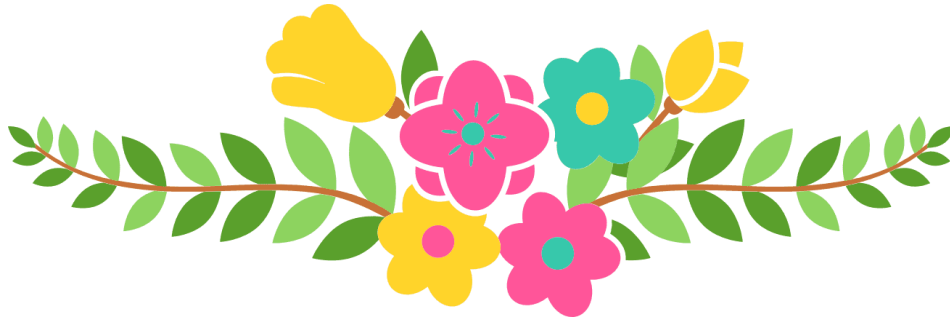


# March 2024 Senior Center Newsletter



***“Flowers and colors everywhere, I am so glad that March is here.” -Anamika Mishra***

## **St. Patrick’s Day Lunch**

Join us on **Thursday, March 14th** at **11:30 AM** for a special lunch to celebrate St. Patrick’s Day. **MACC Menu:** Corned beef, cabbage, potatoes, carrots, and Special Dessert. Cost is suggested lunch donation of \$2.50. Chances to win special prizes will be available. This lunch is dine-in only for those registered ahead of time; ***take out/pickup lunches are canceled.*** Please register at the front desk, or call 860-647-3211.



## **Tax Assistance Programs**

AARP and VITA are offering **FREE** Tax Assistance at the Senior Center, please see **Page 6** for more details!

## **Spring Programming**

See **Page 10** for information on the **Senior Golf League, Senior Bocce League,** and **Senior Center Community Garden!**

## **Free Memberships for 2024!**

Manchester residents can enjoy a full year of Senior Center Membership for **FREE\***! Visit the Front Desk today to obtain a new senior center membership card, renew your current card, or open a brand-new account! \*Offer available to Manchester residents only while supplies last. Terms and conditions may apply.

**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

**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. 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

**\*\* 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: \_\_\_\_\_

## HEALTH SERVICES

### 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, March 21st**. 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. **March Dates: 3/1, and 3/15.** 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, March 22**. 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:

**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, March 25th 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)

## SPECIAL PROGRAMS

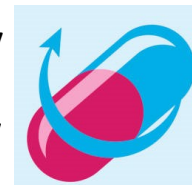
### Coffee with a Cop



Enjoy a light breakfast and coffee with the Community Policing Team from the Manchester Police Department. This is a great opportunity to meet the officers who are serving our local community! Join us on **Friday, March 15 at 9:00 AM**. Please register in advance by calling **860-647-3211**.

### Drug Take Back

The Manchester Police Department will be at the Senior Center on **Wednesday March 20, 10:30 AM—12:30 PM**, to collect unused or expired prescription and nonprescription medicines. No needles, liquids or lotions can be accepted. Stop by the Senior Center to safely dispose of the medications you no longer need!



### Fraud and Identity Theft



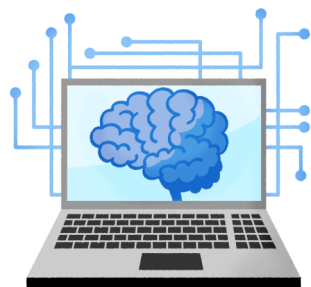
Due to the consistent presence of scams and fraud, the Community Policing Team of the Manchester Police Department will be giving an informational presentation at the Senior Center on **Thursday April 18, at 10:00 AM**. The presentation will include Identify Theft, Telemarketing/Tech Support Scams, Romance 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 to those who need them. 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.



### Responsible AI (Artificial Intelligence) Class



Artificial Intelligence (AI) is one of the most transformational technologies of this generation. It is widely used throughout industry, government and science. Many of the technologies you use today already utilize AI; for example Google, Amazon, Netflix and more! The possibilities with AI are endless, we are offering the perfect opportunity to learn more about this amazing technology.

Join our FREE! **5 week Course** which will cover Chatbots/Virtual Assistants, Sentiment Analysis, Text Classification, Summarization/Paraphrasing, and Content Generation. Day: **Tuesdays** Time: **10:00 AM—11:00 AM** Dates: **4/2, 4/9, 4/16, 4/23, 4/30**. Location: **Senior Center Computer Lab**. Space is limited, don't miss out and register today! Please call **860-647-3211** to register, or if you have any questions.

