

# JANUARY 2016 NEWSLETTER



## HAPPY NEW YEAR 2016

As we get ready to start a new year, I encourage everyone to think about checking out a new activity or class at the Senior Center.

The Senior Center offers a wide variety of programs to improve health and well-being. Maybe this is the year you decide to try yoga or painting or maybe learn Tai Chi (the benefits are excellent)

The Senior Center is committed to offering evidence-based programming that helps people live longer, healthier lives.

Give it a whirl, you might just discover a passion for a new activity, make a new friend or improve your health a little bit.

2016 - A New Year of Possibilities!

*Eileen Faust*  
*Director*

**STAFF:**

**Eileen Faust**  
Senior Center Director

**Liz Tracy**  
Recreation Supervisor

**Kathy Nohmy**  
Sr. Administrative Secretary

**Melanie Vassilopoulos**  
Clerical Assistant

**Wendy Waldo**  
Custodian/Bus Driver

**Mercy Agbaje**  
PT Bus Driver

**Nancy Hobby**  
Kitchen Assistant

**Debbie Keehner**  
Kitchen Assistant

**Lillian Krukak**  
Program Assistant

**Rima Riedel**  
Program Assistant  
Trip Coordinator

**Kitty Dudley**  
Social Worker

**Cathy Drouin**  
Health Department Nurse

**Visit us on the web:**

<http://seniorcenter.townofmanchester.org>

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

**Open: Mon-Fri 8:30 a.m.-4:30 p.m.**

Ph: 860-647-3211 Fax: 860-647-3240



**We are Handicap Accessible**

We now accept **CASH, CHECKS & MC/Visa Credit/Debit Cards**

**Payable to: The Town of Manchester**

**Senior Advisory Committee 2016**

**Tom Lowery - Chair**  
**Cathy Rose - Co-Chair**  
**Karl Reichelt - Secretary**  
**Marilyn Landon - Treasurer**

**Members: Barbara Armentano, Mae Foster,**  
**Paula Haney, Lee McCray, Marie Munson,**  
**Toni Sterne, Maelene Williams**

**CONTACT INFORMATION**

For the Director, Social Workers, Sr. Advisory Committee or General Information  
**860-647-3211**

For Senior, Adult and Family Services  
**860-647-3096**

For the Health Department - **860-647-3173**

For Silk City Travelers, Rima Riedel  
**860-647-5255**

Liz Tracy, Rec Supervisor - Center Springs  
**860-647-3167**

## **No Cost Income Tax Services Offered at the Senior Center**

There are **two options** available to file your simple income tax returns **FREE OF CHARGE**. The focus of these income tax preparation sites are low to middle income families, older adults, and individuals in need of assistance. The following services are available:

### **Option #1:**

The Manchester Senior Center is an **AARP Tax-Aide** site. Knowledgeable **AARP Volunteers** certified by the IRS offer tax counseling and preparation services. Tax-Aide serves low and middle-income tax payers with special attention to those **60 and older**. All services are **FREE OF CHARGE**. **You do not have to be a member** of the Senior Center to participate in these services.

**Beginning February 1, 2016**

**Manchester Senior Center**

**Monday, Tuesday, Wednesday and**

**Friday 1:00-3:30**

Last day for Tax preparations will be

**Wednesday, April 13th**

**NO RESERVATIONS REQUIRED** – This is a walk-in site; first come, first served between the hours of 1:30 & 3:00. Bring all tax information with you. **Please utilize our time stamp machine to obtain a numbered ticket upon your arrival.**

**PLEASE NOTE:** You must show that everyone on your tax return has minimum essential health insurance coverage. If your insurance was through the Affordable Care Act, bring the **1095A** or exemption documentation. Medicare and Medicaid insurance are considered minimum essential coverage. We cannot prepare taxes for anyone who wants to claim the First Time Homebuyer's Credit, rental properties, complicated Schedule Ks, and large businesses including Schedule C, complicated/lengthy Schedule D/1099B, Schedule E, Schedule F, Form 2106, Form 3903, Form 8615, Schedule K-1, HSA, COD, Active Military or International returns.

