

MANCHESTER SENIOR CENTER

JULY & AUGUST NEWSLETTER

WWW.MANCHESTERCT.GOV



860-647-3211



549 EAST MIDDLE TURNPIKE

Medication

Take-Back Wednesday, August 5

The Manchester Police Department will be at the Senior Center on Wednesday, August 5, from **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!



UPCOMING EVENTS

More Details inside!

- * **Summer Socials**
July 20 & August 24
Enjoy a sweet treat and hang with friends!
- * **UConn Physical Therapy**
July 21
UConn students will give a workshop overview!
- * **Recycling 101**
July 27
Learn what goes in and stays out of your blue bin!
- * **Artisan Showcase**
August 27
Discover the talent of our fellow members!

Save the Date: Senior Picnic

Thursday, September 17 | 11:30 AM | Northwest Park

Mark your calendars, our highly anticipated Annual Senior Center Picnic is just around the corner! Join us for a day of fun, food, and fantastic company on Thursday, September 17, from 11:30 AM to 1:30 PM. We're taking the party to beautiful Northwest Park, where you'll enjoy lively musical entertainment, delicious food, and exciting lawn games! Rain or shine, the festivities will go on – if it rains, the picnic will be at the Senior Center. Keep an eye on the September newsletter for all the details and registration information. You won't want to miss this highlight of the year!

Program Registration

Begins Wednesday, July 15

Registration for all Fall Session programs begins on Wednesday, July 15. Members may register at any location, or call 860-647-3211, beginning July 15 at 8:30AM. Registration Locations: Manchester Senior Center, Community Y Recreation Center, Center Springs Recreation Office. Please be sure to register for all your programs before the Fall Session begins on Monday, August 31. For information on registering for classes included in the lottery see **PAGE 5** for details.

Shutdown Reminder – Sorry We're Closed

Monday, August 10 – Friday, August 21

The Senior Center will be closed for our annual Shut Down from Monday, August 10–Friday, August 21.

Bagged Lunches will be available for pick up daily from **12:00–12:30 PM** in the senior center parking lot. Please register for lunch pick up by 12:30 PM the day before. Individuals who utilize senior center transportation will have their lunches delivered by bus. To register for lunch please call the office at **860-647-3211**.

Staff will be onsite and available by phone at 860-647-3211. There will be no Classes, Activities, Programs, Presentations, Billiards, Cafeteria Lunch, Blood Pressure, or Social Work appointments.



Manchester Senior Center

**549 East Middle Turnpike
Manchester, CT 06040**

Phone: 860-647-3211

Fax: 860-647-3240

Hours of Operation:

Monday – Friday

8:30 AM – 4:30 PM

Senior Adult and Family Services (SAFS)

860-647-3096

Health Department

860-647-3173

Senior Center Operations

Lunch Program

- Monday – Friday, 12:00 PM – 12:30 PM
- Suggested donation of \$2.50
- Manchester residents aged 60 or older (no membership required)
- Spouses/partners of eligible individuals (regardless of age).
- You must sign up by 12:30 PM the day before you plan to join us. Reservations can be made up to one week in advance.
- To make a lunch reservation call the front office.

Senior Center Transportation

Need a ride to or from the Senior Center?

- Call the Senior Center to schedule your ride.
- Reservations must be made by 3:00 PM the day before your requested ride.
- If you no longer need your ride, please call the office to cancel as soon as possible.

Town of Manchester Dial-A-Ride Services

- Eligibility: Manchester residents who are 60 years of age or older, and individuals with disabilities.
- Cost: Free of charge.
- Hours of Operation: Monday –Friday (no holidays). First pickup is at 8:30 AM; last pickup is at 4:00 PM.
- Approved Destinations: Medical appointments, grocery shopping, work, banking, post office, Town Hall, gym, library, and social events.

How to Register & Book a Ride

- Reservations and registration are required. Please call 860-870-7940 to make a reservation or register.
- For general questions or more information about this program, please contact Senior, Adult & Family Services at 860-647-3096.

