

MAY 2024 Senior Center Newsletter

FREE Shred Event

The Town of Manchester Public Works Department is hosting a **FREE SHRED EVENT!** **Saturday, June 1** in the Senior Center Parking Lot. The event will take place from **8:00 AM—12:00 PM**, or until full. All documents will be securely shredded on-site. This event is for **Manchester Residents Only**, proof of residency is required at check-in via a driver's license, or a Manchester Recycling permit. There is a **2 box maximum** per resident.



ECHN's Diabetes Prevention Program

Are you looking to make changes to your lifestyle to prevent diabetes and to live a long and healthy life? Join us on **Wednesday, June 5th** at **10:00 am** to learn about the **Diabetes Prevention Program**. This will be the start of 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 register or if you have questions, please call 860-647-3211.

FREE Red Cross Home Fire Safety Visit

The American Red Cross is making homes fire resistant through the Red Cross Home Fire Preparedness Campaign. At no cost to you, they will demonstrate some simple changes in the home that will help protect your family against fire. In addition, the Red Cross will install a **FREE** smoke alarm within your home. Visits generally last 20 minutes and can be scheduled at your convenience. To schedule an appointment visit www.redcross.org/ct/schedule-a-visit or call **1-877-287-3327** and choose option 1. During your home visit you will receive:

- Installed smoke alarms if no working smoke alarms are present in your home
- Guidance in the development of a Family Disaster Plan
- Valuable emergency preparedness tips and information



All demonstration and installation services will be performed by Red Cross-trained volunteers and/or licensed/insured professionals.

You have the Power to Prevent Substance Misuse

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!

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.

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
Sharon Bosco
Kitchen Assistants

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>

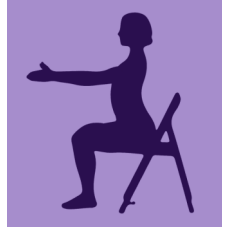
To Apply: Please Provide the Following:

- **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, May 16th**. 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. **May Dates: May 3rd & May 17th**. 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, May 24th**. 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!

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) 2:30 – 3:30PM \$5.00

SPECIAL PROGRAMS

AARP Smart DriverTEK

Smart DriverTEK™

**TECHNOLOGY
IS CHANGING
THE DRIVING
EXPERIENCE**



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

Smart DriverTEKSM keeps drivers in the know about the latest vehicle safety technologies, and how to use them. From lane departure warnings and smart headlights to blind-spot detection systems and more, the workshop helps drivers recognize how these technologies might enhance their driving safety and extend their safe driving years. Attendees leave with a vehicle technology checklist, which will offer guidance on desired technologies when shopping for a new car, or what features may already be in their car.

Developed jointly by AARP Driver Safety and The Hartford, this **FREE** 90-minute workshop offers a dynamic environment to learn how new, high-tech features in cars today can help make driving safer and easier. Take the next Smart DriverTEK workshop at **The Manchester Senior Center** on **Tuesday, June 18**, at **10:00 AM**. The workshop is open to all drivers and is free! Space is limited, so register now at www.aarp.org/findaworkshop8 or call **1-877-805-4115**. You can also register by calling the Senior Center at **860-647-3211**.

AARP SMART DRIVER COURSES!

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Plus, you may qualify for a multi-year automobile insurance discount by completing the course. Please check with your auto insurance agent for details. Next class is on **Monday, May 20th** 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

Police K-9 Meet & Greet

Manchester Police Department canine handler, Officer Fullana, and his furry partner, Dakota, will be visiting the senior center to talk about the role of a police patrol K9. Learn what Dakota does to help the town of Manchester and watch him show off some of his training and skills! Join us on **Thursday, May 16** at **10:00 AM**, please register ahead of time by calling **860-647-3211**.



Women's Self Defense Seminar

This introductory level seminar will focus on self defense education through risk awareness, risk reduction, risk recognition, and risk avoidance. Participants will have an opportunity to learn some basic hands on skills after the presentation and can expect to leave with an increased safety mindset. This seminar is appropriate for all physical abilities, women only. Join Detective Claire Hearn on **Thursday, June 13**, from **10:00 AM—12:00 PM**. Advanced registration is required, please call **860-647-3211**.

SUMMER PROGRAMS

Chair Volleyball:

Beginning on **Thursday, June 6** join us to play Chair Volleyball! It's the game you know and love, but with a twist! Everyone playing will sit in a chair! Games will take place on **Thursday** afternoons from **12:30 PM—2:00 PM**. No experience necessary, please register by calling 860-647-3211. Don't miss out on this new and fun experience!

