

May 2026—Manchester Senior Center Newsletter

FREE Shred Event:

Saturday, June 13

9:00 AM—12:30 PM (or until full)

Manchester Senior Center Parking Lot

Protect your sensitive information at the Community Shred Event hosted by the Town of Manchester Public Works Department! 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. **Important Information:**

- **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

Get ready to kick up your heels and celebrate Manchester! Feel the rhythm move you at Celebrate Manchester's FREE Senior Line Dance Party on **Tuesday, June 2**, from **6:30 PM—8:30 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. Don't miss out on the ultimate Manchester celebration filled with music, laughter, and dancing!



Understanding Urinary health

Join us on **Tuesday, May 26th**, at **10:00 AM** for an informative presentation on Urinary Health for Seniors. This session will provide a professional and supportive space to discuss common age-related changes, the importance of proper hydration, and proactive habits for maintaining long-term wellness. Whether you have specific questions or simply want to stay informed, we invite you to learn practical tips for staying healthy and active. Please call 860-647-3211 to register.

Grief Support Group

NEW TIME AND DAY

Grief is a journey no one should have to walk alone. We invite you to join our supportive, bi-weekly gathering held on the **2nd and 4th 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, May 11th**. Please call 860-647-3211 to register in advance.



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 STAFF

Eileen Faust

Director

Missy Rankin

Recreation Supervisor

Amy Judd

Senior Admin Secretary

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

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

Senior Center Advisory Committee

The senior advisory committee meets on the 1st Tuesday of every month. Next Meeting: **May 5th 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!

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. Registration for Summer Ceramics will begin on **Wednesday, May 6**.

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 Senior Center Artisan Showcase

We are thrilled to announce our upcoming **Artisan Showcase**, 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 to be admired.

Whether you are a painter, a master of the knitting needle, a pottery enthusiast, a needlework expert, a seamstress, a woodworker, or any type of creator, we want to hear from you. This is a **non-competitive event** designed simply to appreciate the artistry and dedication of our peers.

- **What:** A "Gallery Walk" through our community of artists
- **When:** Thursday, August 27th
- **Where:** Manchester Senior Center Auditorium
- **Time:** 10:00 AM – 12:00 PM

How to Participate: Please bring your items and a brief bio to the front desk no later than **Friday, July 31st**.

Get to Know the Artist: If you're comfortable, please provide a few sentences about yourself and what inspired your piece, along with a photo of yourself to display alongside your work. On the day of the event, artists are encouraged to stay in the auditorium to chat about their process with visitors!

Questions? Please contact **Maria Rios** at mrrios@manchesterct.gov if you would like to participate or have any questions.

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**.

Summer Farmers Market Series

Save the date for the upcoming Eastside Farmers Market! Shop local and enjoy a fantastically fun evening! All markets accept SNAP/EBT payments & will double the value of SNAP purchases up to \$20.00. Markets will take place on **Wednesday** evenings **June 3—October 7, 4:30 PM – 7:00 PM**. The Market is located at Eastside Plaza: 153 & 163 Spruce Street. All ages are welcome, FREE!



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 from May 2026 - September 2026 for the following month's markets. Registration for June Power of Produce vouchers opens on Monday, May 4th @ 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. Registration is capped at 75 total vouchers per weekly farmer's market. 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.

SOCIAL WORK NEWS

Senior Center social workers Kitty Dudley and Ed Paquette are available to assist residents with a variety of issues including housing, transportation, homecare, healthcare, insurance and government benefits.

Access to affordable, nutritious food is one area in which Kitty and Ed can assist.

SNAP (aka Food Stamps)

- Residents with a gross income under \$31,920 (single) or \$43,280 (couple) are likely eligible for SNAP.
- There are some asset limits for SNAP but house, car, most retirement accounts and many savings accounts are excluded for adults over age 60.
- If approved, recipients receive a debit card that can be used at most grocery and general retailers, i.e. Stop & Shop, Big Y, Highland Park Market, Walmart, Target.
- Recipients can receive a maximum of \$292/month in SNAP benefits.

