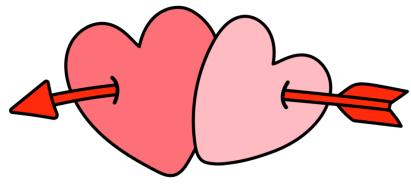


# February 2026—Manchester Senior Center Newsletter

## Valentine's Day Lunch

Cupid's arrow is headed to the Senior Center! Join us for a Valentine's Day Lunch filled with laughter, friends, and delicious food. Enjoy fun Valentine's Day Themed Games, Prizes and Music! **Day:** Tuesday, February 10<sup>th</sup> **Time:** 11:30 AM **MACC Menu:** "Marry Me" Chicken, Asparagus, Mashed Potatoes, and Special Dessert. Cost is suggested lunch donation of \$2.50. You can register for this event beginning **February 2nd**. Please visit the front office or call **860-647-3211** to sign up. ***This is a special event that requires its own registration. Your usual lunch reservation will not count. Lunch is for Valentine's Day participants only, no take-out lunches on this day.***



## Hands-Only CPR Clinic



Would you know what to do in an emergency? Minutes count. CPR can save lives. Take a few minutes to learn Hands-Only CPR from the staff at the Manchester Health Department. They will be at the Senior Center on **Thursday, February 12<sup>th</sup>**, from **11:00 AM—1:00 PM**. Stop by the Cafeteria to learn Hands- Only CPR and be better prepared in an emergency situation.

## An Afternoon of Swinging Jazz!

Come and enjoy an exciting afternoon of swinging jazz music brought to you by the talented students of the **Manchester High School Jazz Ensemble!** Mark your calendars for **Wednesday, February 18<sup>th</sup>** at **1:00 PM**. The performance will be followed immediately by a refreshments reception where you can meet the students and celebrate their hard work. Due to anticipated attendance, please **call 860-647-3211 ahead to register** for this memorable musical event. We hope to see you there!



## 2026 Senior Center Membership

It is time to renew or purchase your Senior Center Membership. Membership costs **\$10**, and is valid until December 31, 2026. You must be 60 years of age or older and a Manchester resident to be a Senior Center Member. Please visit the front desk for assistance.

### Tax Assistance Programs

AARP and VITA are offering FREE Tax Assistance at the Senior Center, please see **Page 5** for more details!

### Spring Programming

See **Page 10** for information on the **Senior Golf League, Senior Bocce League, and Senior Center Community Garden!**

## **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\*\*](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

## Senior Center Advisory Committee

The senior advisory committee meets on the 1st Tuesday of every month. Next Meeting: **February 3<sup>rd</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!

## The Six Triple Eight Film Showing

In honor of Black History Month we will be showing the Film ***The Six Triple Eight*** (2024) on **Tuesday, February 24<sup>th</sup> @ 1:00 pm**. During WWII, the only US Women's Army Corps unit of color stationed overseas takes on an impossible mission. Watch the remarkable challenges and accomplishments of the 6888th Army Battalion in this new movie. Rated: PG 13, Runtime: 2h 7m, Genre: Drama, History, War. **Please register in advance.**



## Fraud Prevention with the Manchester PD

Scams are becoming more sophisticated, but you can stay one step ahead! Join us on **Monday, February 9<sup>th</sup> at 10:00 AM** for a vital presentation by our local Police Department. Learn how to identify the latest red flags in phone calls, emails, and mail, and get practical tips on how to protect your personal information. Knowledge is your best defense! **Please register in advance.**

## Awareness Matters: Understanding Human Trafficking

Join us on **Tuesday, February 24<sup>th</sup> at 10:00 AM** for a crucial presentation on human trafficking by the Manchester Police Department. This session will go beyond the headlines to discuss what trafficking actually looks like in our communities, how to identify the signs, and what we can do to support local safety efforts. Awareness is the first step toward prevention. **Please register in advance.**

## Low Cost Health & Wellness Pet Clinic

Vet Care Everywhere will be hosting a low cost pet clinic at the Senior Center on **Friday, April 24**. **PRE-REGISTRATION IS REQUIRED**. Registration can be done online at [vetcareeverywhere.org](http://vetcareeverywhere.org), or call **860-647-3211**. SPOTS ARE LIMITED, register early. Deadline to register is April 3. 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 Missy at 860-647-3211.

