

# June 2026—Manchester Senior Center Newsletter

## El Bingo en español

**Martes, 16 de junio a la 10:00 AM**

¡Acompáñenos en una edición especial de Bingo! Para celebrar a nuestra comunidad hispanohablante, todas las instrucciones del juego y los números se anunciarán en español. Los cartones cuestan solo 50 centavos cada uno, y jugaremos por pequeños premios en efectivo. Venga a probar su suerte, disfrute de la compañía y grite "¡Bingo!" cuando gane. ¡Inscríbese hoy mismo en la recepción llamando al **860-647-3211!**



## Spanish Bingo!

**Tuesday, June 16<sup>th</sup> @ 10:00 AM**

Join us for a special edition of Bingo! To celebrate our Spanish-speaking community, all game instructions and numbers will be called in Spanish. Cards are just 50 cents each, and we will be playing for small cash prizes. Come test your luck, enjoy the company, and scream "*¡Bingo!*" when you win. Sign up at the front desk today, **860-647-3211!**

## Call for creators: Share your talents!

Be a part of a special event dedicated to celebrating the beautiful work created by our community! We are looking for members to share their incredible talents and put their skills on display. Whether you are a painter, a master of the knitting needle, a pottery enthusiast, a needlework expert, a woodworker, or any other type of creator, we want to showcase your work. This is a non-competitive event designed simply to appreciate the artistry, craft, and dedication of our peers.

**Want to participate?** If you would like to exhibit your work or have any questions, please contact Maria Rios at [mrrios@manchesterct.gov](mailto:mrrios@manchesterct.gov).

**Want to attend?** Keep an eye on upcoming newsletters for more details about the event!

## FREE Shred Event:

**Saturday, June 13 | 9:00 AM—12:30 PM (or until full) | Manchester Senior Center Parking Lot**

Bring your personal documents to the Senior Center, where they will be securely shredded on-site. This event is a drive through drop off. Please stay in line in your car. Staff will be on site to direct and assist you. **Who:** Manchester Residents ONLY **Proof of Residency:** Please bring your driver's license or Manchester Recycling permit as proof of residency. This will be checked upon arrival. **Limit:** There is a maximum of 2 standard-size boxes or bags per resident.

## Senior Line Dance Party

Join us for the Celebrate Manchester FREE Senior Line Dance Party on **Tuesday, June 2, from 6:00 PM—8:00 PM**, at the Manchester Senior Center! Our dance floor is open to EVERYONE! Enjoy an evening filled with fantastic tunes, dancing, and the chance to connect with your Manchester neighbors. Grab your ticket today at the Senior Center before they're all gone! If you get your ticket in advance you'll be guaranteed a raffle ticket for door prizes.

**SENIOR CENTER STAFF**

**Eileen Faust**

Director

**Missy Rankin**

Recreation Supervisor

**Amy Judd**

Senior Admin Secretary

**Trina Rudolph**

Clerical Assistant

**AJ Jackson**

Custodian/Bus Driver

**Rick Bosco**

**Ed Cassala**

Bus Drivers

**Maria Rios**

Bilingual Program Assistant

**Lisa Cammilleri**

**Whitney Evans**

Kitchen Technicians

**Ed Paquette**

**Kitty Dudley**

Social Workers

**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

**CONTACT INFORMATION**

Senior Center: **860-647-3211**

(SAFS) Senior Adult, and Family Services: **860-647-3096**

Health Department: **860-647-3173**

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.

### 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.

## ANNOUNCEMENTS

### Summer 2026 Program Registration

The summer session of classes starts on Monday, June 1<sup>st</sup>. Please make sure to register for all your programs and classes before they begin. Visit the front desk, or call today. Thanks!

### Senior Center Advisory Committee

The senior advisory committee meets on the 1st Tuesday of every month. Next Meeting: **June 2<sup>nd</sup> at 9:00 AM**. We invite all seniors to join us at the meeting. Come share your thoughts, ask questions, and help us make our center even better for everyone!

### Grief Support Group

Grief is a journey no one should have to walk alone. We invite you to join our supportive, bi-weekly gathering held on the **2<sup>nd</sup> and 4<sup>th</sup> Mondays** of each month from **9:00 AM to 10:30 AM**. Our doors are open to *EVERYONE*. You do not need to be a Manchester resident, a Senior Center member, or over age 60 to attend. If you are experiencing loss or grief, you are welcome here exactly as you are. Join us for our next meeting on **Monday, June 8<sup>th</sup> and June 22<sup>nd</sup>**. Please call 860-647-3211 to register in advance.