**If married**, both husband and wife should be present during an income tax counseling session.

Taxpayers must have the following available during their meeting with the Tax-Aide counselor. All information and documents that have been received that apply to their **2015** income taxes:

- Be prepared to fill out an IRS-required Interview and Intake form on arrival in cafeteria
- Copies of 2014 income tax return (all forms)
- Social Security numbers for all household members and personal Photo Identification
- A checkbook so that any refund due can be direct deposited
- Documents that relate to deductible expenses
- 2014 income report forms that have been received including: SSA-1099, Social Security Benefit
- 1098, 1099 forms (G, R, S, B, INT, DIV, etc.)
- W-2, Wage and Tax Statement forms
- W-2G, Certain Gambling Winnings forms
- Original cost of assets sold (Including stocks, bonds, etc.) during 2015
- All receipts for itemizing deductions (medical expenses paid, taxes/interest paid, charitable cash/noncash contributions, other deductible expenses)

This AARP administered program is staffed by strictly volunteer personnel and is a **FREE SERVICE**. Please **DO NOT** embarrass us by offering tips, cash, tickets, coupons, etc., as a gratuity. We are not **ALLOWED** to accept same. Please keep in mind that even though we are not allowed to discriminate against anyone, the program is primarily to help those of lower to moderate incomes.

**AARP Tax-Aide** is a program of the AARP Foundation, offered in conjunction with the **IRS**.  
\*\*\*\*\*

## **No Cost Income Tax Services Offered at the Senior Center**

### **Option #2:**

#### **V.I.T.A. – Volunteer Income Tax Assistance**

Sponsored by the Town of Manchester – Operated through the Human Services Department  
**VITA serves the ELDERLY and OTHER CITIZENS with INCOME under \$53,000**

You do not have to be a member of the Senior Center to Schedule an Appointment

**BY APPOINTMENT ONLY – 647-3092**

Beginning January 30, 2016

**Thursday Evenings – 6:00 p.m. – 8:00 p.m.**

Saturdays – 9:00 a.m. – 4:00 p.m.

**V.I.T.A. SITE TAX PREPARATION ENDS**

Friday, April 15, 2016

### **Town of Manchester**

#### **Senior Volunteer Tax Credit Program**

Do you have an annual income of not more than \$35,200 unmarried or \$42,900 as a married couple for the 2015 calendar year? Were you 65 years of age or older as of December 31st 2015? Do you own real property (home) in Manchester? Do you occupy the property as your principal residence? Are you able to work a minimum of 50 hours of volunteer service in Manchester between the time we qualify you for this program and May 13th? If you answered yes to these questions, you may qualify for the Senior Volunteer Tax Credit Program **OR** if you already qualify for the Town of Manchester's Senior Property Tax Relief Program, you may provide documentation from the Manchester Office of Assessment and Collection and you may automatically qualify for the Senior Citizen Tax Credit Program. **You must apply every year, even if you qualified last year.** If you have additional questions or to find out more information please contact the Town of Manchester Human Services Department at **(860) 647-3092** or **email Lisa Fusco** at [lfusco@manchesterct.gov](mailto:lfusco@manchesterct.gov).

### **SAVE THE DATE:**

#### **Senior Taxpayer Program**

**Tuesday, February 23, 2016 at 2:00 p.m.**, there will be a presentation by John Rainaldi, Director of Assessment and Collection. John will discuss the process of Manchester's 2016 real estate revaluation, and review the tax assistance programs available to Manchester's senior citizens. This will include information on the Senior Homeowner's Program, the HELP Program, Veteran's Programs and various other programs that are offered to qualifying seniors. Please leave your name and phone number at the senior center front office or call 860-647-3211 so that we may properly prepare for your visit.

