

February 2024 Senior Center Newsletter

2024 Tax Programs

AARP Foundation Tax-Aide:



The **AARP Tax-Aide** program is providing **FREE** tax preparation services at the Manchester Senior Center, **Monday—Thursday, 12:45 PM—4:00 PM**. This Program is intended for taxpayers with low to moderate income, there is no age limit.

These services are by **appointment only**. To schedule an appointment please call **860-647-6024**.

In order to have your tax return completed please bring all tax documents to your **scheduled appointment**. The AARP volunteers will prepare your return while you wait. You do not have to be an AARP or Senior Center Member to use this service.

Volunteer Income Tax Assistance :



The **Volunteer Income Tax Assistance (VITA)** program will be providing **FREE** tax preparation services at the Manchester Senior Center on **Saturdays, 10:00 AM—2:00 PM**. Appointments will be available **February 3—April 13**. This program is for low to mid-income families, and individuals making no more than **\$60,000 per year**.

These services are by **appointment only**. To schedule an appointment please call **860-647-3092**.

In order to have your tax return completed please bring all tax documents to your **scheduled appointment**. The VITA volunteers will prepare your return while you wait. You do not have to be a Senior Center Member to use this service.

Please bring the following Documents to your appointment:

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

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 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: _____

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, February 15th**. 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. **February Dates: 2/2, and 2/16.** 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!



AARP SMART DRIVER COURSES!



Connect with AARP Driver Safety on FACEBOOK—www.facebook.com/aarpdsp and TWITTER—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, February 26th**. 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

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.

SPECIAL PROGRAMS

Valentine's Day Lunch

Join us on **Wednesday, February 14th** at **11:30 AM** for a special lunch to celebrate Valentine's Day. **MACC Menu:** Potato Crusted Cod, Spanish Rice, House Slaw, Dinner Roll, 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.



ECHN Financial Assistance Presentation

Join us on **Thursday, February 22**, at **10:00 AM** to learn about the Financial Assistance Programs ECHN has to offer. Patti Kelly, ECHN Patient Financial Advocate, will be here to teach you all about your options, and answer any questions you may have about financial assistance available within the ECHN system. Don't miss out on your opportunity to learn more about this beneficial information! Please register in advance by calling **860-647-3211**.

Taking Medications as We Age

Clinic Nurse, Diana Martin, will discuss some tips for elders taking medications. Medicines are meant to help us live longer and healthier lives, but taking medicines the wrong way or mixing certain medicines and supplements can be dangerous. Older adults often have multiple medical conditions and take many medicines. Come and learn some great tips that can help you safely take and keep track of all your medications. Join us on **Thursday, February 29**, at **10:00 AM**. Please register in advanced by calling **860-647-3211**. Light refreshments will be served!

Free Memberships for 2024!

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

NEW Senior Center Announcement Line



You may have noticed that when calling the Senior Center you hear a new greeting. This is our brand new announcement line! This line gives you the most up-to-date program changes. To hear any program ***cancellations, changes, updates*** or ***general announcements*** press #1, to reach the ***front office*** press #2, to reach the ***AARP Tax Appointment Line*** press #3. To better assist you, inclement weather updates (cancellations, delayed openings, closures, etc.) will now be updated on our announcement line. When there is inclement weather this is the **BEST** place to check for these updates. If you have any questions please call the front office at 860-647-3211, Thank you!

PROGRAMS

Birthday Lunch

We will be celebrating all **February** birthdays on **Wednesday, February 28** 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, February 20** at **10:30 AM**. Due to the canceled January meeting we will be covering *Doc: A Novel* by Mary Doria Russel and *The Silent Patient* by Alex Michaelides. 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.**

March 19 *Hamnet* by Maggie O'Farrell

Aug. 13 *Anywhere You Run* by Wanda Morris

April 16 *The Shadow Box* by Luanne Rice

Sep. 17 *What Happened to the Bennetts* by Lisa Scolotina

May 21 *Lessons in Chemistry* by Bonnie Garmus

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

June 18 *Hester* by Laurie Lise Abanese

Nov. 19 *Hello Beautiful* by Ann Napolitano

July 16 *Mad Honey* by Jodi Picoult

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**. February Classes: 2/1, 2/8, 2/29. All equipment will be provided. **Cost: FREE!** Please register before class, **860-647-3211**.