Meet the Staff

Eileen Faust | Director

860-647-3214

efaust@manchesterct.gov

Missy Rankin | Recreation Supervisor

860-647-3210

mrankin@manchesterct.gov

Amy Judd | Senior Admin. Secretary

860-647-3221

ajudd@manchesterct.gov

Trina Rudolph | Clerical Assistant

860-647-3211

krudolph@manchesterct.gov

Kitty Dudley | Social Worker

860-647-5263

kdudley@manchesterct.gov

Ed Paquette | Social Worker

860-647-5255

epaquette@manchesterct.gov

Maria Rios | Bilingual Prg. Assistant

mrios@manchesterct.gov

Diana Martin | Health Dept. Nurse

860-647-3175

dmartin@manchesterct.gov

AJ Jackson | Custodian & Bus Driver

Rick Bosco | Bus Driver

Ed Cassala | Bus Driver

Dawneshia Hutchinson | Bus Driver

Lisa Cammilleri | Kitchen Technician

Whitney Evans | Kitchen Technician

Stay Informed!

“Like” us on Facebook to stay up to date with the latest news and updates:

www.facebook.com/ManchesterCTSeniorCenter



WE ARE HANDICAP ACCESSIBLE





Summer Socials

Join us in the cafeteria for a delicious treat and the opportunity to chill out with fellow members. Registration is required, please call the front desk to save your spot, **860-647-3211**.

Build Your own Ice Cream Sundae

Monday, July 20 | 1:00 PM

Strawberry Shortcake

Monday, August 24 | 1:00 PM

Artisan Showcase

Thursday, August 27 | 10:00 AM

Join us to witness the incredible talent within our senior center! This showcase is a special event aimed at celebrating the beautiful creations from our community. Senior center members will proudly display their crafts and artwork for you to admire. Register ahead of the event to let us know you're coming, **860-647-3211!**

Event Details:

- **Location:** Senior Center Auditorium
- **Date:** Thursday, August 27
- **Time:** 10:00 AM - 12:00 PM

If you would like to participate in the showcase and display your work, please contact Maria at mrrios@manchesterct.gov or **860-647-3211**. Please notify Maria of your interest no later than **Friday, July 31**.



UConn Physical Therapy: Balance and Stability Info Session

Tuesday, July 21 | 10:00 AM

Want to stay steady on your feet and maintain your independence? Students from UConn's Physical Therapy program are visiting to preview an exciting, free workshop coming this fall designed to help you improve your balance and stability.

Come to this informational session to learn more about the upcoming fall program, ask questions, and discover what the workshop will offer, including:

- **Fall Risk Assessments:** Learn where your balance stands.
- **Mobility Aid Checks:** Learn about the best walkers and canes for your needs.
- **Equipment Adjustments:** Get personalized tweaks to your current gear for maximum safety.

Please register in advance to reserve your spot, **860-647-3211**.

Recycling 101 - The Ins and Outs

Monday, July 27 | 10:00 AM

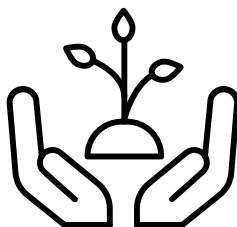
What really belongs in your recycling bin? Join Manchester's Recycling and Community Service Coordinator, Rebecca Fowler, for an informative session that tracks recycling from start to finish. Rebecca will share great tips and tricks to help you confidently separate what's "in" from what's "out." Bring your toughest, most specific recycling questions for the Q&A! Please register in advance to save your spot, **860-647-3211**.



Thrive Together: Sustainability Workshop

Wednesday Mornings | Appointment Only

- Want to learn better strategies for managing your money?
- Interested in ways to build and maintain your own support system?
- Would your household benefit from forming more nutritious habits?



Senior, Adult, and Family Services is proud to present “Thrive Together”. A sustainability workshop for individuals and families looking to learn and implement new practices to improve their well-being for years to come. Topics covered include: Budgeting, nutrition, jobs, support systems, and self care. The workshop is held on Wednesdays by appointment only. This program is **FREE!!** Call **860-647-3096** to learn more and sign up!

Low Cost Pet Clinic

Friday, October 23 | Appointment Only

Vet Care Everywhere will be hosting a low cost pet clinic at the Senior Center. PRE-REGISTRATION IS REQUIRED and can be done online at vetcareeverywhere.org, or call **860-647-3211**. SPOTS ARE LIMITED, register early. If registering multiple pets, please select an individual time slot for each one. **\$60** per pet for qualifying Seniors and Veterans, **\$100** per pet for all others. Included services: Wellness Check, Rabies Vaccines, Distemper Vaccine, Basic Deworming, Heartworm Testing (dog only). Additional services such as non-core vaccines (Lyme, Lepto, Kennel Cough) are available for an added fee. Please be aware that all cats MUST be in a carrier, and all dogs MUST be leashed. NO litters of puppies or kittens. Prior proof of rabies is required for 3 year rabies certificate. If you have any questions, or need help registering please call **860-647-3211**.