**For more information on the Senior Taxpayer Program call 860-647-3011**



**Floral Demonstration By  
Mike Orlowski**  
**Monday, January 11, 2016**  
**2:00 PM**  
**In the Craft Room**



Have you ever wanted to learn how to put together a simple floral arrangement but didn't know where to start? Join Mike Orlowski from Park Hill Joyce Florist for an interesting and informative afternoon. Mike will share some of his helpful hints on how and where to start. You won't want to miss this program.

Please sign up in the senior center office.

**Remember: Monday, January 11, 2016 2:00 PM in the Craft Room**

## **HEALTH SERVICES**

### **Blood Pressure – Drop In**

Cathy Drouin, RN, BSN, Sr Ctr Nurse  
Wed, Jan 06, 2016 9:00 a.m. – 12:00 Noon  
Wed, Jan 13, 2016 9:00 a.m. – 12:00 Noon  
Wed, Jan 20, 2016 9:00 a.m. – 12:00 Noon  
Wed, Jan 27, 2016 9:00 a.m. – 12:00 Noon

Manchester Seniors may also have their blood pressure checked at the **Community Y** from **9:30-10:30 a.m.** in addition to housing sites currently served. If you have any questions, please contact the **Health Department 860-647-3173** or go online at <http://humanservice.townofmanchester.org/health>

### **\*Foot Care–Appointment Only**

**Friday, Jan 15<sup>th</sup>, 2016**

The cost of foot care is now **\$29** due to substantial increases in insurance and supply costs as well as maintaining a professional nursing staff. As always, if anyone has a problem with the increase we will adjust accordingly. This is a valuable service we offer, so give the Health Department a **call at 860-647-3173** and make that important **appointment today!** This service is not billed to Medicare, Medicaid, or private insurance. **THIS CLINIC IS NOT FOR DIABETICS.** **MEDICARE DOES COVER PODIATRIST CARE.**

### **Chronic Disease Self-Management Workshop**

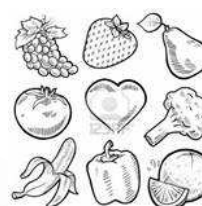
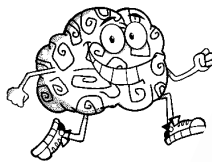
The Chronic Disease Self-Management Program is **free six-week workshop** given in two and a half hour sessions. The workshop is being offered at the Manchester Senior Center located at 549 East Middle Turnpike. If you have conditions such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, this **Live Well** Workshop can help you take charge of your life. This workshop is designed for adults with chronic conditions and or a caregiver of someone with a chronic condition. Those who want to take charge of their ongoing health problems and get relief from their pain, fatigue, and other symptoms should attend. The workshop begins **Tuesday, February 23**, and runs through **Tuesday, March 29 from 9:30a.m. - 12:00 Noon**. To **register** or to receive more information, call the **Manchester Health Department at (860) 647-3173**. **Space is limited.**

# HEALTH SERVICES

## Top 10 Healthy 2016 News Year's Resolutions for Older Adults

Making a healthy New Year's Resolution can help you get healthier and feel better for many more years to come. Here, from the American Geriatrics Society Foundation for Healthy Aging, are leading expert's top 10 healthy New Year's resolutions for older adults.

1. Eat Fruits, vegetables, whole grains, fish, low-fat dairy and healthy fats
2. Take a multivitamin
3. Exercise
4. See your Doctor regularly
5. Toast with a smaller glass
6. Guard against falls
7. Give your brain a workout
8. Quit smoking
9. Speak up when you feel down or anxious
10. Get enough sleep



### **SOCIAL WORK SERVICES - Kitty's Quote of the Month:**

"It is cynicism and fear that freeze life; it is faith that thaws it out, releases it, sets it free." Harry Emerson Fosdick

## 10 Simple New Years Resolutions for 2016

### **1. Take Your Health Into Your Hands**

Listening to health professionals is an important part of maintaining a healthy lifestyle. Do your own research on healthy habits you can begin based on your individual health needs. If you're trying to watch your blood sugar levels, find some great sugar-free versions of your favorite foods. If you're active and trying to come up with stress relief techniques, think about yoga or meditation. From dropping your diet soda habit to taking an hour-long walk a day, you can make small changes for a big difference.