Food Pantries

There are more than half a dozen food pantry resources in Manchester which means that older adults on limited incomes can potentially access free food resources on a weekly basis. Kitty and Ed have a comprehensive list of food resources that includes names, addresses and hours of operation.

Farmers Market Gift Cards

- Residents with gross income below \$29,526 (single) or \$40,034 (couple) are eligible to receive a \$40 gift card that can be used at any Farmers Markets throughout the State, including Manchester's Spruce Street Market and Forest Street Market.
- There are no asset limits.
- Kitty and Ed will be distributing the cards after June 1, 2026.

Other Reminders—See Kitty or Ed about any of the following:

- The last day for homeowners who are disabled or over age 65 to apply for the Senior/Disabled Property Tax Credit is May 15, 2026. Residents with annual gross income under \$46,300 (single) or \$56,500 (couple) are eligible and can receive between \$500-\$1500 off their property tax bill.
- The last day for utility heat customers to apply for energy assistance is May 29, 2026. Residents with gross income under \$47,764 (single) or \$62,460 (couple) can apply for energy assistance at the Senior Center. If approved, applicants will receive a credit on their spring utility bill.
- Renters who are 65+ and whose annual gross income is under \$46,300 (single) or \$56,500 (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.

Important Dates to Remember

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

May 15, 2026: Last day to submit Senior Tax Credit application

May 29, 2026: Last day to apply for energy assistance (utility customers only)

October 15—December 7, 2026: Medicare Open Enrollment period

October 1, 2026—May 31, 2027: Energy Assistance



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

HEALTH SERVICES

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 17th**, at **1:00 PM**. Please register in advance by calling 860-647-3211.

Blood Pressure—Drop In

Blood Pressure checks are every **Wednesday** from **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 **3rd Thursday of the month** to help create your own File of Life. Next date: **Thursday, May 21st**. 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: May 1st & May 15th**. 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. The Van will be at the Senior Center on **Friday, May 8th**. 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 better from the ground up.



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, May 18th, 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 May birthday celebration will take place on **May 27th**. Cake will be provided with lunch; be sure to register for lunch ahead of time.

Book Group

Join the Book Club on **Tuesday, May 19th—*Breathing Lessons, A. Tyler.*** 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. Books are available for the book club at the Manchester Public Library in the reference room. ALL readers are WELCOME!

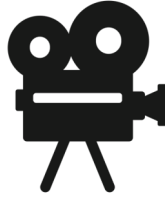
Paint Program

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. This month will be a special 4 hour class, with a more detailed painting. **Cost: \$30.** Next class is on **Tuesday, May 12th**. Register beginning, May 4.

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, May 12th @ 1:00 PM—*Downton Abbey: The Grand Finale (2025)* In the wake of a scandalous divorce, Lady Mary takes control of Downton Abbey in the 1930s, as the Crawleys face financial strain and a changing world. Rated: PG Runtime: 2 H. 4 M.

In Spanish: Tuesday, May 26th @ 1:00 PM—*The Perfect Family (2022)* At first Lucia is taken aback by her son's girlfriend's eclectic family, but little does she know the impact they'll have on her prim and proper life. Rated: TV-MA Runtime: 1 H. 51 M.

Newcomers Meeting

The Newcomer's meeting is open to Manchester Residents ages 60+. Next meeting will be on **Wednesday, May 20th 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, May 5th**. 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:

- **May 11: Airline State Park Trail South (Willimantic to Colchester)**
- **May 25: Hop River State Park Trail, Charter Oak Greenway, Cheney Rail Train (Loop)**

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. Please register in advance.

Therapy Dogs

Bright & Beautiful Therapy Dogs will be here on **Tuesday, May 5th** 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.