# 2026 Tax-Aide Programs

## AARP Foundation Tax-Aide:



The **AARP Tax-Aide** program is providing **FREE** tax preparation services at the Manchester Senior Center beginning **Monday, February 2nd**. Appointments take place **Monday—Thursday, 12:45 PM—2:00 PM**. AARP has no age limit, or qualifying income limit. These services are by **appointment only**. To schedule an appointment please call **860-647-6024**. In order to have your tax return completed please bring all tax documents to your **scheduled appointment**. The AARP volunteers will prepare your return while you wait. You do not have to be an AARP or Senior Center Member to use this service.

## Volunteer Income Tax Assistance :



The **Volunteer Income Tax Assistance** (VITA) program is providing **FREE** tax preparation services at the Manchester Senior Center on **Saturdays, 9:00 AM—4:00 PM**, beginning January 31. This program is for Simple Income Tax Returns only. To qualify for this service families and individuals can make no more than **\$69,000 per year**. These services are available by appointment only. Please call **860-647-3092** to schedule. Please bring all tax documents to your **scheduled appointment**. The VITA volunteers will prepare your return while you wait. You do not have to be a Senior Center Member to use this service.

### **Please bring the following Documents to your appointment:**

<ul style="list-style-type: none"><li>• All W2's for the household</li><li>• 1099 Forms (Pension, Social Security)</li><li>• Social Security cards or Individual taxpayer ID numbers for all household members</li><li>• Last year's tax return (if you have one)</li><li>• Child Care Provider name, address, and tax ID or Social Security number, if you pay childcare</li><li>• Education expenses &amp; student loan information</li></ul>	<ul style="list-style-type: none"><li>• Valid photo I.D.</li><li>• Documentation of property tax payments (home, auto)</li><li>• For direct deposit, a check or savings account and routing number</li><li>• Any other tax-related documents you have received</li><li>• If you are married and filing jointly, both you and your partner need to be present to sign the completed income tax form</li></ul>
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# ENERGY ASSISTANCE 2025/2026

To apply for assistance, please speak with Ed Paquette. Ed can be reached at the Manchester Senior Center by phone: **860-647-5255**, or email: [epaquette@manchesterct.gov](mailto:epaquette@manchesterct.gov).

## Documents needed to apply:

- Proof of income: 2025 Social Security statement, paystubs for previous 4 weeks, 1099 tax form for pensions; Bank statements are ONLY allowed for spousal/child support.
- Current utility bills or utility account numbers (CNG and/or Eversource)
- SNAP benefit letter or State of CT DSS ID (if you receive SNAP)
- Current lease if your heat is included in your rent and proof of subsidized housing if it applies to you.

## First time applicants must also provide:

- Social Security cards or numbers for all household members
- Name, address, and phone number of landlord (if you are a renter)
- Mortgage or tax statement if you are a homeowner

Once your application is submitted, you will be notified by the Community Renewal Team within 45 days as to whether you have been awarded a benefit and the amount of your benefit. The benefit amount will go directly to your heating company (CNG or Eversource) and will appear as a credit on your May or June account. Oil delivery customers will receive a credit on their oil account. Energy Assistance applicants are expected to make monthly payments towards their heating bills and are encouraged to participate in CNG and Eversource payment plans.