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: \$24 | Mondays: 7/1, 7/8, 7/15, 7/22 Cost: \$24 |
| Fridays: 6/7, 6/14, 6/21, 6/28 Cost: \$24 | Fridays: 7/5, 7/12, 7/19, 7/26 Cost: \$24 |

Spruce Street Spring Market

Spruce Street Farmers Market is hosting a special Spring Market on **Saturday, May 4, 9:00 AM—1:00 PM!** Shop local with 25+ vendors. In addition to serving as a source for local foods, the market accepts 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 June the Summer Market Series will kick off on Wednesday evenings. **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.

Senior Power of Produce Program

The Spruce Street Farmers Market & Northwest Park Farmers Market are proud to announce the Senior Power of Produce (POP) Program, a new supplemental nutrition program that offers weekly \$5.00 produce vouchers to Manchester's seniors. The Senior POP Program offers Manchester seniors the opportunity to register for a **\$5.00** voucher for use on any fresh fruits or vegetables at the Spruce Street Farmers Market and the Northwest Park Farmers Market

Voucher registration opens at 9:00 AM on the 1st Monday of the month from May 2024—September 2024 for the following month's markets. Registration for June Power of Produce vouchers opens on **Monday, May 6th** at **9:00 AM**. Registered participants can pick up their vouchers at the Welcome Pavilion at the Spruce Street or Northwest Park Farmers Market. You must be a Manchester resident aged 60+ to register. Limit one voucher per resident per week. Vouchers are limited to 50 total per farmers market. Registration can be completed by calling or visiting:

- Manchester Senior Center (549 E Middle Turnpike) (860) 647-3211
- Center Springs Park (39 Lodge Drive) (860) 647-3084
- Customer Services at Town Hall (41 Center Street) (860) 647-5235
- Community Y (78 N Main Street) (860) 647-3164

PROGRAMS

Birthdays Lunch

We will be celebrating all **May** birthdays on **Wednesday, May 29** 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) if you have questions, or are interested in joining! Join the biking group on **Monday, May 6th** for the Southwick Rail Trail (Granby to Westfield, MA) and **May 20th** for the Airline Sate Park Trail South (Willimantic to Colchester).

Book Group

The Book Group will meet in the Senior Center Library on **Tuesday, May 21st at 10:30 AM**. We will be covering “Lessons in Chemistry” by Bonnie Garmus. If you have questions about the book club, please contact **Carol Flynn** at carolflynn128@yahoo.com. **Books are available for the book club at the Manchester Public Library in the reference room.**

June 18 *Hester* by Laurie Lise Abanese

Oct. 15 *The Lioness of Boston* by Emily Franklin

July 16 *Mad Honey* by Jodi Picoult

Nov. 19 *Hello Beautiful* by Ann Napolitano

Aug. 13 *Anywhere You Run* by Wanda Morris

Dec. 17 *Remarkably Bright Creatures* 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**. May Classes: 5/2, 5/9, 5/23, & 5/30. NO CLASS on 5/16. All equipment will be provided. **Cost: FREE!** Please register before class, **860-647-3211**.

Computer Room

The Computer Lab will return to its normal hours, **8:30 AM – 4:15 PM**, Monday through Friday. Senior Volunteer, Jim Lessard, may be available to answer your questions in the computer room Monday, Wednesday and Friday, 9:30 AM—11:30 AM.

Monthly Movie

Tuesday, May 14 @ 1:00 PM—*Bob Marley: One Love (2024)* Discover Bob Marley’s story of overcoming adversity and the journey behind his revolutionary music that changed the world. Starring: Kingsley Ben-Adire. Rated: PG-13 Runtime: 1 hr. 47 min. 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 e-mail to Jim Oliphant, jimoliphant50@gmail.com. Carpooling is greatly encouraged for all out-of-town locations.

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.

Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60 and up. The next meeting is **Wednesday, May 15, 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. **Cost \$15**. Sign-ups will begin on **Monday, May 6 at 8:30 AM**. Space is limited.

May — Cup Stack: Tuesday, May 21

June — Flower Vase: Tuesday, June 4



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, May 7th**.

Square Dancing

Join us **Thursdays** from **12:30 PM—2:15 PM**. **May dates: 5/2, 5/9, 5/16 & 5/23**. **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, May 7** from **10:30 AM – 11:30 AM**. If you have questions call the front desk at **860-647-3211**.