- **May 14: Soapstone Mountain, Somers**
- **May 28: Evergreen Walk Trail, South Windsor**

Square Dancing

Join us on **Thursdays** from **12:30—2:15 PM**. **May class dates: 5/7, 5/14, & 5/21**. **Cost: \$5 per class**. Pre-registration is required before class and is done at the front desk, or by calling the Senior Center at **(860) 647-3211**. The more the merrier, out of town participants can participate! This is the last month of dancing before the group takes a break for the summer!

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 2026 PROGRAM REGISTRATION PROCESS

Registration for ALL Summer 2026 programs begins on **Wednesday, May 6th**. Seniors may register at any location, or by calling (860) 647-3211, beginning May 6th at **8:30AM**. Registration Locations: Manchester Senior Center, Community “Y” Recreation Center, and Center Springs Recreation Office.

Class Registration Policy :

To help reduce waitlist numbers, you may register for **ONE section of each class** initially. On **Tuesday, May 26th**, you may register for one *additional* class if there are still openings. If you have any questions, please call **Missy at 860-647-3210**.

Lottery Class Registration Process:

Members can register for Lottery Classes from **Wednesday, May 6th — May 20th**. Please register at the front desk, or call **860-647-3211**. Payment must be made at the time of registration. No lottery registration can be accepted after Wednesday, May 20th. The class lists of acceptance will be posted in the senior center lobby on **Tuesday, May 26th**. Participants who did not get accepted into their lottery class will automatically be placed on the waitlist, and a credit will be applied to their account. If you missed the lottery registration period, or would like to register for additional classes, you may register for classes with openings beginning on **Tuesday, May 26th**. Please call Missy at 860-647-3210 if you have any questions! Classes included in the lottery are listed below. **Please note that all class dates are subject to change due to instructor availability.**

Body Sculpt: You may register for 1 out of 2 classes

Monday (starts 6/1) 12:30 – 1:15PM \$5.00

Wed. (starts 6/3) 12:30 – 1:15 PM \$5.00

Cardio Drumming

Thursday (starts 6/4) 10:00—11:00 AM \$5.00

Light-n-Lively: You may register for 1 out of 4 classes.

Monday (starts 6/1) 11:00—12:00 PM \$5.00

Monday (starts 6/1) 1:20 – 2:15PM \$5.00

Wed. (starts 6/3) 1:20 – 2:15PM \$5.00

Friday (starts 6/5) 11:00 – 12:00PM \$5.00

Line Dancing: You may register for 1 out of 2 classes.

Tues. Beginner (starts 6/2) 10:00 – 11:00 AM \$5.00

Tues. Advanced (starts 6/2) 11:00 – 12:00PM \$5.00

Steady as we Go

Tue./Thur. (starts 6/2) 11:00—12:00 PM \$5.00

Strength and Flex: You may register for 1 out of 4 classes.

Monday (starts 6/1) 10:00 – 11:00AM \$5.00

Wed. (starts 6/3) 10:00 – 11:00AM \$5.00

Wed. (starts 6/3) 11:00 – 12:00PM \$5.00

Friday (starts 6/5) 10:00 – 11:00AM \$5.00

Yoga Plus: You may register for 1 out 4 classes.

Monday (starts 6/1) 2:20 – 3:15PM \$5.00

Monday (starts 6/1) 3:20 – 4:15PM \$5.00

Wed. (starts 6/3) 2:20 – 3:15PM \$5.00

Wed. (starts 6/3) 3:20 – 4:15PM \$5.00

Zumba Gold

Thursday (starts 6/4) 2:30 – 3:30PM \$5.00

Manchester—*Silk City Travelers*

New Trips, Sign up beginning May 4

Coastal Queen

Newport, RI

Come aboard the Coastal Queen and view Newport Harbor and the East Passage of Narragansett Bay up close on a narrated tour. You will see historic church steeples and forts, lighthouses, mega yachts and more. Upon arrival we'll have lunch at Brick Alley Pub in downtown Newport. 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.