### Straw Hat Decorating Workshop

Summer is here! It's time to get sun-ready with style. Join us for a creative DIY Straw Hat Decorating Workshop led by Maria! Join us on **Tuesday, June 9<sup>th</sup>**, from **10:00 AM – 11:00 AM**. This event is **FREE!** Simply bring your own straw hat, and we will provide all the fun ribbons, flowers, and accessories you need to make it a one-of-a-kind masterpiece. Spaces are limited! Register today at the Front Desk or give us a call to save your spot, 860-647-3211.



### Manchester Parks Bus Tour

The Senior Advisory committee is sponsoring a scenic driving tour of Manchester's local parks! Sit back, relax, and let us do the driving as we visit some of the town's best outdoor spaces. A box lunch is included. On **Thursday, June 11**, from **10:00 AM – 12:00 PM**, we will take one of our senior center buses around town to visit all the fantastic parks Manchester has to offer! Seating on the bus is limited. Please sign up at the front desk as soon as possible to save your spot.

### Breast Cancer Presentation

Please join us as we welcome **Liz Strawn**, a Development Manager at "Susan G. Komen for the Cure". Liz will discuss the important work their organization does in the fight against breast cancer. Don't miss this inspiring event on **Wednesday, June 17<sup>th</sup>**, at **1:00 PM**. Please register in advance by calling 860-647-3211.

## ANNOUNCEMENTS



### Senior Center Open Mic Afternoon!

**Thursday, June 18th at 1:00 PM**

Do you have a song to sing, a poem to share, a story to tell, or a joke to crack? Or maybe you just love supporting local talent? Join us for our Open Mic event! Performers will have a 10-minute time slot to take the stage and share their unique talents with a supportive crowd.

- **If you want to perform:** Day-of sign-ups for time slots begin at 12:30 PM.
- **If you want to watch and cheer:** Everyone is invited to attend and listen! Please register at the front desk ahead of time so we know how many audience members to expect. Come enjoy an afternoon of great local entertainment!

### Let's Talk Energy: Join Us for an Information Session with Eversource

Curious about how to lower your energy bills or find assistance programs that fit your budget? Join us on **Tuesday, June 23rd at 10:00 AM** for a special "Let's Talk Energy" presentation. Representatives from Eversource's Community Partnership and Engagement team will be on hand to discuss valuable programs, including **Energy Efficiency initiatives, the Matching Payment Program, and various Energy Assistance options**. Bring your questions and your utility bills—this is a great opportunity to get personalized answers and learn how to maximize your savings. We hope to see you there! Please register in advance, 860-647-3211.

### Shingles Presentation: What You Need to Know

Protect your health and get the facts on shingles. This informative presentation will cover everything you need to know about shingles prevention, symptom management, and the importance of the vaccine. Don't wait until it hits home, learn how to protect yourself and your loved ones. Join us on **Thursday, June 25 at 11:00 AM**. Registration is required; please contact the front desk to sign up, 860-647-3211.

### A Friendly Reminder from the Lunchroom

To keep our dining area a welcoming and enjoyable space for everyone, please keep a few quick lunchroom reminders in mind!

- **Community Spirit:** Please be kind and courteous to fellow members and staff. Disrespectful comments or behavior won't be tolerated and may result in suspension.
- **Open Seating:** There is no assigned seating; feel free to make new friends!
- **Clean Up:** Please clear your own tray and garbage when finished.
- **Garbage:** Place food scraps and trash in the garbage bin.
- **Liquids:** Pour remaining liquids into the designated bucket.
- **Silverware:** Place used silverware in the marked bin.
- **Need a Hand?** If you need any help with your tray or have questions, please ask a staff member or volunteer for assistance.



## SOCIAL WORK NEWS



Senior Center social workers Kitty Dudley and Ed Paquette are available to assist residents who, among other things, wish to explore housing options. Kitty and Ed have extensive lists of local senior housing communities including subsidized, market rate, independent living and assisted living. Subsidized and affordable housing options are income-based, have more restrictive application processes and longer waitlists (1-3 years). Subsidized properties that are managed by housing authorities only accept applications periodically (every few years) and only for brief periods (a few weeks). It is important to plan accordingly by identifying the properties you are interested in and submitting applications well in advance of when you plan/need to move.

There are quite a few senior independent living communities in the area. Some are standard apartments while others offer additional amenities such as meals and light housekeeping. There are also a number of local assisted living communities for older adults with physical and/or cognitive needs (dementia). The monthly cost for assisted living ranges from \$5,000-\$7000.