Grief Support Group

**Mondays | 9:00 AM
September 14 & 28**

Grief is a journey best not traveled alone. We invite you to our supportive, bi-weekly gathering, which takes place on the 2nd and 4th Mondays of each month from 9:00 AM to 10:30 AM. Everyone is welcome. There is no need to be a Manchester resident, Senior Center member, or age 60 and above. If you are experiencing loss or grief, you are welcome here just as you are. To register in advance, please call **860-647-3211**. The group will be on break for the summer; we look forward to seeing you in September.

Get Involved!

The senior advisory committee and the Royal Scarlett Gadabouts will be taking a summer break. Both groups will resume meetings in the fall. Be sure to look for more details in the September newsletter!

Lottery registration runs from July 15 to July 29. Don't miss your first chance to enroll in these classes. For further details, please see page 5.

Program Registration

Begins Wednesday, July 15

Registration for all Fall Session programs begins on **Wednesday, July 15**. Members may register at any location, or call 860-647-3211, beginning July 15 at 8:30 AM. Registration Locations: Senior Center, Community Y Recreation Center, Center Springs Recreation Office. Please be sure to register for all your programs before the Fall Session begins on Monday, August 31.



Lottery Registration

July 15 - July 29

Members can sign up for Lottery Classes from July 15 to July 29. Please register at the front desk or call 860-647-3211. Payment is required at the time of registration, and we accept Cash, Check, Mastercard, or Visa. No lottery registrations will be accepted after Wednesday, July 29. The lists of accepted participants will be displayed in the senior center lobby on Monday, August 3. Participants not accepted into their lottery class will automatically be added to a waitlist, and a credit will be issued to their account. If you miss the lottery registration period or wish to sign up for more classes, registration for classes with openings will start on August 3. For any inquiries, please contact Missy at 860-647-3210. Classes included in the lottery are listed to the right.

Lottery Class Registration Policy

To provide more members with access to the classes they enjoy and to help decrease waitlists, you are allowed to register for **one section** of each class at first. On Monday, August 3, you may register for one additional section per class, if there are any openings. If you have any questions, please feel free to call Missy at 860-647-3210.

Lottery Classes

*start dates subject to change

Class	Section	Day	Time	Cost	Start Date
Body Sculpt	S1	M	12:30 PM	\$5	8/31
	S2	W	12:30 PM	\$5	9/2
Cardio Drumming	S1	Th	10:00 AM	\$5	9/3
Ceramics	S1	M	9:30 AM	\$5	8/31
	S2	F	9:30 AM	\$5	9/4
Light and Lively	S1	M	11:00 AM	\$5	8/31
	S2	M	1:20 PM	\$5	8/31
	S3	W	1:20 PM	\$5	9/2
	S4	F	11:00 AM	\$5	9/4
Line Dance Beginner Advanced	S1	T	10:00 AM	\$5	9/1
	S2	T	11:00 AM	\$5	9/1
Steady as We Go	S1	T/Th	11:00 AM	\$5	9/1
Strength & Flex	S1	M	10:00 AM	\$5	8/31
	S2	W	10:00 AM	\$5	9/2
	S3	W	11:00 AM	\$5	9/2
	S4	F	10:00 AM	\$5	9/4
Yoga	S1	M	2:20 PM	\$5	8/31
	S2	M	3:20 PM	\$5	8/31
	S3	W	2:20 PM	\$5	9/2
	S4	W	3:20 PM	\$5	9/2
Zumba	S1	Th	2:30 PM	\$5	9/3

AARP Smart Driver Course

Monday, July 6 | 8:45 AM - 12:45 PM

This course teaches defensive driving strategies and provides a refresher of the rules of the road. You may qualify for an auto insurance discount; check with your insurance agent for details. **\$20 AARP Members, \$25 Non-Members.** Register in advance at the Senior Center. Check Only, made out to AARP. There will be no course in August.

Birthday Lunch

Wednesday, July 29 | 12:00 PM

Wednesday, August 26 | 12:00 PM

Help us celebrate everyone who has a birthday in July or August. Cake will be provided with lunch; be sure to register for lunch ahead of time.