Computer Room—TAX SEASON

Due to the AARP Tax Program which runs **February-April**, the Computer Lab will have reduced hours. It will be open from **8:30 AM – 12:00 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.

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

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.

Monthly Movie:

Tuesday, February 13 @ 1:00 PM—*Breakfast at Tiffany's (1961)*. A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way. Starring: Audrey Hepburn, George Peppard, and Patricia Neal. Rated: G Runtime: 1 hours 55 minutes. Please register in advance.



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. The next meeting is **Wednesday, February 7, 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**.

PROGRAMS

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, February 20**. Cost **\$15**. Sign-ups will begin on **Monday, February 5** 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, February 6**.

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 turns forming words on the board!

Square Dancing

Join us **Thursdays** from **12:30 PM—2:15 PM**. **February dates: 2/1, 2/8, 2/15, 2/22, & 2/29**. 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. 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 in the Senior Center Library on **Tuesday, February 6** 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**.



Writing Classes with Debi:

The writing classes are FREE! Please register in advance at the front desk, or by calling 860-647-3211.

Introduction to Short Story:

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

Writing to Explore Poetry:

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

Manchester—*Silk City Travelers*

NEW TRIPS! Register beginning **Monday, February 5!**

The Music of Elton John

A Villa Louisa, Bolton

Kick off our travel season with lunch and a show starring Greg Ransom as he transforms into the persona of Elton John. You'll feel like you're at one of Elton John's concerts as Greg's vocals and natural piano ability entertain you! Enjoy a welcome table of cheese and fruit. Entrée choice in advance: Chicken Francaise or Stuffed Sole with Crabmeat and Sherry Cream Lobster Sauce. All entrees served with vegetable, potato, dessert, soda, coffee, and tea. **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

Take this opportunity to visit 3 of New York's Food Hot Spots all in one day! First we stop at **Zabar's Upper West Side Gourmet Market**. Shop for a variety of cheese, bread, meat, fish, gadgets, and more! Next enjoy a family-style Italian lunch at the famous **Carmine's** restaurant. Lunch includes bread, salad, zucchini fries, rigatoni, broccoli and sausage, Ravioli, chicken, and chocolate cannoli. End the day at **Arthur Avenue** in the Bronx, some consider this the real Little Italy of New York. This covered Italian market has every Italian food specialty you could want. Make sure to bring a cooler! This trip will require a moderate amount of walking. **Date:** Saturday, May 18 **Cost:** \$139 pp. **Includes:** round trip transportation, lunch, tour director, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** April 15 **Departs:** 7:45 AM **Approximate Return:** 8:00 PM

Trip Policies:

1. All participants must fill out and sign an Emergency Contact Form and Liability waiver before participating on any trips.
2. Make all checks out to the Tour Company listed. Include your name, address and telephone number on the check. Checks not filled out properly or received after the deadline will not be accepted.
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 on the new trip page
5. You do not have to sign up for new trips on the first day of sign-ups, you can sign up on that day and any day thereafter
6. You can sign up any time for trips that have been previously advertised
7. You do not have a secured spot on the trip until payment has been made
8. If a trip is full your name will be placed on a waitlist, open spots will be filled in order from the wait list
9. 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. We will call our waitlist, if any, and make every effort to fill your spot in order to be refunded.

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.
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.**

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.