**Other reminders – see Kitty or Ed about any of the following:**

### **Renters Rebate program**

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 program**

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. If that is not possible, a limited number of debit cards are available. Applications will be accepted after June 1, 2026.

### **Thrive Together Sustainability Workshop**

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

### **Important Dates to Remember**

***April 1—September 30, 2026:*** Renters Rebate applications are being accepted

***June 1—September 30, 2026:*** Farmers Market \$40 Credit program applications accepted

***October 15—December 7, 2026:*** Medicare Open Enrollment period (see more in October Newsletter)

***October 1, 2026—May 31, 2027:*** Energy Assistance applications accepted for 2026-2027 Heating Season (see more in September Newsletter)

***Social worker appointments can be scheduled by calling the Senior Center at 860-647-3211.***

## HEALTH SERVICES

### Diabetes Prevention Program

Are you looking to make changes to your lifestyle to prevent diabetes? The Hartford Health Care Center for Healthy Living is holding a 16-week program with monthly follow-up sessions for a total of one year. You will explore healthy ways to fill your plate, increase your physical activity, techniques to reduce stress, and more! In order to qualify, you must have a BMI over 25, no previous diagnosis of Type 1 or Type 2 diabetes, and bloodwork in the prediabetes range. This program is covered by most insurance programs including Medicare! We recommend calling your insurance company about coverage for Code 0403T for an in-person Diabetes Prevention Program. Give us a call to find out if you qualify or would like to register. **Registration is required:** Call the Hartford HealthCare Center for Healthy Living located at Manchester Memorial Hospital at **860-646-1222 EXT. 2149** or email [Sarah.Khan2@hhchealth.org](mailto:Sarah.Khan2@hhchealth.org) The new session begins on **June 3<sup>rd</sup>**, call Sarah ASAP if you'd like to join!

### Blood Pressure—Drop In

Keep an eye on your health! Blood pressure checks are held every **Wednesday** from **9:30 AM to 12:30 PM**. **Please Note:** There will be **NO** checks on Wednesday, June 17th. For that week only, the schedule will shift to **Tuesday, June 16th** (9:30 AM—12:30 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! Having a File of Life Card on your refrigerator provides important medical information to emergency responders! Nurses from the Manchester Health Department are here the **3<sup>rd</sup> Thursday of the month** to help create your own File of Life. Next date: **Thursday, June 18<sup>th</sup>**. Please call **860-647-3211** to schedule an appointment. On the day of your appointment bring all **PRESCRIBED** and **OVER THE COUNTER** medications.

### Foot Care

Schedule a 30 minute appointment to meet with a nurse from Footcare By Nurses LLC. Call the Manchester Health Department, **860-647-3173**, to schedule your appointment and for more information. **Upcoming Dates: June 5<sup>th</sup> & June 26<sup>th</sup>**. Please allow at least 48 hours advance notice if you must cancel. **Diabetics are excluded from the nurse nail care services (see below).**

### Mobile Podiatry Clinic: Step into Better Health

If you are living with chronic foot pain, ankle injuries, or fungal infections, specialized medical care can make a world of difference. The First Choice Podiatry Van provides a convenient way to manage unique foot care needs, especially those related to diabetes and circulatory conditions. We bring expert treatment directly to the Senior Center Parking Lot so you can skip the commute. Registration is required in advance, please call **860-647-3175** to schedule your appointment. If you don't currently see a podiatrist, take advantage of this local service and start feeling



## PROGRAMS

### AARP Smart Driver Course

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. **Monday, June 29<sup>th</sup>, 8:45 AM—12:45 PM. \$20 AARP Members, \$25 Non-Members.** Register in advance at the Senior Center. **Checks only** made out to **AARP**.

### Birthday Lunch

Our June birthday celebration will take place on **Wednesday, June 24<sup>th</sup>**. Cake will be provided with lunch; be sure to register for lunch ahead of time.

### Book Group

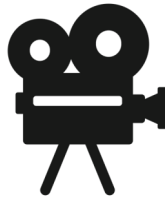
Join the Book Club on **Tuesday, June 16<sup>th</sup>—James, P. Everett**. Meetings take place in the Senior Center Craft Room at **10:00 AM**, register in advance. If you have questions about the book club, please contact **Janis Bouley** at [Jrbwmb40@gmail.com](mailto:Jrbwmb40@gmail.com). Books are available for the book club at the Manchester Public Library in the reference room. ALL readers are WELCOME!