## Income Guidelines (Family Size and Income Amount)

1	2	3	4	5	6	7
\$47,764	\$62,460	\$77,157	\$91,854	\$106,550	\$121,247	\$124,002

## HEALTH SERVICES

### Stay Steady on Your Feet: Fall Prevention Workshop

Did you know that most falls are preventable? Join us on **Thursday, February 19<sup>th</sup>** at **11:00 AM** for an informative presentation on fall prevention. Learn how to identify hazards in your home, simple exercises to improve your balance, and what to discuss with your doctor to stay safe and independent. Don't let a fall slow you down—come learn how to stay steady! **Please register in advance.**



### 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 **3<sup>rd</sup> Thursday of the month** 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.

### 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: February 6<sup>th</sup> & February 20<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 pain, foot or ankle injuries, fungal infections, or have unique foot care needs related to diabetes and circulatory conditions, specialized care can help. The First Choice Podiatry Van will be in the Senior Center Parking lot on **Friday, February 13<sup>th</sup>.** **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 convenient medical service. It's time to start feeling better from the ground up!



## PROGRAMS

### AARP Smart Driver Course

This course teaches valuable 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, February 23<sup>rd</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

We're celebrating member birthdays on the last Wednesday of each month. Our February star who is engaged to an envious duke. Their birthday celebration will take place on **February 25<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, February 17<sup>th</sup>**—

**The Book of Names**, by K. Harmel. Meetings take place in the Senior Center Library at **10:30 AM**, Residents ages 60+. Next meeting will be on **Wednesday, February 11<sup>th</sup>** at **11:00 AM**, in the book club, please contact **Janis Bouley** at Senior Center Library. You will receive [Jrbwmb40@gmail.com](mailto:Jrbwmb40@gmail.com). Books are available for introductions to our programs, and tour the book club at the Manchester Public Library in facility. **Please register in advance.**

### Computer Room

**The Computer Room is open Monday—Friday, 8:30 AM – 12:00 PM.** These are reduced hours due to AARP Tax Aide. A senior center volunteer may be in the lab Monday, Wednesday, and Friday mornings to help with computer questions.

### Friendship Circle -

Join the Friendship Circle on **Wednesday** mornings from **8:30 AM to 11:30 AM** for crafting and connection. Bring your own knitting or crochet project and enjoy the company of like-minded crafters. Drop in anytime during the meeting hours – we can't wait to welcome you! **Please register in advance.**

### Movie

**Tuesday, February 10<sup>th</sup> @ 1:00 PM—Moulin Rouge (2001)** A writer finds love with a cabaret star who is engaged to an envious duke. Their risky romance unfolds beneath the glittering pop-filled world of Paris. Starring: Nicole Kidman and Ewan McGregor. Rated: PG-13 Runtime: 2 H. 7 M. **Please register in advance.**

### Newcomers Meeting

### 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, February 17<sup>th</sup>**. Register beginning, February

2.



## PROGRAMS

### 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 on **Tuesday, February 3<sup>rd</sup>**. If you're interested or have questions please reach out to Maelene Williams at **860-874-3421**.



### 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 Oiphant at [jimoliphant50@gmail.com](mailto:jimoliphant50@gmail.com).

- **February 5<sup>th</sup>**—Downtown Glastonbury
- **February 19<sup>th</sup>**—Center Springs Park

### Square Dancing

Join us on **Thursdays** from **12:30—2:15 PM**. **February class dates: 2/5, 2/12, 2/19, & 2/26.** **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!! Please Join!

### Therapy Dogs

Bright & Beautiful Therapy Dogs will be here on **Tuesday, February 3<sup>rd</sup>** from **10:30 AM – 11:30 AM**. Please feel free to come anytime during the hour to meet the dogs. If you have any questions or would like to register, please call the front desk at 860-647-3211.



### Walking Group

This group meets **Monday, Wednesday, and Friday** mornings. Walk starts at **9:00 AM**, members meet at 8:50 AM behind Old Navy at Evergreen Walk in South Windsor. 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.