Studio Two: The Beatles Tribute

Farmington Polo Club, CT

Join us for a lively luncheon show with Studio Two, hailed as "New England's Best Beatles Tribute Band." With authentic instruments, spot-on vocals, and the charm of the Fab Four, Studio Two will have you singing, dancing, and reminiscing about the magic of Beatlemania. **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.

Newport Mansion & Carriage House

The Elms, Newport RI

Savor a plated luncheon at the newly restored Carriage House at The Elms, on the mansion grounds overlooking the historic Elms gardens. Completed in 1901, The Elms Mansion was the summer home of Mr. and Mrs. Edward Julius Berwind. 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.

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.

Manchester—*Silk City Travelers*

Previously advertised, sign up today!

Under the Boardwalk

Grand Oak Villa, Oakville CT

Join us at Grand Oak Villa for a Summer Kick-Off Show! Joey & Doreen Arminio bring their Jammin' Island Band complete with props and lots of fun! Family Style menu: Garden Salad, Pasta with Homemade Meatballs, Chicken Marsala, Roasted Potato, Vegetable, Dessert, Soda & Coffee. Carafes of Red & White Wine on every table. **Date:** Thursday, June 25 **Cost:** \$140 pp. **Includes:** Lunch, show, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** May 15 **Departs:** 10:15 AM **Return:** 4:30 PM.

Twin Lobsters & Comedy Show

The Log Cabin, Holyoke MA

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.

Summer Nights Grease Tribute

Aqua Turf, Plantsville CT

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.

Boston 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 Sea Cliff, New Haven CT

Singing yesterday's music for today's audience, Tommy Cono is a young and talented performer bringing back the greatest hits. Fans say Tommy Cono's voice takes them back decades in time as he performs the tunes of: Frankie Valli, Bobby Rydell, Elvis Presley, Del Shannon, Frank Sinatra, Bobby Darin, and so much more. 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




Manchester Senior Center Lunch Menu—May 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 4/27 – 5/1	Chicken Tenders Mashed Potatoes Corn <i>Contains gluten & dairy</i>	Lasagna Soup Garden Salad Dinner Roll <i>Contains gluten & dairy</i>	Chicken with Sundried Tomatoes & Cream Sauce Rice <i>Contains gluten & dairy</i>	Ham & Cheese Pasta Peas <i>Contains gluten & dairy</i>	Fish Sandwich Coleslaw Chips <i>Contains gluten, dairy, & seafood</i>
Week 2 5/4 – 5/8	Cheeseburger Potato Wedges Fruit <i>Contains gluten & dairy</i>	Turkey Mashed Potatoes Stuffing Corn Cranberry Sauce <i>Contains gluten & dairy</i>	Vegetarian Lasagna Garden Salad <i>Contains gluten & dairy</i>	Pork Chops Scalloped Potatoes Mushrooms & Green Beans <i>Contains dairy</i>	Shrimp & Broccoli Al- fredo Cheddar Biscuit <i>Contains gluten, dairy, & seafood</i>
Week 3 5/11 – 5/15	Chicken Parmesan Pasta Garlic Bread <i>Contains gluten & dairy</i>	Egg Salad Sandwich Chips Fruit <i>Contains gluten, dairy, & egg</i>	Swedish Meatballs Egg Noodles Garden Salad <i>Contains gluten & dairy</i>	Korean Beef Rice Cucumber Salad <i>Contains gluten & dairy</i>	Fish & Chips Slaw <i>Contains gluten, dairy, & seafood</i>
Week 4 5/18 – 5/22	Ham & Cheese Egg Bake Seasoned Potatoes Fruit <i>Contains gluten, dairy, & egg</i>	Chickpea Tagine Zucchini Cous Cous <i>Contains gluten & dairy</i>	Pasta Bolognese Garden Salad Breadstick <i>Contains gluten & dairy</i>	Turkey Taco Bowl Rice <i>Contains gluten & dairy</i>	Chicken Cordon Blue Sandwich Roasted Carrots <i>Contains gluten & dairy</i>
Week 5 5/25 – 5/29	Memorial Day CLOSED	Egg Roll Bowl Chicken Thighs Cabbage <i>Contains gluten, soy, & nuts</i>	Tuna Noodle Casserole Peas Garden Salad <i>Contains gluten, dairy, & seafood</i>	BBQ Chicken Sweet Potato Coleslaw & Cornbread <i>Contains gluten & dairy</i>	All Beef Hot Dog Macaroni Salad Fruit <i>Contains gluten</i>