### Paint Program

A local artist will guide and assist you in creating your own masterpiece. No experience necessary. Class starts at **9:00 AM**. All supplies will be provided. **Cost: \$15**. Next class is on **Tuesday, June 30<sup>th</sup>**. Register beginning, June 1.



### Movie—English and Spanish



We are excited to announce our new movie schedule! 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.

**In English: Tuesday, June 9<sup>th</sup> @ 1:00 PM—Remarkably Bright Creatures (2026)** While working nights at a small-town aquarium, a widow bonds with a clever octopus and an adrift young man in this moving drama based on the bestseller. Rated: PG-13 Runtime: 1 H. 53 M.

**In Spanish: Tuesday, June 23<sup>rd</sup> @ 1:00 PM—Roma (2018)** An Oscar-winning, emotional portrait of a domestic worker's journey set against domestic and political turmoil in 1970s Mexico. Rated: R Runtime: 2 H. 14 M.

### Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60+. Next meeting will be on **Wednesday, June 17<sup>th</sup> at 11:00 AM**, in the Senior Center Library. You will receive introductions to our programs, and tour the facility. **Please register in advance.**

### Royal Scarlett Gadabouts

The **Royal Scarlett Gadabouts** are the Manchester chapter of the Red Hat Society. This group meets on the **first Tuesday of every month** from **1:00 PM to 4:00 PM**. The next meeting is **Tuesday, June 2<sup>nd</sup>**. If you're interested or have questions please reach out to Maelene Williams at **860-874-3421**.

# PROGRAMS

## Biking Group

This group meets on **Mondays** from **1:00—3:00 pm**. Rides range from 15 to 20 miles on paved, or hard-pack surfaces. If you are interested in joining, or would like to find out more information please reach out to **Ralph** at [\*\*ManchesterSeniorCycling@gmail.com\*\*](mailto:ManchesterSeniorCycling@gmail.com) Must be a Senior Center member to participate. Upcoming Rides:

- **June 8: Airline State Park Trail South** (Colchester to East Hampton)
- **June 22: Southwick Rail Trail** (Granby, CT to Westfield, MA)

## Chair Volleyball!

This modified version of volleyball is perfect for seniors of all fitness levels. It's a low-impact sport that promotes cardiovascular health, flexibility, and teamwork. No experience necessary, all equipment provided. Join us on **Thursdays**, from **12:30 PM—2:00 PM**, begins June 4. **No volleyball on 6/18 for the Open Mic event.** Please register in advance.

## Therapy Dogs

Bright & Beautiful Therapy Dogs will be here on **Tuesday, June 2<sup>nd</sup>** from **10:30 AM – 11:30 AM**. Please feel free to come anytime during the hour to meet the dogs.



Explore our Calendar for a full lineup! Find your favorite exercise classes, card games, educational series, health classes, art programs, and more!

## Hiking Schedule

Join this group to hike local trails across CT with fellow members. Hikes range from 2-4 miles and take place on Thursday afternoons from 1:00 PM—3:00 PM. Hike substitutions or cancellations may be necessary due to weather, participants will be notified of changes by e-mail. To get the most up to date information please reach out to Jim Oliphant at [\*\*jimoliphant50@gmail.com\*\*](mailto:jimoliphant50@gmail.com). Carpooling is greatly encouraged for all out-of-town locations. Must be a Senior Center member to participate.

- **June 11: Belding Property, Vernon**



## Walking Group

This group meets **Monday, Wednesday, and Friday** mornings. Walk starts at **9:00 AM**, members meet at 8:50 AM. 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.

## Summer Ceramics Classes

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!