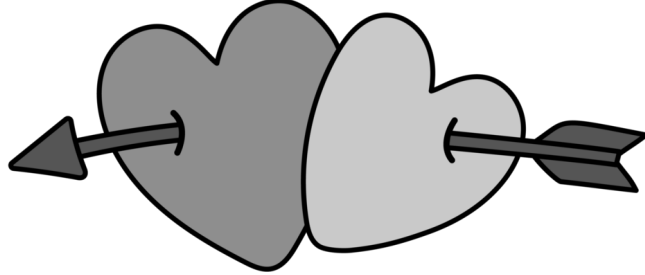
Manchester Senior Center Lunch Menu

February 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1 1/29 – 2/02	Chef's Choice	Chicken Parmesan Pasta House Salad & Roll	BBQ Chicken Wings Spanish Rice Sweet Plantains	Turkey Pot Pie Caesar Salad Croissant	Soup, Salad & Sandwich TGIF Dessert
Week 2 2/05 – 2/09	Chef's Choice	Glazed Pork Chops Potatoes Carrots	Ham & Swiss Pasta Bake Caesar Salad Dinner Roll	Pork Stir Fry White Rice Pot Stickers	Soup, Salad & Sandwich TGIF Dessert
Week 3 2/12 – 2/16	Chef's Choice	Sesame Garlic Chicken Steamed Basmati Rice Spinach Salad	Valentine's Day Lunch Potato Crusted Cod Rice, House Slaw, Roll Special Dessert	Mediterranean Chicken Roasted Red Potatoes Vegetables	Soup, Salad & Sandwich TGIF Dessert
Week 4 2/19 – 2/23	Washington's Birthday Senior Center Closed	Chicken Wings MACC & Cheese House Salad	Jambalaya House Salad Dinner Roll	Spaghetti & Meatballs Caesar Salad Garlic Knot	Soup, Salad & Sandwich TGIF Dessert
Week 5 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

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>February 2024</h1> 									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 Hiking Group 1:00 PM Zumba Gold 2:30 PM			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 Foot Care—By Appointment																	
						01			02																				
Walking Group 9:00 AM Ceramics/Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 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			05			Wood Shop 9:00 AM Senior Circle 10:00 AM Beginner Line Dancing 10:00 AM Therapy Dogs 10:30 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Red Hats 1:00 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM			06			Friendship Circle 8:30 AM Walking Group/Wood Shop 9:00 AM Stronger Seniors 9:15 AM Blood Pressure Drop In 9:30 AM ECHN Diabetes Feb. Session 10:00 AM Strength & Flex 10:00/11:00 AM Newcomer's Meeting 11:00 AM Lunch 12:00 PM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM			07			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			08			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			09		
Walking Group 9:00 AM Ceramics/Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 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			12			Wood Shop 9:00 AM Senior Circle 10:00 AM Beginner Line Dancing 10:00 AM Advanced Line Dancing 11:00 AM Lunch 12:00 PM Mahjong 12:30 PM Movie: Breakfast at Tiffany's 1:00 PM Watercolor & Oil 1:00 PM Advanced Tai Chi 1:30 PM Beginner Tai Chi 2:30 PM			13			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 Valentine's Day Lunch 11:30 AM Body Sculpt/Social Bridge 12:30 PM Dominoes 12:45 PM Light & Lively 1:20 PM Yoga 2:20/3:20 PM			14			Samba/Short Story 9:00 AM Scrabble 9:30 AM 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 Hiking Group 1:00 PM Zumba Gold 2:30 PM			15			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 Foot Care—By Appointment			16		
Senior Center Closed Washington's Birthday			19			Wood Shop 9:00 AM Paint Class 9:30 AM Senior Circle 10:00 AM Beginner Line Dancing 10:00 AM Book Group 10:30 AM 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			20			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			21			Samba/Short Story 9:00 AM Scrabble 9:30 AM ECHN Financial Assistance 10:00 AM 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			22			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 Podiatry—By Appointment			23		
			AARP Safe Driver Course 8:45 AM Walking Group 9:00 AM Ceramics/Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 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			26			Wood Shop 9:00 AM Senior Circle 10:00 AM Beginner Line Dancing 10:00 AM 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			27			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 Birthday 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			28			Samba/Short Story 9:00 AM Scrabble 9:30 AM Taking Medications as We Age 10:00 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 / Hiking Group 1:00 PM Hand & Foot 1:00 PM Zumba Gold 2:30 PM			29			Available every day: 8:30 AM—4:15 PM Billiards Ping Pong		
Walking Group 9:00 AM Ceramics/Women's Group 9:30 AM Strength & Flex 10:00 AM Men's Group 10:45 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			26			27			28			29																	