Book Group

Tuesday, July 21 | 10:00 AM

The book group will be taking a summer break, but we invite you to join us in July for a business meeting. We'll discuss the future plans for the group and gather your input on book selections. Author Dan Foley will also be joining us to share a few of his short stories. If you're interested in influencing our book choices and learning more about our activities, we'd love to see you there! For any inquiries regarding the book club, please reach out to Janis Bouley at Jrbwmb40@gmail.com. All readers are welcome! Don't forget to register in advance.

Paint Program

Tuesday, July 28 | 9:00 AM (Dragonfly)

Tuesday, August 25 | 9:00 AM (Farm)

A local artist will guide and assist you in creating your own masterpiece. No experience necessary, all supplies provided. **Cost: \$15.** Register beginning, July 1.



Newcomer's Meeting

Wednesday, July 15 | 11:00 AM

The Newcomer's meeting is open to Manchester Residents ages 60+. You will receive introductions to our programs, and tour the facility. Please register in advance, **860-647-3211.** No meeting in August.

Monthly Movies

Join us on the first Tuesday of each month for an English film with Spanish subtitles, and on the fourth Tuesday for a Spanish film with English subtitles. Please register in advance, **860-647-3211.**



English Movies

Song Sung Blue (2025)

Tuesday, July 14 | 1:00 PM

Struggling performers Mike and Claire, whose Neil Diamond tribute act sparks a romance, and unexpected success. Rated: PG-13 Runtime: 2 H. 12 M.

Jurassic World Rebirth (2025)

Tuesday, August 4 | 1:00 PM

On a mission to find dinosaur DNA for a miracle drug, a team of experts must fight to survive against the remote island's carnivorous inhabitants. Rated: PG-13 Runtime: 2 H. 13 M.

Spanish Movies

The Tribe (2018)

Tuesday, July 28 | 1:00 PM

In this comedy, an executive loses his reputation and his memory, but finds a new life with his biological mother and her empowered dance group. Rated: TV-MA Runtime: 1 H. 30 M.

Where the Tracks End (2023)

Tuesday, August 25 | 1:00 PM

In rural Mexico, teacher Georgina is determined to make a difference in the lives of the young, bright students she educates in a railcar classroom. Rated: TV-14 Runtime: 1 H. 35 M.

Chair Volleyball

Thursdays | 12:30 PM

This modified version of volleyball is perfect for all fitness levels. No experience necessary, all equipment provided. Please register in advance.

Walking Group

Monday, Wednesday, Friday | 9:00 AM

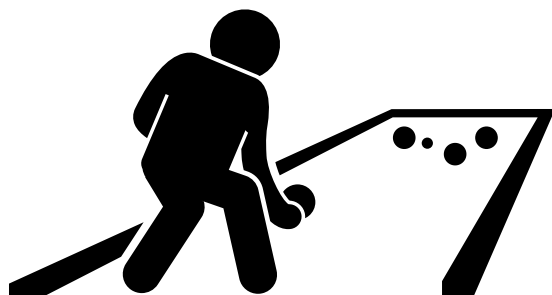
Walk Vernon "Rails to Trails" with friends. To get more information or if you have any questions please call Missy at 860-647-3210. Register to be updated with any changes. Must be a senior center member to participate.



Bocce League

No prior experience is required, and all skill levels are invited to join. Games will take place on Wednesday mornings, starting at 8:15 AM. The league kicks off on **Wednesday, September 9**. You do not need a partner to participate. Substitute players are also welcome to register and step in as needed. If you're interested in joining the bocce league, please reach out to Missy Rankin at **860-647-3210** or via email at mrankin@manchesterct.gov.

Registration deadline is Friday, August 21.



EXERCISE CLASSES

Class	Day	Time
Body Sculpt	Monday	12:30 PM
	Wednesday	12:30 PM
Cardio Drumming	Thursday	10:00 AM
Light and Lively	Monday	11:00 AM
	Monday	1:20 PM
	Wednesday	1:20 PM
	Friday	11:00 AM
Beginner Line Dancing	Tuesday	10:00 AM
Advanced Line Dancing	Tuesday	11:00 AM
Steady as We Go	Tuesday/ Thursday	11:00 AM
Strength & Flex	Monday	10:00 AM
	Wednesday	10:00 AM
	Wednesday	11:00 AM
	Friday	10:00 AM
Stronger Seniors	Wednesday	9:15 AM
Beginner Tai Chi	Tuesday/ Friday	2:30 PM
		1:30 PM
Advanced Tai Chi	Tuesday/ Friday	1:30 PM
		12:30 PM
Yoga Plus	Monday	2:20 PM
	Monday	3:20 PM
	Wednesday	2:20 PM
	Wednesday	3:20 PM
Zumba Gold	Thursday	2:30 PM

Ready to Join a Class?