**Session 1:** Mondays, 6/1/26 – 6/29/26, 9:30 AM – 11:30 AM, Cost: \$30

**Session 2:** Fridays, 6/5/26 – 6/26/26, 9:30 – 11:30 AM, Cost: \$18

**Session 3:** Mondays, 7/6/26 – 7/27/26, 9:30 AM – 11:30 AM, Cost: \$24

**Session 4:** Fridays, 7/10/26 – 7/31/26, 9:30 – 11:30 AM, Cost: \$24

# Manchester—*Silk City Travelers*

**New Trips, Sign up beginning June 1**

**Previously advertised, sign up today!**

## Doo-Wop Memories

### *La Bella Vista, Waterbury CT*

Jukebox 45 Show Band is dedicated to reviving the golden age of Doo Wop, bringing the group's infectious energy and heartfelt lyrics to their audiences. Listen to some of the most memorable songs from the great artists of the era such as: Paul Anka, Fred Parrish & The Five Satins, The Duprees, Larry Chance & The Earls, and more, celebrating decades of legendary music. Welcome Antipasto Platters at your table. Carafes of Red & White Wine on every table. Wonderful Family Style Meal: Italian Salad, Penne Marinara, Stuffed Filet of Sole, Chicken Fresca, Roasted Potatoes, Mixed Vegetables, Deluxe Pastries, Soda & Coffee. **Date:** Tuesday, November 10 **Cost:** \$137 pp. **Includes:** Lunch, show, transportation, taxes and gratuities. **Checks to: Friendship Tours Deadline:** October 2 **Departs:** 10:30 AM **Return:** 4:15 PM.

## Glenn Miller Orchestra

### *Nelson Hall Performing Arts, Cheshire CT*

This world famous orchestra is the most popular and sought after swing band in the world. From 1939 to 1942, the Glenn Miller Orchestra dominated the music charts, achieving #1 and 69 Top Ten hits. Some of their most famous recordings include "In the Mood," "Moonlight Serenade," "Chattanooga Choo Choo," and "Tuxedo Junction." Preshow Buffet Lunch in the Elim Park Dining Room. Sample Menu: Salad, Chicken Francaise, Scrod Provençal, Pasta Primavera, Vegetable, Dessert, & Coffee. **Date:** Thursday, November 19 **Cost:** \$152 pp. **Includes:** Lunch, show, transportation, taxes and gratuities, tour director. **Checks to: Friendship Tours Deadline:** October 13 **Departs:** 10:30 AM **Return:** 5:00 PM.

## Newport Mansion & Carriage House | RI

Savor a plated luncheon at the newly restored Carriage House at The Elms, on the mansion grounds overlooking the historic Elms gardens. Explore the Elms on a self-guided tour (mobile app & audio guide available for your mobile phone). **\*PLEASE NOTE\* The Elms Mansion is not handicap accessible. There are stairs to enter the building and to move between floors. There are no public elevators or ramps.** Free time in downtown Newport in the afternoon. **Date:** Tuesday, October 27 **Cost:** \$169 pp. **Includes:** Lunch, tour, transportation, taxes and gratuities, tour director. **Checks to: Friendship Tours Deadline:** September 21 **Departs:** 9:00 AM **Return:** 6:00 PM.

## Beatles Tribute | Farmington Polo Club

Join us for a lively luncheon show with Studio Two, hailed as "New England's Best Beatles Tribute Band." **FAMILY STYLE MENU:** House Garden Salad, Fresh Baked Rolls, Penne Bolognese, Farmington Club Chicken & Baked Scrod with Cracker Crumb Topping, Vegetable, Potato, Carafes of Soda, Dessert & Coffee. **Date:** Wednesday, October 14 **Cost:** \$137 pp. **Includes:** Lunch, show, transportation, taxes and gratuities. **Checks to: Friendship Tours Deadline:** September 8 **Departs:** 10:30 AM **Return:** 4:15 PM.

**Trip Policies available at:**

**<https://www.manchesterct.gov/Government/Departments/Senior-Center/Trips>**

# Manchester—*Silk City Travelers*

Previously advertised, sign up today!

## Twin Lobsters & Show | The Log Cabin

Join us at the Log Cabin for our annual Twin Lobsters event! Feast on a delicious lunch of either Twin Lobsters, or Prime Rib. Please provide meal choice when registering. All entrees served with baked potato, Cole slaw, dessert, and coffee. After lunch enjoy the Northeast's most hilarious musical comedy duo, Bobby Darling and Dr. Devine. **Date:** Thursday, July 30 **Cost:** \$155 pp. **Includes:** Lunch, show, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** June 23 **Departs:** 10:30 AM **Return:** 4:30 PM.

## Coastal Queen | Newport, RI

Come aboard the Coastal Queen and enjoy a narrated tour. We'll have lunch at Brick Alley Pub. Please provide Meal choice in advance. Soup, Salad, & Bread Buffet, OR Corned Beef Reuben, OR Bacon Cheeseburger, OR Golden Fried Chicken Sandwich. Sandwiches served with French Fries, all served with Dessert & Soft Drinks. Free time on Bowen's Wharf for shopping and browsing after our Harbor Cruise. **Date:** Tuesday, August 11 **Cost:** \$155 pp. **Includes:** Lunch, cruise, transportation, taxes and gratuities, tour director. **Checks to:** Friendship Tours **Deadline:** July 2 **Departs:** 8:15 AM **Return:** 7:00 PM.