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 style="text-align: center;">May 2026</h1> 						Available Daily 8:30am—4:15pm Billiards Double 6 Dominoes Computer Room		9:00 am Walking Group 9:30 am Ceramics 10:00 am Bingo 10:00 am Strength & Flex 11:00 am Light & Lively 12:00 pm Lunch 12:30 pm Setback 12:30 pm Advanced Tai Chi 12:45 pm Cribbage 1:30 pm Beginner Tai Chi Foot Care — By Appointment	
		01 9:00 am Walking Group 9:30 am Ceramics 10:00 am Board Games 10:00 am Strength & Flex 11:00 am Light & Lively 12:00 pm Lunch 12:30 pm Body Sculpt/Pinochle 12:45 pm Samba 1:00 pm Music Circle 1:20 pm Light & Lively 2:20/3:20 pm Yoga		04 9:00 am Senior Advisory 10:00 am Chess Club 10:00 am Beginner Line Dancing 10:30 am Therapy Dogs 11:00 am Advanced Line Dancing 12:00 pm Lunch 12:30 pm Mahjong 1:00 pm Red Hats 1:00 pm Watercolor & Oil 1:30 pm Advanced Tai Chi 2:30 pm Beginner Tai Chi		05 8:30 am Friendship Circle 9:00 am Walking Group 9:15 am Stronger Seniors 9:30 am Blood Pressure Drop-in 10/11:00 am Strength & Flex 12:00 pm Lunch 12:30 pm Body Sculpt 12:30 pm Social Bridge 12:45 pm Mexican Train Dominoes 1:20 pm Light & Lively 2:20/3:20 pm Yoga		06 9:00 am Samba 9:30 am Scrabble 10:00 am Cardio Drumming 12:00 pm Lunch 12:30 pm Duplicate Bridge 12:30 pm Square Dancing 1:00 pm Hand & Foot 1:00 pm Quilting 2:30 pm Zumba Gold	
02 9:00 am Grief Support Group 9:00 am Walking Group 9:30 am Ceramics 10:00 am Strength & Flex/Board Games 11:00 am Light & Lively 12:00 pm Lunch 12:30 pm Body Sculpt/Pinochle 12:45 pm Samba 1:00 pm Biking 1:00 pm Music Circle 1:20 pm Light & Lively 2:20/3:20 pm Yoga		11 9:00 am Paint Class (4 hour class) 10:00am Chess Club 10:00 am Beginner Line Dancing 11:00 am Advanced Line Dancing 12:00 pm Lunch 1:00 pm English Movie 12:30 pm Mahjong 1:00 pm Watercolor & Oil 1:30 pm Advanced Tai Chi 2:30 pm Beginner Tai Chi		12 8:30 am Friendship Circle 9:00 am Walking Group 9:15 am Stronger Seniors 9:30 am Blood Pressure Drop-in 10/11:00 am Strength & Flex 12:00 pm Lunch 12:30 pm Body Sculpt 12:30 pm Social Bridge 12:45 pm Mexican Train Dominoes 1:20 pm Light & Lively 2:20/3:20 pm Yoga		13 9:00 am Samba 9:30 am Scrabble 10:00 am Cardio Drumming 12:00 pm Lunch 12:30 pm Duplicate Bridge 12:30 pm Square Dancing 1:00 pm Hiking 1:00 pm Hand & Foot 1:00pm Quilting 2:30 pm Zumba Gold		14 9:00 am Walking Group 9:30 am Ceramics 10:00 am Bingo 10:00 am Strength & Flex 11:00 am Light & Lively 12:00 pm Lunch 12:30 pm Setback 12:30 pm Advanced Tai Chi 12:45 pm Cribbage 1:30 pm Beginner Tai Chi Foot Care — By Appointment	