Our exercise classes are only **\$5 per session**. Registration is always open, you can sign up at the front desk whenever you're ready, pending class availability. **Please Note:** For your safety, sneakers are required to participate in all exercise classes (except yoga).

GAMES & GROUPS

Activity	Day	Time
Billiards	Monday - Friday	Drop-in
Bingo	Friday	10:00 AM
Board Game Group	Monday	10:00 AM
Bridge Duplicate	Thursday	12:30 PM
Bridge Social	Wednesday	12:30 PM
Chess Club	Tuesday	10:00 AM
Cribbage	Friday	12:45 PM
Mexican Train Dominoes	Wednesday	12:45 PM
Friendship Circle	Wednesday	8:30 AM
Hand & Foot	Thursday	1:00 PM
Mahjong	Tuesday	12:30 PM
Music Circle	Mon. (7/13 & 8/3)	1:00 PM
Pinochle	Monday	12:30 PM
Quilting	Thursday	1:00 PM
Samba	Monday Thursday	12:45 PM 9:00 AM
Scrabble	Thursday	9:30 AM
Setback	Friday	12:30 PM
Watercolor & Oil	Tuesday	1:00 PM

Ready to Join a Group?

Sign up at the front desk today! Please register before participating, thank you!

Double 6 Dominoes

Interested in playing the classic Puerto Rican Double 6 Domino game? We are starting an interest list to get a regular group together. All skill levels are welcome. If you want to play or learn how to play, please sign up at the front desk, or call, so we can get the games started!



Summer Ceramics

Mondays or Fridays | 9:30 AM - 11:30 AM

Create a masterpiece from start to finish under the direction of our very experienced instructor. Learn techniques for painting, glazing, and firing. Glazes are provided. Register today! **Cost: \$24 per Session.**

Session 3: Mondays, 7/6/26 - 7/27/26

Session 4: Fridays, 7/10/26 - 7/31/26

Computer Lab

Monday - Friday | Drop-In

The Senior Center computer lab is open to all members throughout the day. If you need a little extra help, a volunteer is available most Monday, Wednesday, and Friday mornings to answer your technology questions. Stop by to use a computer, or get your tech questions answered.

Senior Power of Produce

Manchester residents aged 60+ can register to receive a weekly \$5.00 voucher for fresh produce at the Eastside Farmers Market. Registration opens at 9:00 AM on the first Monday of each month for the following month.

Vouchers can be picked up at the market's Welcome Pavilion. To register, call or visit the Senior Center at **860-647-3211.**



Transportation

Transportation plays a vital role in enabling older adults to stay active and engaged within the community. Several transportation programs are available to meet the needs of older adult residents. Social workers Kitty Dudley and Ed Paquette are available to provide more in-depth information about these programs and assist residents with the registration process.

Dial-a-Ride

- Available to Manchester residents 60+
- Free
- Monday - Friday from 8:30 AM - 4:00 PM
- Only travels within Manchester
- Utilizes small buses and vans

ADA Transportation

- Available to Manchester residents who live within $\frac{3}{4}$ mile of a CT Transit bus route who is disabled. No age restrictions
- \$3.50 per trip. Manchester provides one free 10-ride ticket book per month
- Operates 7 days/week, early morning to late evening
- Travels throughout greater Hartford area
- Utilizes small buses and vans

Freedom Ride

- Available to Manchester residents who are disabled and live further than $\frac{3}{4}$ mile from a CT Transit bus route.
- Utilizes taxis - Town of Manchester contributes up to \$50/quarter towards cost.
- Operates 7 days per week, early morning to late evening
- Travels throughout greater Hartford area

Encompass

- Available to Manchester residents who are 60+ and/or disabled
- Utilizes taxis - \$2.90 per mile for first 8 miles; \$5/mile after that
- Able to accommodate same-day requests

State of CT Medical Transportation

- Available to Manchester residents, regardless of age, who receive Medicaid
- Free
- Monday - Friday, 7:00 AM - 6:00 PM
- Transports to medical appointments only

Call the front desk to schedule an appointment with one of our social workers! 860-647-3211

Renters Rebate

Renters who are 65+ and whose annual gross income is under \$46,300 (single) or \$56,500 (married couple) can apply for the Renters Rebate program at the Senior Center. If approved, applicants will receive a check from the State of CT in amounts ranging from \$50-\$900 depending on income and expenses. Applications are accepted through 09/30/2026.