## PROGRAMS

### Birthday Lunch

We will be celebrating all **March** birthdays on **Wednesday, March 27** 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, March 19 at 10:30 AM**. We will be covering “*Hamnet*” by Maggie O’Farrell. 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>April 16</b>	<i>The Shadow Box</i> by Luanne Rice	<b>Sep. 17</b>	<i>What Happened to the Bennetts</i> by Lisa Scolotina
<b>May 21</b>	<i>Lessons in Chemistry</i> by Bonnie Garmus	<b>Oct. 15</b>	<i>The Lioness of Boston</i> by Emily Franklin
<b>June 18</b>	<i>Hester</i> by Laurie Lise Abanese	<b>Nov. 19</b>	<i>Hello Beautiful</i> by Ann Napolitano
<b>July 16</b>	<i>Mad Honey</i> by Jodi Picoult	<b>Dec. 17</b>	<i>Remarkably Bright Creatures</i> by Shelby Van Pelt
<b>Aug. 13</b>	<i>Anywhere You Run</i> by Wanda Morris		

### Cardio Drumming

This fun class will get your heart rate going and your feet moving. Join us on **Thursdays at 10:00 AM**. March Classes: 3/7, 3/21, & 3/28. 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.

### 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 in order to reduce our carbon footprint. 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.

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

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





## PROGRAMS

### Monthly Movie:

**Tuesday, March 12 @ 1:00 PM—*Mamma Mia: Here we go Again (2018)*.** 5 years after the events of Mamma Mia!, Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past. Starring: Lily James, Amanda Seyfried, and Meryl Streep. Rated: PG-13 Runtime: 1 hours 54 minutes. Please register in advance.

### Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60 and up. The next meeting is **Wednesday, March 20, 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, March 19. Cost \$15**. Sign-ups will begin on **Monday, March 4 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**. Everyone is welcome to attend. Please contact Queen Maelene Williams for more information at **860-375-8421**. Next meeting will be on **Tuesday, March 5**.

### Square Dancing

Join us **Thursdays** from **12:30 PM—2:15 PM**. **March dates: 3/7, 3/14, 3/21, & 3/28. 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!

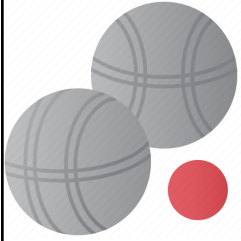
### Therapy Dogs

Bright & Beautiful Therapy Dogs will be in the Senior Center Library on **Tuesday, March 12 & 26** 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**.



## SPRING 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

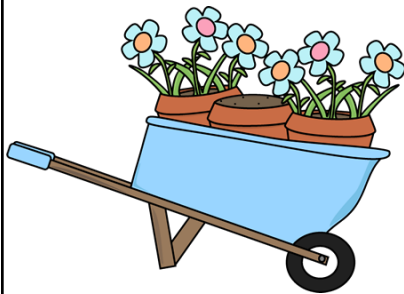
**Location:** Manchester Country Club

**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***. Registration forms can be found on the senior center website, at the front desk, or e-mailed to you by request. No registration can be made without payment. We accept cash, check, Master Card, and Visa. Credit Card payments can be made over the phone by calling: **860-647-3210**. Please see registration forms for more details.

### Senior Center Community Garden 2024



The Community Garden will open in Spring 2024. All participants who have a garden plot should have received a letter explaining what steps need to be made before the garden opens. If you had a garden plot last year and have not received a letter please call Missy. Anyone with questions, or interested in being added to the waitlist for an open garden plot should contact Missy Rankin at **860-647-3210**, or [mrankin@manchesterct.gov](mailto:mrankin@manchesterct.gov).

**Do you have a green thumb?**

**Are you interested in having your very own garden?**



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.

# Manchester—*Silk City Travelers*

**NEW TRIPS!** Register beginning **Monday, March 4!**

## Timeless Music: Pop to Broadway

**Storrowton Tavern Carriage House, Springfield MA**

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. All meals served with vegetable and Potato. **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. All meals served with Vegetable, Potato, Dessert, and coffee. 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

## Previously Advertised: Sign up Today!

### The Music of Elton John

**Date:** Thursday, April 25 **Cost:** \$112 pp. **Includes:** round trip transportation, lunch, entertainment, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** March 18 **Departs:** 11:00 AM **Approximate Return:** 4:00 PM

### A Taste of Italian New York

**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

## Trip Policies:

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

See Trip Flyers for more details.

Questions?