Manchester—*Silk City Travelers*

NEW TRIPS! Register beginning **Monday, May 6!**

Swinging Summer

The Music of Dean Martin

Jack Lynn's "Dino" style and sound will take you back to the Rat Pack Years, as he performs the incredible tunes made famous by Dean Martin and his pals. Featuring Amore, Return to Me, Memories Are Made of This, Everybody Loves Somebody, and many more! Amarante's Sea Cliff is a beautiful waterfront property with a private deck and ballroom overlooking the cove. Lunch will be a choice of Chicken Florentine or Baked Stuff Sole. All entrees served with Salad, Vegetable, Potato, Dessert, Soda, and Coffee. Please provide meal choice when registering. **Date:** Tuesday, September 10 **Cost:** \$110 pp. **Includes:** round trip transportation, lunch, entertainment, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** August 5 **Departs:** 10:30 AM **Approximate Return:** 4:30 PM

Culinary Institute of America &

The FDR Presidential Library and Museum

Our journey this morning takes us to the famed **Culinary Institute of America**. Go behind the scenes of the CIA and get an inside look into our world of food. Participate in an interactive demonstration, Tour Roth Hall, and Connect with CIA students. Next have lunch at **The Bocuse Restaurant** on the CIA Campus. The Bocuse Restaurant re-imagines the execution of classic French cuisine through the lens of ultra-modern cooking techniques. After lunch we make our way to the **FDR Library and Museum**. The museum features special interactives, immersive audio-visual theaters, and rarely seen artifacts that convey the dramatic story of the Roosevelt era. Take in as much or as little as you would like on the self-guided tour. **Date:** Wednesday, September 25 **Cost:** \$179 pp. **Includes:** round trip transportation, CIA experience, lunch, museum admission, tour director, taxes and gratuities. **Checks to:** Tours of Distinction **Deadline:** August 23 **Departs:** 7:45 AM **Approximate Return:** 6:15 PM

The Ultimate Cher Experience

Grand Oak Villa

Get ready to go on a music journey of Cher's spectacular career. Lisa Carter promises to bring in the elaborate costumes, wigs, banter, and comedy to this magical show. Alongside Lisa, special guest Freddie Marion will be showcasing country crooner Kenny Rogers' great hits. Don't miss this tribute show bringing in The Glitz, The Glam, the Music, and The Mackie! Family style meal: Salad, Pasta, Chicken Parmesan, Sliced Roast Beef, Roasted Potato, Vegetable, Dessert, Soda, and Coffee. Carafes of Red and White wine on every table. **Date:** Thursday, October 10 **Cost:** \$124 pp. **Includes:** round trip transportation, lunch, entertainment, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** September 6 **Departs:** 10:30 AM **Approximate Return:** 4:30 PM



See Trip Flyers for more details.

Questions?

Call Missy Rankin

(860) 647-3210

Manchester—*Silk City Travelers*

Previously Advertised, Register Today!

Coastal Queen Newport Harbor, RI

Come aboard the Coastal Queen and view Newport Harbor and Narragansett Bay up close on this narrated tour. Lunch at Johnny's Restaurant. Menu: Choice of Chicken Piccata, Baked Stuffed Scrod, or Pasta Primavera. Free 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

Lobster & A Great Show Featuring Jimmy Russo

Jimmy Russo is a dynamic entertainer with a beautiful voice and a love of music from the 60s & 70s. The real star of this show is the FOOD! Main entrée is a choice between 1 1/4 pound Lobster or Prime Rib. All entrees are served with Potato Salad, Cole Slaw, Lobster/Crab Cakes, BBQ Chicken, Dessert & Coffee. **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

Sail On is the most popular Beach Boys tribute, appearing all over the world. 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 PM

New York's High Society

Discover **Gracie Mansion**, one of the oldest surviving wooden structures in Manhattan, and the official residence of New York City mayors since 1942. Lunch at **Carmine's** for a delicious Italian Family-Style lunch. Then visit the **NY Historical Society**. **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

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.
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.