Farmers Market Credit

Limited Availability- Apply Now!

Residents with gross income below \$29,526 (single) or \$40,034 (couple) are eligible to receive a \$40 credit for any Farmers Markets throughout the State, including Manchester's Spruce Street Market and Forest Street Market. There are no asset limits. Participants will be guided to download an app on their phone to access the benefit. Must have an email and smartphone to participate. Applications will be accepted through August 31, 2026.

Thrive Together

Manchester Senior, Adult & Family Services is offering a free sustainability workshop that focuses on budgeting, nutrition, maximizing income, social support and self-care. For more information see **Page 4** or call **860-647-3096**.

Buried in Treasure

Manchester Senior, Adult & Family Services is offering a 16-week group workshop for people who struggle with excessive acquiring, collecting and hoarding. For more information call **860-647-3096**.

Important Dates!

April 1—September 30, 2026:

Renters Rebate applications are being accepted

June 1—September 30, 2026:

Farmers Market \$40 Credit program applications

October 1, 2026—May 31, 2027:

Energy Assistance applications for 2026-2027

October 15—December 7, 2026:

Medicare Open Enrollment period

Talking with your Doctor

Thursday, July 16 | 11:00 AM

Join us for this informative health talk where we will share practical tips on how to prepare for your next doctors visit, effectively share your health concerns, and ensure you get the answers you need. Learn how to make the most of your time with your healthcare provider and leave feeling confident and informed. Please register in advance, **860-647-3211**.

Managing Diabetes through Nutrition

Thursday, August 6 | 11:00 AM

Eating well is one of the most powerful tools you have for managing diabetes. Join us for an informative nutrition-focused session where we'll break down the basics of balanced healthy eating. Learn how different foods affect blood sugar, discover simple ways to plan delicious, diabetes-friendly meals, and get practical tips for grocery shopping and portion control. Whether you are living with diabetes, pre-diabetes, or just want to learn more about eating for stable energy, this session is for you! Please register in advance, **860-647-3211**.

Drop-In Blood Pressure

Keep an eye on your health! Blood pressure checks are held every **Wednesday from 9:30 AM to 12:30 PM**. If you have any questions or concerns, please contact the Health Department at **860-647-3173**.



File of Life

Thursday, July 16 | Appointment Only

30 minutes now can save valuable time in an emergency! Having a File of Life Card on your refrigerator provides important medical information to emergency responders! Nurses from the Health Department are here to help create your own File of Life. Please call **860-647-3211** to schedule an appointment. On the day of your appointment bring all prescribed and over the counter medications. No August appointments.



Foot Care by Nurses

July 10, July 17, August 7 | Appointment Only

Footcare by Nurses LLC offers specialized care from a board-certified nurse focused on the foot health of older adults. Enhance nail health to prevent pain, wounds, and falls. To schedule a 30-minute appointment with a nurse, please contact the Manchester Health Department at **860-647-3173**. If you need to cancel, kindly provide at least 48 hours notice. Please be aware that diabetic individuals are not eligible for this service. For details on a diabetic-friendly clinic, see below.

Mobile Podiatry Clinic

Friday, September 11 | Appointment Only

If you are experiencing chronic foot pain, ankle injuries, or fungal infections, specialized medical care can transform your situation. The First Choice Podiatry Van offers a convenient solution for your unique foot care needs, particularly for those dealing with diabetes and circulatory issues. We bring expert treatment right to the Senior Center Parking Lot. Registration is required in advance. Please call the health department at **860-647-3175** to schedule your appointment. If you require assistance before September, please contact First Choice directly at 860-610-6335. Leave a message, and they will respond promptly. If you currently do not see a podiatrist, take advantage of this local service and start feeling better from the ground up.

New Trips

Sign up starts July 1

Platter Tribute

Aqua Turf | Plantsville CT

Wednesday, December 9 | \$132 pp.

This outstanding group of singers performs all of The Platters greatest hits and then some with stunning accuracy. The four incredible singers are backed by an amazing live band and the performance is packed with hits, including Only You, The Great Pretender, Smoke Gets In Your Eyes, and many more. Their Holiday Concert will feature Seasonal Music for your enjoyment during the most wonderful time of year! Family style menu includes: Salad, Pasta, Turkey, Ham, Vegetable, Potato, Rolls, Dessert, and Coffee. **Includes:** Lunch, show, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** November 2 **Depart:** 10:15AM **Return:** 5:00PM.