## Summer Nights Grease Tribute | Aqua Turf

Unforgettable songs, dances, costumes, characters, and summer lovin'! The Summer Nights band features music by The Bee Gees, Frankie Valli, John Travolta, Olivia Newton-John, Frankie Avalon and Sha-Na-Na! Family style menu: Garden salad, pasta, chicken parmesan, baked scrod, vegetable, potato, rolls, dessert, beverage. **Date:** Wednesday, August 19 **Cost:** \$132 pp. **Includes:** Lunch, show, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** July 10 **Departs:** 10:00 AM **Return:** 5:00 PM.

## BINGO Lunch Cruise | Boston, MA

Cruising from Boston's historic Seaport District, the Spirit offers the ultimate dining cruise experience. Enjoy a 2 hour cruise with delicious Luncheon Buffet. All afternoon there will be Onboard entertainment & BINGO Games with prizes. There will be free time at Quincy Market in the afternoon. **Date:** Thursday, September 3 **Cost:** \$163 pp. **Includes:** Lunch, onboard entertainment, cruise, transportation, taxes and gratuities, tour director. **Checks to:** Friendship Tours **Deadline:** July 27 **Departs:** 8:30 AM **Return:** 6:30 PM.

## The Voice of Yesterday | Amarante's

Singing yesterday's music for today's audience, Tommy Cono is a young and talented performer bringing back the greatest hits. Menu: Cheese & Crackers with Sliced Pepperoni, Mixed Garden Salad, Chicken Piccata, OR Baked Stuffed Shrimp, vegetable, Potato, Dessert, Soda, Coffee & Tea. Please provide meal choice in advance. **Date:** Wednesday, September 9 **Cost:** \$120 pp. **Includes:** Lunch, show, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** July 31 **Departs:** 10:30 AM **Return:** 4:30 PM.

**SEE FLYERS FOR MORE DETAILS**

**Questions, call 860-647-3210**



## Senior Power of Produce Program



The Eastside Farmers Market is proud to announce the return of the Senior Power of Produce (POP) Program, a 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 Eastside Farmers Market. Voucher registration opens at 9:00 AM on the 1st Monday of the month for the following month's markets. Registration for July Power of Produce vouchers opens on Monday, June 1st @ 9:00 AM. Registered participants can pick up their vouchers at the Welcome Pavilion at the Eastside Farmers Market. You must be a Manchester resident aged 60+ to register. Limit one voucher per resident per week. Registration can be completed by calling or visiting: Manchester Senior Center, (860) 647-3211, or Center Springs Park (860) 647-3084.

## IN THE LOOP

### Manchester Matters

Sign up today to receive weekly Town of Manchester newsletters on all things Manchester: <https://www.manchesterct.gov/Government/Departments/Customer-Service-Information-Center/Manchester-Matters-E-Newsletter> or call the Customer Service & Information Center at **860-647-5235**.

### 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/>. Please find additional information on our website: <https://www.manchesterct.gov/Government/Departments/Human-Services/Veterans-Programs-and-Services>

### 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

Midwest Food Bank New England launched its operations in 2021 from a 55,000 sq. ft. facility in Manchester, CT. Driven by the mission to nourish body and soul, they leverage a dedicated community of volunteers who contribute over 35,000 hours annually. This commitment allows the Food Bank to rescue and distribute 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**.



