choice	Roasted Turkey Breast Rice Pilaf Cauliflower	Garlic Chicken in Mushroom Sauce Pesto Roasted Potatoes Green Beans	Honey Mustard Pork Baked Potatoes Brussel Sprouts	Soup, Salad & Sandwich TGIF Dessert
<b>Week 5</b> <b>1/29 – 2/02</b>	Chef's Choice	Chicken Parmesan Pasta House Salad & Roll	BBQ Chicken Wings Spanish Rice Sweet Plantains	Turkey Pot Pie Caesar Salad Croissants	Soup, Salad & Sandwich TGIF Dessert

**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>		
<i>Senior Center Closed</i>  <i>Happy New Year!</i>			01	Lunch 12:00 PM	02	Friendship Circle 8:30 AM	03	Samba 9:00 AM	04	Walking Group 9:00 AM	05	Walking Group 9:00 AM		
			Mahjong 12:30 PM	02	Walking Group 9:00 AM	04	Bingo 10:00 AM	05	Bingo 10:00 AM					
			Watercolor & Oil 1:00 PM	02	<b>Blood Pressure Drop In</b> 9:30 AM	03	Wii Bowling 10:00 AM	04	Lunch 12:00 PM	05	Lunch 12:00 PM			
			<b>Red Hats</b> 1:00 PM	02	Lunch 12:00 PM	03	Cornhole 11:00 AM	04	Setback 12:30 PM					
			<b>2024 Membership Renewals starts Today!</b> Membership is FREE for Manchester Residents											
			08	Wood Shop 9:00 AM	09	Friendship Circle 8:30 AM	10	Samba 9:00 AM	11	Walking Group 9:00 AM	12	Walking Group 9:00 AM		
			Ceramics/Women's Grp 9:30 AM	09	Walking Group/Wood Shop 9:00 AM	10	Scrabble 9:30 AM	11	Piano Lessons 9:00 AM	12	Piano Lessons 9:00 AM			
			Strength & Flex 10:00 AM	09	Stronger Seniors 9:15 AM	10	Wii Bowling 10:00 AM	11	Ceramics 9:30 AM	12	Ceramics 9:30 AM			
			Men's Group 10:45 AM	09	<b>Blood Pressure Drop In</b> 9:30 AM	10	Cardio Drumming 10:00 AM	11	Bingo 10:00 AM	12	Bingo 10:00 AM			
			Light & Lively 11:00 AM	09	<b>ECHN Diabetes Jan. Session</b> 10:00 AM	10	Cornhole 11:00 AM	11	Strength & Flex 10:00 AM	12	Strength & Flex 10:00 AM			
			Lunch 12:00 PM	09	Strength & Flex 10/11:00 AM	10	Lunch 12:00 PM	11	Light & Lively 11:00 AM	12	Light & Lively 11:00 AM			
			Body Sculpt/Pinochle 12:30 PM	09	<b>Newcomer's Meeting</b> 11:00 AM	10	Lunch 12:00 PM	11	Lunch 12:00 PM	12	Lunch 12:00 PM			
			Music Circle 1:00 PM	09	Lunch 12:00 PM	10	Square Dancing 12:30 PM	11	Setback 12:30 PM	12	Setback 12:30 PM			
			Light & Lively 1:20 PM	09	Body Sculpt/Social Bridge 12:30 PM	10	Quilting 1:00 PM	11	Advanced Tai Chi 12:30 PM	12	Advanced Tai Chi 12:30 PM			
			Yoga 2:20/3:20 PM	09	Dominoes 12:45 PM	10	Hand & Foot 1:00 PM	11	Cribbage 12:45 PM	12	Cribbage 12:45 PM			
				09	Light & Lively 1:20 PM	10	Zumba 2:30 PM	11	Beginner Tai Chi 1:30 PM	12	Beginner Tai Chi 1:30 PM			
				09	Yoga 2:20/3:20 PM	10		11		12				
			15	Wood Shop 9:00 AM	16	Friendship Circle 8:30 AM	17	Samba 9:00 AM	18	Walking Group 9:00 AM	19	Walking Group 9:00 AM		
			<i>Senor Center Closed</i>  <i>Martin Luther King Day</i>			<b>Paint Class</b> 9:30 AM	16	Walking Group/Wood Shop 9:00 AM	17	Scrabble 9:30 AM	18	Piano Lessons 9:00 AM	19	Piano Lessons 9:00 AM
Beg Line Dance/Senior Circle 10:00 AM	16	Stronger Seniors 9:15 AM				17	Wii Bowling 10:00 AM	18	Ceramics 9:30 AM	19	Ceramics 9:30 AM			
			<b>Book Group</b> 10:30 AM	16	<b>Blood Pressure Drop In</b> 9:30 AM	17	Cardio Drumming 10:00 AM	18	Bingo 10:00 AM	19	Bingo 10:00 AM			