Previously Advertised Sign up Today!

Doo-Wop Memories

La Bella Vista | Waterbury CT

Tuesday, November 10 | \$137 pp.

Includes: Lunch, show, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** October 2 **Depart:** 10:30 AM **Return:** 4:15 PM.

Glenn Miller Orchestra

Nelson Hall | Cheshire CT

Thursday, November 19 | \$152 pp.

Includes: Lunch, show, transportation, taxes and gratuities, tour director. **Checks to:** Friendship Tours **Deadline:** October 13 **Depart:** 10:30 AM **Return:** 5:00 PM.

Coastal Queen

Newport RI

Tuesday, August 11 | \$155 pp.

Includes: Lunch, cruise, transportation, taxes and gratuities, tour director. **Checks to:** Friendship Tours **Deadline:** July 2 **Depart:** 8:15 AM **Return:** 7:00 PM.

Summer Nights

Aqua Turf | Plantsville CT

Wednesday, August 19 | \$132 pp.

Includes: Lunch, show, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** July 10 **Depart:** 10:00 AM **Return:** 5:00 PM.

BINGO Lunch Cruise

Seaport | Boston MA

Thursday, September 3 | \$163 pp.

Includes: Lunch, onboard entertainment, cruise, transportation, taxes and gratuities, tour director. **Checks to:** Friendship Tours **Deadline:** July 27 **Depart:** 8:30 AM **Return:** 6:30 PM.

The Voice of Yesterday

Amarante's | New Haven CT

Wednesday, September 9 | \$120 pp.

Includes: Lunch, show, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** July 31 **Depart:** 10:30 AM **Return:** 4:30 PM.

Beatles Tribute

Farmington Polo Club | Farmington CT

Wednesday, October 14 | \$137 pp.

Includes: Lunch, show, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** September 8 **Depart:** 10:30 AM **Return:** 4:15 PM.

Newport Mansion

The Elms | Newport RI

Tuesday, October 27 | \$169 pp.

PLEASE NOTE The Elms Mansion is not handicap accessible. **Includes:** Lunch, Mansion tour, free time in downtown Newport, transportation, taxes and gratuities, tour director. **Checks to:** Friendship Tours **Deadline:** September 21 **Depart:** 9:00 AM **Return:** 6:00 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.



Scan the Code for
Trip Flyers



In The Loop

Manchester Matters

Sign up today to receive weekly Town of Manchester newsletters. Call the Customer Service Center at **860-647-5235**, or visit:

<https://www.manchesterct.gov/Government/Departments/Customer-Service-Information-Center/Manchester-Matters-E-Newsletter>

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/>. They accept monetary donations to benefit the Connecticut National Guard and organized militia members and their families and retirees in need. Contact them at **860-241-1550** or go online <https://ctngfi.org/>.

Foodshare

Located at 2 Research Parkway Wallingford, CT. Dial **860-286-9999** and **#1** for food donations, **#5** if you would like to volunteer, and **#7** to make monetary donations.

Midwest Foodbank

Located at 440 Adams Street, Manchester, CT. The Midwest Foodbank distributes millions of pounds of food, free of charge to a network of 155 agencies serving Connecticut and the surrounding region. If you would like to get involved please visit: <https://www.midwestfoodbank.org/locations/new-england> or call **860-783-1820**.