# Manchester Senior Center Lunch Menu—June 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 6/1 – 6/5	Cheeseburger Potato Salad Fruit <i>Contains gluten &amp; dairy</i>	Sausage Pasta with Broccoli <i>Contains gluten</i>	Meat Lasagna Garden Salad <i>Contains gluten &amp; dairy</i>	Chicken with Bacon, Mushrooms & Honey Mustard Sweet Potato <i>Contains gluten &amp; dairy</i>	Fish Tacos Slaw Creamy Cucumber Salad <i>Contains gluten, dairy, &amp; seafood</i>
<b>Week 2</b> 6/8 – 6/12	Greek Turkey Burger Tater Tots <i>Contains gluten &amp; dairy</i>	Stuffed Pepper Casserole <i>Contains dairy</i>	Stuffed Shells Garlic Bread Garden Salad <i>Contains gluten &amp; dairy</i>	Five Spice Chicken Roasted Carrots Rice <i>Contains soy</i>	Biscuits & Gravy Egg Bake Home Fries Fruit <i>Contains gluten &amp; dairy</i>
<b>Week 3</b> 6/15 – 6/19	Teriyaki Chicken Sandwich Macaroni Salad <i>Contains gluten, dairy, &amp; soy</i>	Vegetable Soup w/ Cheese Ravioli <i>Contains gluten &amp; dairy</i>	Shepherd's Pie Garden Salad <i>Contains gluten &amp; dairy</i>	Chicken Cacciatore Dinner Roll <i>Contains gluten</i>	<b>Juneteenth CLOSED</b>
<b>Week 4</b> 6/22 – 6/26	Smothered Pork Chops Mashed Potatoes Green Beans <i>Contains gluten &amp; dairy</i>	Chicken & Stuffing Mixed Vegetables <i>Contains gluten &amp; dairy</i>	Chili Mac Garden Salad <i>Contains gluten &amp; dairy</i>	Tortellini with Pesto Summer Vegetables <i>Contains gluten &amp; dairy</i>	Tuna Sandwich Fruit Salad Chips <i>Contains gluten, dairy, &amp; seafood</i>
<b>Week 5</b> 6/29 – 7/3	All Beef Hot Dog Baked Beans Slaw <i>Contains gluten &amp; dairy</i>	Baked Chicken Roasted Potatoes Corn <i>Contains gluten &amp; dairy</i>	Chicken Bruschetta Pasta Garden Salad <i>Contains gluten &amp; dairy</i>	Enchilada Casserole Seasoned Rice Corn <i>Contains gluten &amp; dairy</i>	<b>Independence Day CLOSED</b>