Call Missy Rankin

(860) 647-3210

## -- 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

## March 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b> 2/26 – 3/01	Chef's Choice	Ham & Broccoli Quiche Home Fries Croissant	Chicken Chili Loaded Nachos	Chimichurri Chicken Rice & Peas Corn Bread	Soup, Salad & Sandwich TGIF Dessert
<b>Week 2</b> 3/4 – 3/8	Chef's Choice	Manicotti Bolognese Green Beans Garlic Bread	Chicken Scampi Pasta Dinner Rolls	Hoisin Sesame Chicken Stir Fry	Soup, Salad & Sandwich TGIF Dessert
<b>Week 3</b> 3/11 – 3/15	Chef's Choice	Hamburgers & Hotdogs Potato Salad Baked Beans	Chicken Broccoli Alfredo Loaded Potatoes	<b>ST PADDY'S LUNCH</b> <b>Corned Beef &amp; Cabbage</b>	Soup, Salad & Sandwich TGIF Dessert
<b>Week 4</b> 3/18 – 3/22	Chef's Choice	Wings & Truffle Tots Corn on the Cob	Lemon Pepper Chicken Rice Vegetable Medley	Chimichurri Stead Bake Potato Broccoli	Soup, Salad & Sandwich TGIF Dessert
<b>Week 5</b> 3/25 – 3/29	Chef's Choice	Pork Chops Cheesy Potatoes Roasted Brussel Sprouts	Pesto Chicken & Gnoc- chi Roasted Zucchini Dinner Roll	Lasagna House Salad Garlic Bread	<b>Good Friday</b> <b>Senior Center Closed</b>

Please call **860-647-3211** to make a lunch reservation.  
Menu is subject to change based on availability of product.

Monday		Tuesday		Wednesday		Thursday		Friday		
<h1>March 2024</h1> 						<b>Available every day:</b>  <b>8:30 AM—4:15 PM</b>  Billiards Ping Pong		Walking Group/Piano Lessons 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 <b>Foot Care—By Appointment</b>		
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/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	<b>04</b>	Wood Shop 9:00 AM Beginner Line Dancing 10:00 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM <b>Red Hats 1:00 PM</b> Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	<b>05</b>	Friendship Circle 8:30 AM Walking Group/Wood Shop 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM <b>ECHN Diabetes March Session 10:00 AM</b> Strength & Flex 10:00/11:00 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	<b>06</b>	Samba/Short Story 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Explore Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Duplicate Bridge/Square Dance 12:30 PM Quilting 1:00 PM Hand & Foot 1:00 PM Zumba Gold 2:30 PM	<b>07</b>	Walking Group/Piano Lessons 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	<b>08</b>	
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/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	<b>11</b>	Wood Shop 9:00 AM Beginner Line Dancing 10:00 AM <b>Therapy Dogs 10:30 AM</b> Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM <b>Movie: Mamma Mia 2 1:00 PM</b> Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	<b>12</b>	Friendship Circle 8:30 AM Walking Group/Wood Shop 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	<b>13</b>	Samba/Short Story 9:00 AM Scrabble 9:30 AM Wii Bowling 10:00 AM Explore Poetry 10:30 AM Cornhole 11:00 AM <b>St. Patrick's Day Lunch 11:30 AM</b> Duplicate Bridge/Square Dance 12:30 PM Quilting 1:00 PM Hand & Foot 1:00 PM <b>Hiking Group 1:00 PM</b> Zumba Gold 2:30 PM	<b>14</b>	Walking Group/Piano Lessons 9:00 AM <b>Coffee with a Cop 9:00 AM</b> 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 <b>Foot Care—By Appointment</b>	<b>15</b>	
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/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	<b>18</b>	Wood Shop 9:00 AM <b>Paint Class 9:30 AM</b> Beginner Line Dancing 10:00 AM <b>Book Group 10:30 AM</b> Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	<b>19</b>	Friendship Circle 8:30 AM Walking Group/Wood Shop 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM <b>Drug Take Back 10:30 AM</b> <b>Newcomer's Meeting 11:00 AM</b> 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	<b>20</b>	Samba/Short Story 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Explore Poetry 10:30 AM Cornhole 11:00 AM Lunch 12:00 PM Duplicate Bridge/Square Dance 12:30 PM Quilting 1:00 PM Hand & Foot 1:00 PM Zumba Gold 2:30 PM <b>File of Life—By Appointment</b>	<b>21</b>	Walking Group/Piano Lessons 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 <b>Podiatry—By Appointment</b>	<b>22</b>	
<b>AARP Safe Driver Course 8:45 AM</b> 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/Pinochle 12:30 PM Music Circle 1:00 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	<b>25</b>	Wood Shop 9:00 AM Beginner Line Dancing 10:00 AM <b>Therapy Dogs 10:30 AM</b> Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM	<b>26</b>	Friendship Circle 8:30 AM Walking Group/Wood Shop 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM Strength & Flex 10/11:00 AM <b>Birthday Lunch 12:00 PM</b> Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM	<b>27</b>	Samba 9:00 AM Scrabble 9:30 AM Cardio Drumming/Wii Bowling 10:00 AM Cornhole 11:00 AM Lunch 12:00 PM Dup. Bridge/Square Dancing 12:30 PM Quilting 1:00 PM Hand & Foot 1:00 PM <b>Hiking Group 1:00 PM</b> Zumba Gold 2:30 PM	<b>28</b>	<h2>Senior Center Closed</h2> <h3>Good Friday</h3>		<b>29</b>