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—MAY 2024



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------|---|---|--|--|--|
| Week 1 Apr 29-May 3 | Chef Choice | Chicken Cordon Bleu Sand- wich Roasted Potatoes | Italian Chicken Cacciatore Baked Potato Garden Salad | Grilled Chicken Garden Salad, Dinner Roll Fresh Fruit | Soup, Salad, Sandwich TGIF Dessert |
| Week 2 May 6-May 10 | Chef Choice | Chicken Cacciatore Shells, Green Beans Garlic Bread Contains: Wheat | Chicken & Sausage Florentine Pasta, Dinner Rolls Contains: Wheat | Hoisin Sesame Pork Basmati Rice Roasted Squash | Soup, Salad, Sandwich TGIF Dessert |
| Week 3 May 13-May 17 | Chef Choice | Philly Loaded Burger Pasta Salad, Chips & Fruit Contains: Wheat | Chicken & Broccoli Stir Fry, Steamed Rice Contains: Soy | BBQ Pork Chops Sweet Potatoes Roasted Corn Salsa | Soup, Salad, Sandwich TGIF Dessert |
| Week 4 May 20-May 24 | Chef Choice | Sesame Garlic Chxn Wings Soy Noodle Salad Citrus Slaw Contains: Soy | Chicken Bacon Ranch Baked Potato Steamed Broccoli | Chimichurri Chicken Thighs Spanish Rice Green Bean Salad | Soup, Salad, Sandwich TGIF Dessert |
| Week 5 May 27-May 31 | CLOSED MEMORIAL DAY HOLI- DAY | Mushroom Pork Chops Cheesy Potatoes Brussels Sprouts | Linguini & White Clam Roasted Zucchini Dinner Roll Contains: Wheat | Chicken & Squash Primavera, House Salad Garlic Bread Contains: Wheat | 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> | | | | |
|--|----------------|------------------|--|-----------------------|-----------------|------------------------------------|---------------------------------|-----------------|-----------------------------------|------------------|-----------|------------------|------------------|-----------|-----------|--|
| <h1>May 2024</h1> | | | Available every day: 8:30 AM—4:15 PM Billiards Computer Room Ping Pong | | | Friendship Circle | 8:30 AM | 01 | Samba | 9:00 AM | 02 | Walking Group | 9:00 AM | 03 | | |
| | | | | | | Walking Group/Wood Shop | 9:00 AM | | Scrabble | 9:30 AM | | Ceramics | 9:30 AM | | | |
| | | | | | | Stronger Seniors | 9:15 AM | | Cardio Drumming | 10:00 AM | | Bingo | 10:00 AM | | | |
| | | | | | | Blood Pressure Drop In | 9:30 AM | | Wii Bowling | 10:00 AM | | Strength & Flex | 10:00 AM | | | |
| | | | | | | Strength & Flex | 10/11:00 AM | | Cornhole | 11:00 AM | | Light & Lively | 11:00 AM | | | |
| | | | | | | Lunch | 12:00 PM | | Lunch | 12:00 PM | | Lunch | 12:00 PM | | | |
| | | | | | | Body Sculpt/Social Bridge | 12:30 PM | | Duplicate Bridge/Square Dance | 12:30 PM | | Setback | 12:30 PM | | | |
| | | | | | | Dominoes | 12:45 PM | | Quilting | 1:00 PM | | Advanced Tai Chi | 12:30 PM | | | |
| | | | | | | Light & Lively | 1:20 PM | | Hand & Foot | 1:00 PM | | Cribbage | 12:45 PM | | | |
| | | | | | | Yoga | 2:20/3:20 PM | | Zumba Gold | 2:30 PM | | Beginner Tai Chi | 1:30 PM | | | |
| | | | Foot Care—By Appointment | | | | | | | | | | | | | |
| Walking Group | 9:00 AM | 06 | Wood Shop | 9:00 AM | 07 | Friendship Circle | 8:30 AM | 08 | Samba | 9:00 AM | 09 | Walking Group | 9:00 AM | 10 | | |
| Ceramics | 9:30 AM | | Responsible AI | 10:00 AM | | 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 | | Cardio Drumming | 10:00 AM | | Bingo | 10:00 AM | | | |
| Light & Lively | 11:00 AM | | Therapy Dogs | 10:30 AM | | 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 | | Lunch | 12:00 PM | | Lunch | 12:00 PM | | Lunch | 12:00 PM | | | |
| Biking Group | 1:00 PM | | Mahjong | 12:30 PM | | Body Sculpt/Social Bridge | 12:30 PM | | Duplicate Bridge/Square Dance | 12:30 PM | | Setback | 12:30 PM | | | |
| Music Circle | 1:00 PM | | Red Hats | 1:00 PM | | Dominoes | 12:45 PM | | Quilting | 1:00 PM | | Advanced Tai Chi | 12:30 PM | | | |