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

Monday		Tuesday		Wednesday		Thursday		Friday						
9:00 am 9:30 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:45 pm 1:00 pm 1:20 pm 2:20/3:20 pm	Walking Group Ceramics Board Games Strength & Flex Light & Lively Lunch Body Sculpt/Pinochle Samba Music Circle Light & Lively Yoga	01	9:00 am 10:00 am 10:00 am 10:30 am 11:00 am 12:00 pm 12:30 pm 1:00 pm 1:00 pm 1:30 pm 2:30 pm	Senior Advisory Chess Club Beginner Line Dancing <b>Therapy Dogs</b> Advanced Line Dancing Lunch Mahjong <b>Red Hats</b> Watercolor & Oil Advanced Tai Chi Beginner Tai Chi	02	8:30 am 9:00 am 9:15 am 9:30 am 10/11:00 am 12:00 pm 12:30 pm 12:30pm 12:45 pm 1:20 pm 2:20/3:20 pm	Friendship Circle Walking Group Stronger Seniors Blood Pressure Drop-in Strength & Flex Lunch Body Sculpt Social Bridge Mexican Train Dominoes Light & Lively Yoga	03	9:00 am 9:30 am 10:00 am 12:00 pm 12:30 pm 12:30 pm 1:00 pm 1:00 pm 2:30 pm	Samba Scrabble Cardio Drumming Lunch Duplicate Bridge Chair Volleyball Hand & Foot Quilting Zumba Gold	04	9:00 am 9:30 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:30 pm 12:45 pm 1:30 pm	Walking Group Ceramics Bingo Strength & Flex Light & Lively Lunch Setback Advanced Tai Chi Cribbage Beginner Tai Chi <b>Foot Care — By Appointment</b>	05
9:00 am <b>9:00 am</b> 9:30 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:45 pm <b>1:00 pm</b> 1:00 pm 1:20 pm 2:20/3:20 pm	Walking Group <b>Grief Support Group</b> Ceramics Strength & Flex/Board Games Light & Lively Lunch Body Sculpt/Pinochle Samba <b>Biking</b> Music Circle Light & Lively Yoga	08	10:00 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm <b>1:00 pm</b> 1:00 pm 1:30 pm 2:30 pm	<b>Straw Hat Decorating</b> Chess Club Beginner Line Dancing Advanced Line Dancing Lunch Mahjong <b>English Movie</b> Watercolor & Oil Advanced Tai Chi Beginner Tai Chi	09	8:30 am 9:00 am 9:15 am 9:30 am 10/11:00 am 12:00 pm 12:30 pm 12:30pm 12:45 pm 1:20 pm 2:20/3:20 pm	Friendship Circle Walking Group Stronger Seniors Blood Pressure Drop-in Strength & Flex Lunch Body Sculpt Social Bridge Mexican Train Dominoes Light & Lively Yoga	10	9:00 am 9:30 am <b>10:00 am</b> 10:00 am 12:00 pm 12:30 pm 12:30 pm <b>1:00 pm</b> 1:00 pm 1:00 pm 2:30 pm	Samba Scrabble <b>Park Bus Tour</b> Cardio Drumming Lunch Duplicate Bridge Chair Volleyball <b>Hiking</b> Hand & Foot Quilting Zumba Gold	11	9:00 am 9:30 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:30 pm 12:45 pm 1:30 pm	Walking Group Ceramics Bingo Strength & Flex Light & Lively Lunch Setback Advanced Tai Chi Cribbage Beginner Tai Chi	12
9:00 am 9:30 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:45 pm 1:00 pm 1:20 pm 2:20/3:20 pm	Walking Group Ceramics Strength & Flex/Board Games Light & Lively Lunch Body Sculpt/Pinochle Samba Music Circle Light & Lively Yoga	15	9:30 am <b>10:00 am</b> <b>10:00 am</b> 10:00am 10:00 am 11:00 am 12:00 pm 12:30 pm 1:00 pm 1:30 pm 2:30 pm	<b>Blood Pressure Drop-in</b> <b>Spanish Bingo!</b> <b>Book Group</b> Chess Club Beginner Line Dancing Advanced Line Dancing Lunch Mahjong Watercolor & Oil Advanced Tai Chi Beginner Tai Chi	16	8:30 am 9:00 am 9:15 am 10/11:00 am <b>11:00 am</b> 12:00 pm 12:30 pm 12:45 pm <b>1:00 pm</b> 1:20 pm 2:20/3:20 pm	Friendship Circle Walking Group Stronger Seniors Strength & Flex <b>Newcomer's Meeting</b> Lunch Body Sculpt/Social Bridge Mexican Train Dominoes <b>Breast Cancer Program</b> Light & Lively Yoga	17	9:00 am 9:30 am 10:00 am 12:00 pm 12:30 pm <b>1:00 pm</b> 1:00 pm 1:00pm	Samba Scrabble Cardio Drumming Lunch Duplicate Bridge <b>Open Mic Afternoon</b> Hand & Foot Quilting	18	<b>Closed</b> <b>Juneteenth</b>		
9:00 am <b>9:00 am</b> 9:30 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:45 pm <b>1:00 pm</b> 1:00 pm 1:20 pm 2:20/3:20 pm	Walking Group <b>Grief Support Group</b> Ceramics Strength & Flex/Board Games Light & Lively Lunch Body Sculpt/Pinochle Samba <b>Biking</b> Music Circle Light & Lively Yoga	22	10:00 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm <b>1:00 pm</b> 1:00 pm 1:30 pm 2:30 pm	<b>Let's Talk Energy</b> Chess Club Beginner Line Dancing Advanced Line Dancing Lunch Mahjong <b>Spanish Movie</b> Watercolor & Oil Advanced Tai Chi Beginner Tai Chi	23	8:30 am 9:00 am 9:15 am 9:30 am 10/11:00 am 12:00 pm 12:30 pm 12:45 pm 1:20 pm 2:20/3:20 pm	Friendship Circle Walking Group Stronger Seniors Blood Pressure Drop-in Strength & Flex <b>Birthday Lunch</b> Body Sculpt/Social Bridge Mexican Train Dominoes Light & Lively Yoga	24	9:00 am 9:30 am 10:00 am <b>11:00 am</b> 12:00 pm 12:30 pm 12:30 pm 1:00 pm 1:00 pm 2:30 pm	Samba Scrabble Cardio Drumming <b>Shingles Presentation</b> Lunch Duplicate Bridge Chair Volleyball Hand & Foot Quilting Zumba Gold	25			9:00 am 9:30 am 10:00 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:30 pm 12:45 pm 1:30 pm
8:45 am 9:00 am 9:30 am 10:00 am 11:00 am 12:00 pm 12:30 pm 12:45 pm 1:00 pm 1:20 pm 2:20/3:20 pm	<b>AARP Safe Driver</b> Walking Group Ceramics Strength & Flex/Board Games Light & Lively Lunch Body Sculpt/Pinochle Samba Music Circle Light & Lively Yoga	29	9:00 am 10:00am 10:00 am 11:00 am 12:00 pm 12:30 pm 1:00 pm 1:30 pm 2:30 pm	<b>Paint Program</b> Chess Club Beginner Line Dancing Advanced Line Dancing Lunch Mahjong Watercolor & Oil Advanced Tai Chi Beginner Tai Chi	30	<b>Available Daily</b> <b>8:30am—4:15pm</b> Billiards Double 6 Dominoes Computer Room		<i>June 2026</i>						