			Advanced Line Dancing 11:00 AM	16	<b>ECHN Diabetes Info Session</b> 10:00 AM	17	Cornhole 11:00 AM	18	Strength & Flex 10:00 AM	19	Strength & Flex 10:00 AM			
			Lunch 12:00 PM	16	Strength & Flex 10/11:00 AM	17	Lunch 12:00 PM	18	Light & Lively 11:00 AM	19	Light & Lively 11:00 AM			
			Mahjong 12:30 PM	16	Lunch 12:00 PM	17	Duplicate Bridge 12:30 PM	18	Lunch 12:00 PM	19	Lunch 12:00 PM			
			Watercolor & Oil 1:00 PM	16	Body Sculpt/Social Bridge 12:30 PM	17	Square Dancing 12:30 PM	18	Setback 12:30 PM	19	Setback 12:30 PM			
			Advanced Tai Chi 1:30 PM	16	Dominoes 12:45 PM	17	Quilting/Hand & Foot 1:00 PM	18	Advanced Tai Chi 12:30 PM	19	Advanced Tai Chi 12:30 PM			
			Beginner Tai Chi 2:30 PM	16	Light & Lively 1:20 PM	17	<b>Hiking Group</b> 1:00 PM	18	Cribbage 12:45 PM	19	Cribbage 12:45 PM			
				16	Yoga 2:20/3:20 PM	17	Zumba 2:30 PM	18	Beginner Tai Chi 1:30 PM	19	Beginner Tai Chi 1:30 PM			
							<b>File of Life by Appointment</b>	18		19	<b>Foot Care—By Appointment</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		
						Senior Circle 10:00 AM	23	Walking Group/Wood Shop 9:00 AM	24	Scrabble 9:30 AM	25	Piano Lessons 9:00 AM	26	Piano Lessons 9:00 AM
						Beginner Line Dancing 10:00 AM	23	Stronger Seniors 9:15 AM	24	Wii Bowling 10:00 AM	25	Ceramics 9:30 AM	26	Ceramics 9:30 AM
						<b>Therapy Dogs</b> 10:30 AM	23	<b>Blood Pressure Drop In</b> 9:30 AM	24	Cardio Drumming 10:00 AM	25	Bingo 10:00 AM	26	Bingo 10:00 AM
						Advanced Line Dancing 11:00 AM	23	<b>Immunization Presentation</b> 10:00 AM	24	Cornhole 11:00 AM	25	Strength & Flex 10:00 AM	26	Strength & Flex 10:00 AM
						Lunch 12:00 PM	23	Strength & Flex 10/11:00 AM	24	Lunch 12:00 PM	25	Light & Lively 11:00 AM	26	Light & Lively 11:00 AM
						Mahjong 12:30 PM	23	Lunch 12:00 PM	24	Duplicate Bridge 12:30 PM	25	Lunch 12:00 PM	26	Lunch 12:00 PM
						Watercolor & Oil 1:00 PM	23	Body Sculpt/Social Bridge 12:30 PM	24	Square Dancing 12:30 PM	25	Setback 12:30 PM	26	Setback 12:30 PM
						Advanced Tai Chi 1:30 PM	23	Dominoes 12:45 PM	24	Quilting 1:00 PM	25	Advanced Tai Chi 12:30 PM	26	Advanced Tai Chi 12:30 PM
						Beginner Tai Chi 2:30 PM	23	Light & Lively 1:20 PM	24	Hand & Foot 1:00 PM	25	Cribbage 12:45 PM	26	Cribbage 12:45 PM
							23	Yoga 2:20/3:20 PM	24	Zumba 2:30 PM	25	Beginner Tai Chi 1:30 PM	26	Beginner Tai Chi 1:30 PM
						29	Wood Shop 9:00 AM	30	Friendship Circle 8:30 AM	31	<i>Available every day from</i>  <b>8:30 AM—4:15 PM</b>  Billiards  Computer Room  Ping Pong			<i>January</i>  <b>2024</b>
						Senior Circle 10:00 AM	30	Walking Group/Wood Shop 9:00 AM	31					
						Beginner Line Dancing 10:00 AM	30	Stronger Seniors 9:15 AM	31					
						Advanced Line Dancing 11:00 AM	30	<b>Blood Pressure Drop In</b> 9:30 AM	31					
						Lunch 12:00 PM	30	Strength & Flex 10/11:00 AM	31					
						Mahjong 12:30 PM	30	<b>Birthdays Lunch</b> 12:00 PM	31					
						Watercolor & Oil 1:00 PM	30	Body Sculpt/Social Bridge 12:30 PM	31					
						Advanced Tai Chi 1:30 PM	30	Dominoes 12:45 PM	31					
						Beginner Tai Chi 2:30 PM	30	Light & Lively 1:20 PM	31					
							30	Yoga 2:20/3:20 PM	31					