### Senior Center Open Mic



We are considering launching a fun, new **Open Mic program** at the Senior Center and want to hear from you! Are you a hidden talent waiting for a spotlight, or do you simply love watching others perform? We are looking to gauge interest both from potential **participants** and **attendees**. This program would be a wonderful opportunity for seniors to share and enjoy music, storytelling, poetry, comedy,

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

## SPRING PROGRAMS

### Get Growing: Vegetable Gardening 101

Whether you are a seasoned "green thumb" or a first-time planter, join us on **Wednesday, March 11<sup>th</sup>** at **1:00 PM** for an expert-led presentation by the **Manchester Garden Club**. This "Vegetable Gardening 101" session will cover the essentials of soil, timing, and plant care to help you have your most productive harvest yet! We will meet inside the Senior Center to stay warm while we dream of spring. Don't miss this chance to learn from the pros! **Please register in advance.**



### Senior Bocce League

Don't miss out on the fun this spring and join the Senior Center Bocce League! Enjoy friendly competition and social time with fellow members. No experience necessary! All skill levels welcome! Games are played on **Wednesdays** between **8:30 AM** and **11:00 AM**, beginning **May 6<sup>th</sup>**. **Free!** You do not need a partner to join this league, we will do our best to find you one. Substitute players are also welcome to register and fill in when needed. If you are interested in the bocce league please contact Missy Rankin at **860-647-3210**, or [mrarkin@manchesterct.gov](mailto:mrarkin@manchesterct.gov) Deadline to register is Friday, April 10.



### Senior Golf Leagues

Looking for a fun way to stay active and social? The Manchester Senior Golf League is the perfect fit! Enjoy weekly rounds, friendly competition, and the opportunity to connect with other golfers in our community. We welcome players of all skill levels. **Day:** Monday mornings, **Dates:** April 27—August 31, **Location:** Manchester Country Club, **Cost:** \$288.00



***Please complete a registration form and return it to Missy Rankin no later than April 3<sup>rd</sup>.*** Registration forms can be found on the senior center website, at the front desk, or e-mailed to you by request. No registration can be made without payment. We accept Cash, Check, Master Card, and Visa. Credit Card payments can be made over the phone by calling **860-647-3210**. Please see registration forms for more details. Contact Missy Rankin (860-647-3210, [mrarkin@manchesterct.gov](mailto:mrarkin@manchesterct.gov)) to learn more and join the fun!

### Senior Center Community Garden 2026

Spring is just around the corner! If you currently have a garden plot, keep an eye on your e-mail for details and the next steps for the 2026 season.

**Interested in your very own garden plot?** If you aren't currently a member of our garden and would like to be, we would love to have you! To join our waiting list, please visit the front desk or call **Missy Rankin at 860-647-3210**.

On **Friday, April 10th**, we will hold a random drawing to assign any available plots. Sign up today for your chance to grow with us!



# Manchester—*Silk City Travelers*

## New Trips, Sign up beginning February 2

### The New York Bee Gees

#### *Aqua Turf, Plantsville CT*

Come see the ULTIMATE tribute to the Bee Gees. The New York Bee Gees will feature all of the classic 70s disco hits from Stayin Alive to Night Fever, while embracing their early works such as To Love Somebody, and I've got to Get A Message to You, and many more! Their music is still so popular and alive, and resonates with audiences of all ages. Don't miss the sounds of the band that defined the music of the 1970s. Family style menu: Garden salad, pasta, chicken cacciatore, salmon, vegetable, potato, rolls, dessert, beverage. **Date:** Thursday, May 14 **Cost:** \$132 pp. **Includes:** Lunch, show, transportation, taxes and gratuities. **Checks to:** Friendship Tours

**Deadline:** April 6 **Departs:** 10:15 AM **Return:** 5:00 PM.

### Boston Tea Party Ships & Museum

#### *Boston, MA*

Relive the year 1773 at the Boston Tea Party Ships and Museum. Begin your guided tour at the Meeting House where Sam Adams and the colonists will tell you the story of that fateful December 16<sup>th</sup> night. Next travel to the Tea Party Ships where you'll meet the Sons of Liberty. After participating in your own "dumping of the tea" continue to the museum where you'll experience high tech, interactive exhibits. Time on own in Quincy Market for shopping and lunch. **Date:** Wednesday, May 20 **Cost:** \$124 pp. **Includes:** Tea party museum and ships, tour director, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** April 13 **Departs:** 8:45 AM **Return:** 5:15 PM.