Monday			Tuesday			Wednesday			Thursday			Friday																																							
9:00 Walking 3	10:00 Strength & Flex	10:00 Board Games	11:00 Light & Lively	12:00 Lunch	12:30 Body Sculpt	12:30 Pinochle	12:45 Samba	1:00 Music Circle	1:20 Light & Lively	2:20/3:20 Yoga	10:00 Chess Club 4	10:00 Beg. Line Dance	11:00 Adv. Line Dance	12:00 Lunch	12:30 Mahjong	1:00 English Movie	1:00 Watercolor	1:30 Adv. Tai Chi	2:30 Beg. Tai Chi	8:30 Friend Circle 5	9:00 Walking	9:15 Stronger Seniors	9:30 Blood Pressure	10/11 Strength & Flex	10:30 Med Take Back	12:00 Lunch	12:30 Body Sculpt	12:30 Social Bridge	12:45 Dominoes	1:20 Light & Lively	2:20/3:20 Yoga	9:00 Samba 6	9:30 Scrabble	10:00 Drumming	11:00 Diabetes Nutrition	12:00 Lunch	12:30 Duplicate Bridge	12:30 Chair Volleyball	1:00 Hand & Foot	1:00 Quilting	No Zumba Gold	9:00 Walking 7	10:00 Bingo	10:00 Strength & Flex	11:00 Light & Lively	12:00 Lunch	12:30 Setback	12:30 Adv. Tai Chi	12:45 Cribbage	1:30 Beg. Tai Chi	Foot Care - Appointment
10			11			12			13			14																																							
Senior			Center			Closed			for			Shutdown																																							
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Senior			Center			Closed			for			Shutdown																																							
9:00 Walking 24	10:00 Board Games	12:00 Lunch	12:30 Pinochle	12:45 Samba	1:00 Summer Social	9:00 Paint Class 25	10:00 Chess Club	12:00 Lunch	12:30 Mahjong	1:00 Spanish Movie	1:00 Watercolor	8:30 Friend Circle 26	9:00 Walking	9:30 Blood Pressure	12:00 Birthday Lunch	12:30 Social Bridge	12:45 Dominoes	9:00 Samba 27	9:30 Scrabble	10:00 Artisan Showcase	12:00 Lunch	12:30 Duplicate Bridge	12:30 Chair Volleyball	1:00 Hand & Foot	1:00 Quilting	9:00 Walking 28	10:00 Bingo	12:00 Lunch	12:30 Setback	12:45 Cribbage																					
9:00 Walking 31	9:30 Ceramics	10:00 Strength & Flex	10:00 Board Games	11:00 Light & Lively	12:00 Lunch	12:30 Body Sculpt	12:30 Pinochle	12:45 Samba	1:20 Light & Lively	2:20/3:20 Yoga																																									

JULY 2026

Manchester Senior Center Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 6/29 – 7/3	All Beef Hot Dog Baked Beans Slaw <i>Contains gluten & dairy</i>	Baked Chicken Roasted Potatoes Corn <i>Contains gluten & dairy</i>	Chicken Bruschetta Pasta Garden Salad <i>Contains gluten & dairy</i>	Enchilada Casserole Seasoned Rice Corn <i>Contains gluten & dairy</i>	Independence Day CLOSED
Week 2 7/6 – 7/10	Kielbasa & Pierogi Sauerkraut <i>Contains gluten & dairy</i>	Quiche Florentine Seasoned Potatoes Fruit <i>Contains gluten, dairy, & egg</i>	Beef Stroganoff Garden Salad <i>Contains gluten & dairy</i>	Chicken Tikka Masala Rice Naan Bread <i>Contains gluten & dairy</i>	Sloppy Joe Sandwich Tater Tots Cucumber & Carrot salad <i>Contains gluten & dairy</i>
Week 3 7/13 – 7/17	Fish Sandwich Potato Wedges Coleslaw <i>Contains gluten, dairy, & seafood</i>	Vegetable Lasagna Garlic Bread Fruit <i>Contains gluten & dairy</i>	Cheeseburger Pasta Salad <i>Contains gluten & dairy</i>	BBQ Pork Sweet Potato Green Beans Cornbread <i>Contains gluten & dairy</i>	Mexican Chicken Onions & Peppers Rice
Week 4 7/20 – 7/24	Meatball Sub Three Bean Salad Chips <i>Contains gluten & dairy</i>	Lemon Parmesan Orzo with Chickpea Spinach & Broccoli <i>Contains gluten & dairy</i>	Lobster Bisque Garden Salad Cheddar Garlic Biscuit <i>Contains gluten, dairy, & seafood</i>	Honey Mustard Chicken Roasted Potatoes Cauliflower <i>Contains gluten & dairy</i>	Sausage & Peppers Pasta <i>Contains gluten & dairy</i>
Week 5 7/27 – 7/31	Turkey Sandwich Broccoli & Cheese Soup Fruit <i>Contains gluten & dairy</i>	Pork Chop Mashed Potatoes Green Beans & Mushrooms <i>Contains gluten & dairy</i>	Deluxe Garden Salad with Grilled Chicken <i>Contains gluten, dairy, & egg</i>	Baked Ziti Garlic Bread <i>Contains gluten & dairy</i>	Jambalaya Rice <i>Contains dairy</i>

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



**Manchester Senior Center
549 East Middle Turnpike
Manchester, CT 06040**



We're on the web!

<http://www.manchesterct.gov>

Please call 860-647-3211 to be taken off the mailing list if your are not the current resident or do not wish to continue to receive our newsletter.