03 8:45 am AARP Safe Driver 9:00 am Walking Group 9:30 am Ceramics 10:00 am Board Games 10:00 am Strength & Flex 11:00 am Light & Lively 12:00 pm Lunch 12:30 pm Body Sculpt/Pinochle 12:45 pm Samba 1:00 pm Music Circle 1:20 pm Light & Lively 2:20/3:20 pm Yoga		18 10:00 am Book Group 10:00 am Chess Club 10:00 am Beginner Line Dancing 11:00 am Advanced Line Dancing 12:00 pm Lunch 12:30 pm Mahjong 1:00 pm Watercolor & Oil 1:30 pm Advanced Tai Chi 2:30 pm Beginner Tai Chi		19 8:30 am Friendship Circle 9:00 am Walking Group 9:15 am Stronger Seniors 9:30 am Blood Pressure Drop-in 10/11:00 am Strength & Flex 11:00 am Newcomer's Meeting 12:00 pm Lunch 12:30 pm Body Sculpt/Social Bridge 12:45 pm Mexican Train Dominoes 1:20 pm Light & Lively 2:20/3:20 pm Yoga		20 9:00 am Samba 9:30 am Scrabble 10:00 am Cardio Drumming 12:00 pm Lunch 12:30 pm Duplicate Bridge 12:30 pm Square Dancing 1:00 pm Hand & Foot 1:00 pm Quilting 2:30 pm Zumba Gold File of Life—By Appointment		21 9:00 am Walking Group 9:30 am Ceramics 10:00 am Bingo 10:00 am Strength & Flex 11:00 am Light & Lively 12:00 pm Lunch 12:30 pm Setback 12:30 pm Advanced Tai Chi 12:45 pm Cribbage 1:30 pm Beginner Tai Chi	
24 Closed Memorial Day		25 10:00 am Urinary Health Pres. 10:00am Chess Club 10:00 am Beginner Line Dancing 11:00 am Advanced Line Dancing 12:00 pm Lunch 12:30 pm Mahjong 1:00 pm Spanish Movie 1:00 pm Watercolor & Oil 1:30 pm Advanced Tai Chi 2:30 pm Beginner Tai Chi		26 8:30 am Friendship Circle 9:00 am Walking Group 9:15 am Stronger Seniors 9:30 am Blood Pressure Drop-in 10/11:00 am Strength & Flex 12:00 pm Birthday Lunch 12:30 pm Body Sculpt 12:30 pm Social Bridge 12:45 pm Mexican Train Dominoes 1:20 pm Light & Lively 2:20/3:20 pm Yoga		27 9:00 am Samba 9:30 am Scrabble 10:00 am Cardio Drumming 12:00 pm Lunch 12:30 pm Duplicate Bridge 1:00 pm Hiking 1:00 pm Hand & Foot 1:00 pm Quilting 2:30 pm Zumba Gold		28 9:00 am Walking Group 9:30 am Ceramics 10:00 am Bingo 10:00 am Strength & Flex 11:00 am Light & Lively 12:00 pm Lunch 12:30 pm Setback 12:30 pm Advanced Tai Chi 12:45 pm Cribbage 1:30 pm Beginner Tai Chi	
								29 9:00 am Walking Group 9:30 am Ceramics 10:00 am Bingo 10:00 am Strength & Flex 11:00 am Light & Lively 12:00 pm Lunch 12:30 pm Setback 12:30 pm Advanced Tai Chi 12:45 pm Cribbage 1:30 pm Beginner Tai Chi	