## Previously advertised, sign up today!

### The Bobby Darin & Frank Sinatra Show

Swing into the season with lunch and a matinee show starring the DeSimone brothers paying tribute to Bobby Darin & Frank Sinatra. Please provide meal choice in advance: Baked Stuffed Chicken with Apple Cranberry Stuffing & Gravy, or Baked Sole with Crabmeat Stuffing and Lobster Sauce. All entrees served with vegetable, potato, dessert, coffee & tea. This trip is **DRIVE ON YOUR OWN**, no transportation will be provided. Arrive at Villa Louis a by 11:30 AM. Villa Louisa is located at 60 Villa Louisa Road, Bolton, CT. **Date:** Wednesday, April 22, 2026 **Cost:** \$90 pp. **Includes:** show, lunch, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** March 13.

### The Metropolitan Opera

Come see *La Bohème* at the magnificent Metropolitan Opera House. *La Bohème*, Puccini's most popular opera, is the immortal tale of tragic young love set among the rooftops of bohemian Paris in the early 1800's. Grab a bite to eat on your own in the city before the 1:00 PM performance. The show runs 3 hours, and we have balcony seating. **Date:** Saturday, April 11, 2026 **Cost:** \$195 pp. **Includes:** Show ticket, transportation, taxes and gratuities. **Checks to:** Friendship Tours **Deadline:** February 23rd **Departs:** 7:15 AM **Return:** 7:15 PM.

**\*SEE FLYERS FOR MORE DETAILS\***

***Trip Policies available online***

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

## — IN THE LOOP —

1. **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**.
2. **Support our Troops & Honor our Veterans**— Please take a moment to express your gratitude and thank a soldier for the Holiday Season. Further details are available online at <http://uwc.211ct.org/u-s-troops-how-to-support/>. Or you may contact the Military Personnel and Military families through the **Connecticut National Guard Foundation** at **360 Board Street, Room #101, Hartford, CT**. They accept monetary donations to benefit the Connecticut National Guard and organized militia members and their families and retirees in need. Open Monday-Friday from 8:00am-4:30pm. 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>
3. **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.
4. **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**.



### **Spanish Greeting Cards now Available!**

Our library now offers a variety of greeting cards in both **Spanish and English**. Feel free to stop by the library during center hours to see the new bilingual selection and find the perfect card for your next occasion!

### **Senior Center Closing Policy**

If Manchester Public Schools are closed due to inclement weather, all Senior Center programs, meals, and transportation for that day are canceled. However, Senior Center staff will still be available in the office during regular scheduled office hours. If Manchester Public Schools are on a two-hour delay, the Senior Center will open at 10:30 AM. Any programs, or activities scheduled to begin before 10:30 AM are canceled. For the most up-to-date information, please call the Senior Center to listen to our voice recording or check local news sources like **WFSB** or **NBC CT** for school closings.