| Light & Lively | 1:20 PM | | Water & Oil | 1:00 PM | | Light & Lively | 1:20 PM | | Hiking Group | 1:00 PM | | Cribbage | 12:45 PM | | | |
| Yoga | 2:20/3:20 PM | | Advanced Tai Chi | 1:30 PM | | Yoga | 2:20/3:20 PM | | Hand & Foot | 1:00 PM | | Beginner Tai Chi | 1:30 PM | | | |
| | | | Foot Care—By Appointment | | | | | | | | | | | | | |
| Walking Group | 9:00 AM | 13 | Wood Shop | 9:00 AM | 14 | Friendship Circle | 8:30 AM | 15 | Samba | 9:00 AM | 16 | Walking Group | 9:00 AM | 17 | | |
| Ceramics | 9:30 AM | | Responsible AI | 10:00 AM | | 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 | | Police K9 Meet & Greet | 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 | | ECHN Diabetes Prevention | 10:00 AM | | Cornhole | 11:00 AM | | Light & Lively | 11:00 AM | | | |
| Body Sculpt | 12:30 PM | | Mahjong | 12:30 PM | | Strength & Flex | 10/11:00 AM | | Lunch | 12:00 PM | | Lunch | 12:00 PM | | | |
| Pinochle | 12:30 PM | | Movie: Bob Marley: One Love | 1:00 PM | | Newcomer's Meeting | 11:00AM | | Duplicate Bridge/Square Dance | 12:30 PM | | Setback | 12:30 PM | | | |
| Music Circle | 1:00 PM | | Watercolor & Oil | 1:00 PM | | Lunch | 12:00 PM | | Quilting | 1:00 PM | | Advanced Tai Chi | 12:30 PM | | | |
| Light & Lively | 1:20 PM | | Advanced Tai Chi | 1:30 PM | | Body Sculpt/Social Bridge | 12:30 PM | | Hand & Foot | 1:00 PM | | Cribbage | 12:45 PM | | | |
| Yoga | 2:20/3:20 PM | | Beginner Tai Chi | 2:30 PM | | Dominoes | 12:45 PM | | Zumba Gold | 2:30 PM | | Beginner Tai Chi | 1:30 PM | | | |
| | | | Foot Care—By Appointment | | | File of Life—By Appointment | | | Foot Care—By Appointment | | | | | | | |
| AARP SMART DRIVER CLASS | 8:45 AM | 20 | Wood Shop | 9:00 AM | 21 | Friendship Circle | 8:30 AM | 22 | Samba | 9:00 AM | 23 | Walking Group | 9:00 AM | 24 | | |
| Walking Group | 9:00 AM | | Paint Class | 9:30 AM | | Walking Group/Wood Shop | 9:00 AM | | Scrabble | 9:30 AM | | Ceramics | 9:30 AM | | | |
| Ceramics | 9:30 AM | | Responsible AI | 10:00 AM | | 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 | | Book Group | 10:30 AM | | 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 | | Lunch | 12:00 PM | | 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/Square Dance | 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 | | | |
| Biking Group | 1:00 PM | | Watercolor & Oil | 1:00 PM | | Light & Lively | 1:20 PM | | Hiking Group | 1:00 PM | | 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 | Podiatry—By Appointment | | | | | | | |
| | | | Foot Care—By Appointment | | | | | | | | | | | | | |
| Memorial Day Senior Center Closed | | | 27 | Wood Shop | 9:00 AM | 28 | Friendship Circle | 8:30 AM | 29 | Samba | 9:00 AM | 30 | Walking Group | 9:00 AM | 31 | |
| | | | | Responsible AI | 10:00 AM | | Walking Group/Wood Shop | 9:00 AM | | Scrabble | 9:30 AM | | Ceramics | 9:30 AM | | |
| | | | | Beginner Line Dancing | 10:00 AM | | Blood Pressure Drop In | 9:30 AM | | Cardio Drumming | 10:00 AM | | Bingo | 10:00 AM | | |
| | | | | Advanced Line Dancing | 11:00 AM | | Birthday Lunch | 12:00 PM | | Wii Bowling | 10:00 AM | | Lunch | 12:00 PM | | |
| | | | | Lunch | 12:00 PM | | Social Bridge | 12:30 PM | | Cornhole | 11:00 AM | | Lunch | 12:00 PM | | |
| | | | | Mahjong | 12:30 PM | | Dominoes | 12:45 PM | | Lunch | 12:00 PM | | Setback | 12:30 PM | | |
| | | | | Watercolor & Oil | 1:00 PM | | Yoga | 2:20/3:20 PM | | Duplicate Bridge | 12:30 PM | | Advanced Tai Chi | 12:30 PM | | |
| | | | | Advanced Tai Chi | 1:30 PM | | | | | Quilting | 1:00 PM | | Cribbage | 12:45 PM | | |
| | | | | Beginner Tai Chi | 2:30 PM | | | | | Hand & Foot | 1:00 PM | | Beginner Tai Chi | 1:30 PM | | |
| | | | | | | | Foot Care—By Appointment | | | | | | | | | |