# Manchester Senior Center Lunch Menu—February 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 2/2 – 2/6	Black Bean Burger Coleslaw Chips *Contains gluten, dairy*	Lemon Orzo Salad with Chicken *Contains gluten, dairy*	Pork Chops Mushrooms & Green Beans Stuffing *Contains dairy*	Chicken Tortilla Soup Cornbread *Contains gluten*	Tuna Noodle Casserole w/ Peas Garden Salad *Contains gluten, dairy, seafood*
Week 2 2/9 – 2/13	Meat Lasagna Broccoli Garlic Bread *Contains gluten, dairy*	<u>Valentine's Day Lunch</u> Marry Me Chicken Asparagus Mashed Potato Dessert *Contains dairy* <b>Call to Register No Takeouts</b>	Baked Egg Florentine Croissant Fruit *Contains gluten, dairy, eggs*	Chickpea and Zucchini Tagine Rice *Contains nuts*	Greek Turkey Burger Cucumber Salad *Contains gluten, dairy*
Week 3 2/16 – 2/20	SENIOR CENTER CLOSED	Tortellini Primavera Garlic Bread *Contains gluten, dairy*	Egg Roll in a Bowl Chicken Thighs Cabbage *Contains gluten, soy, nuts*	BBQ Pork Loin Sweet Potatoes Brussel Sprouts *Contains gluten, dairy*	Stuffed Shells Garden Salad Breadstick *Contains gluten, dairy*
Week 4 2/23 – 2/27	All Beef Hot Dog Baked Beans Fruit *Contains gluten*	Chicken Stir Fry Rice *Contains gluten, soy*	American Goulash With Ground Turkey Dinner Roll *Contains gluten, dairy*	Chicken Wings Mac and Cheese Coleslaw *Contains gluten, dairy*	Cheeseburger Tater Tot Casserole Fruit *Contains gluten, dairy*

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	Walking Group	02	9:00 am	Senior Advisory	03	8:30 am	Friendship Circle	04	9:00 am	Samba			
9:30 am	Ceramics		10:00 am	Chess Club		9:00 am	Walking Group		9:30 am	Scrabble			
10:00 am	Board Games		10:00 am	Beginner Line Dancing		9:15 am	Stronger Seniors		10:00 am	Cardio Drumming			
10:00 am	Strength & Flex		10:30 am	Therapy Dogs		9:30 am	Blood Pressure Drop-in		12:00 pm	Lunch			
11:00 am	Light & Lively		11:00 am	Advanced Line Dancing		10/11:00 am	Strength & Flex		12:30 pm	Duplicate Bridge			
12:00 pm	Lunch		12:00 pm	Lunch		12:00 pm	Lunch		12:30 pm	Square Dancing			
12:30 pm	Body Sculpt/Pinochle		12:30 pm	Mahjong		12:30 pm	Body Sculpt		1:00 pm	Hiking			
12:45 pm	Samba		1:00 pm	Red Hats		12:30 pm	Social Bridge		1:00 pm	Hand & Foot			
1:00 pm	Music Circle		1:00 pm	Watercolor & Oil		12:45 pm	Mexican Train Dominoes		1:00 pm	Quilting			
1:20 pm	Light & Lively		1:30 pm	Advanced Tai Chi		1:20 pm	Light & Lively		2:30 pm	Zumba Gold			
2:20/3:20 pm	Yoga		2:30 pm	Beginner Tai Chi		2:20/3:20 pm	Yoga		Foot Care — By Appointment				
9:00 am	Walking Group	09	10:00 am	Chess Club	10	8:30 am	Friendship Circle	11	9:00 am	Samba			
9:30 am	Ceramics		10:00 am	Beginner Line Dancing		9:00 am	Walking Group		9:30 am	Scrabble			
10:00 am	Fraud Prevention		11:00 am	Advanced Line Dancing		9:15 am	Stronger Seniors		10:00 am	Cardio Drumming			
10:00 am	Board Games		11:30 am	Valentine's Day Lunch		9:30 am	Blood Pressure Drop-in		11:00 am	Hands-Only CPR			
10:00 am	Strength & Flex		12:30 pm	Mahjong		10/11:00 am	Strength & Flex		12:00 pm	Lunch			
11:00 am	Light & Lively		1:00 pm	Movie: <i>Moulin Rouge</i>		11:00 am	Newcomer's Meeting		12:30 pm	Duplicate Bridge			
12:00 pm	Lunch		1:00 pm	Watercolor & Oil		12:00 pm	Lunch		12:30 pm	Square Dancing			
12:30 pm	Body Sculpt/Pinochle		1:30 pm	Advanced Tai Chi		12:30 pm	Social Bridge		1:00 pm	Hand & Foot			
12:45 pm	Samba		2:30 pm	Beginner Tai Chi		12:45 pm	Mexican Train Dominoes		1:00 pm	Quilting			
1:00 pm	Music Circle		2:30 pm			1:20 pm	Light & Lively		2:30 pm	Zumba Gold			
1:20 pm	Light & Lively		2:30 pm			2:20/3:20 pm	Yoga		Podiatry Van — By Appointment				
9:00 am	Walking Group	16	9:00 am	Paint Class	17	8:30 am	Friendship Circle	18	9:00 am	Samba			
9:30 am	Ceramics		10:00 am	Chess Club		9:00 am	Walking Group		9:30 am	Scrabble			
10:00 am			10:00 am	Beginner Line Dancing		9:15 am	Stronger Seniors		10:00 am	Cardio Drumming			
10:30 am			10:30 am	Book Club		9:30 am	Blood Pressure Drop-in		11:00 am	Fall Prevention			
11:00 am			11:00 am	Advanced Line Dancing		10/11:00 am	Strength & Flex		12:00 pm	Lunch			
12:00 pm			12:00 pm	Lunch		12:00 pm	Lunch		12:30 pm	Duplicate Bridge			
12:30 pm			12:30 pm	Mahjong		12:30 pm	Social Bridge		1:00 pm	Square Dancing			
1:00 pm			1:00 pm	Watercolor & Oil		12:45 pm	Mexican Train Dominoes		1:00 pm	Hiking			
1:30 pm			1:30 pm	Advanced Tai Chi		1:00 pm	Swinging Jazz MHS		1:00 pm	Hand & Foot			
2:30 pm			2:30 pm	Beginner Tai Chi		1:00 pm			2:30 pm	Quilting			
Senior Center Closed													
Washington's Birthday													
8:45 am	AARP Safe Driver	23	10:00 am	Understanding Trafficking	24	8:30 am	Friendship Circle	25	9:00 am	Samba			
9:00 am	Walking Group		10:00 am	Chess Club		9:00 am	Walking Group		9:30 am	Scrabble			
9:30 am	Ceramics		10:00 am	Beginner Line Dancing		9:15 am	Stronger Seniors		10:00 am	Cardio Drumming			
10:00 am	Board Games		11:00 am	Advanced Line Dancing		9:30 am	Blood Pressure Drop-in		12:00 pm	Lunch			
10:00 am	Strength & Flex		12:00 pm	Lunch		10/11:00 am	Strength & Flex		12:30 pm	Duplicate Bridge			
11:00 am	Light & Lively		12:30 pm	Mahjong		12:00 pm	Birthday Lunch		12:30 pm	Square Dancing			
12:00 pm	Lunch		1:00 pm	Movie: <i>The 6888</i>		12:30 pm	Body Sculpt		1:00 pm	Hand & Foot			
12:30 pm	Body Sculpt/Pinochle		1:00 pm	Watercolor & Oil		12:30 pm	Social Bridge		1:00 pm	Quilting			
12:45 pm	Samba		1:30 pm	Advanced Tai Chi		12:45 pm	Mexican Train Dominoes		2:30 pm	Zumba Gold			
1:00 pm	Music Circle		2:30 pm	Beginner Tai Chi		1:20 pm	Light & Lively		File of Life—By Appointment				
1:20 pm	Light & Lively		2:30 pm			2:20/3:20 pm	Yoga		Foot Care — By Appointment				
2:20/3:20 pm	Yoga								Foot Care — By Appointment				



February 2026



Available Daily  
8:30am—4:15pm  
Billiards  
Double 6 Dominoes  
Computer Room