### **2. Eat Better**

Speaking of food habits, 2014 is a great year to provide your body with the right fuel that it needs. [ChooseMyPlate.gov](http://ChooseMyPlate.gov) is a great resource on nutritious eating, and it suggests that 50% of your plate be fruits and vegetables.

### **3. Find a New, Healthy Activity**

The great thing about physical fitness is that there are so many ways to incorporate it into your lifestyle. Now is a good time to try out a sport you've always wanted to take part in or to swim laps a few times a week like you used to. Experiment and find the right activity for your personality and activity level.

### **4. Check Something Off of Your Bucket List**

Entering your golden years doesn't mean that the excitement is over! This can be the year you finally take that trip to Paris, reunite with your childhood best friend or buy your dream car. It might take some work, but think about the biggest goal you have yet to accomplish and start working toward it!

### **5. Connect More With Friends and Family**

Make connecting with loved ones a priority this year. This can happen by scheduling a weekly Skype call with your grandchildren, having coffee every other week with your old high school pals or making sure to fit in a date night every month. Time spent laughing with those that mean the most is time well spent.

### **6. Reduce**

One of the best lessons we ever learn is the difference between "want" and "need." Making the move from a house to a retirement community is a great example of downsizing and making this important decision. But it doesn't have to stop there. Look around your home and see where you can reduce clutter. In just a few minutes you can sort through one of those messes you've "been meaning to get to" and make your space more usable!

Similarly, the beginning of a new year is a good time to look at your budget and decide where you may be able to cut back.

### **7. Be a Kid Again**

Did you love riding bikes as a child? Did you take Saturday morning shopping trips with your mother? Think about a happy memory from childhood and bring it back to your life in a new way!

### **8. Tell Your Story Your Way**

Sharing your life with your children and grandchildren will mean more to them than you know. Technology makes it easier to share photos and stories than ever before. Upload old photos to [Flickr](http://Flickr) or start a blog to share your story with the world!

### **9. Brush Up on New Technology**

Speaking of new technology – are you confused about the [Facebook](http://Facebook) feature your granddaughter explained to you? Would you like to figure out how to video chat on your own? Learn about a piece of technology that is of interest through a local community class or your own research! Searching [YouTube](http://YouTube) for tutorials is a good place to start, or reach out to the tech addict in your life!

### **10. Celebrate the Little Things**

Every healthy check up, child's birthday, and reached goal is another reason to celebrate. Make 2014 the year that you acknowledge and celebrate the good moments!

## PROGRAM NOTES

### **AARP Drivers Safety Program**

If you have any questions about the information outlined, you are encouraged to contact a volunteer in your area or contact **1-800-569-1658** or **drive@aarp.org**. Classes resume January 28<sup>th</sup>, February 25<sup>th</sup>, March 31<sup>st</sup>, April 28<sup>th</sup>, May 26<sup>th</sup>, and June 30<sup>th</sup> 2016. SAVE at least 5% on your Auto Insurance. The class is limited to 25 participants. AARP does not accept walk-ins the day of the class. **\$15.00** for AARP members or **\$20.00** non-AARP members. **Payments made by Check only.**

### **Advisory Committee Meeting**

**YOUR** Advisory Committee will be meeting on **Friday, January 8th at 9:00 a.m.** (the Senior Center will be **Closed** on Friday, January 1, 2016) in the Library to discuss issues of concern to members! This is your chance to see the committee in action and to let them know that you support them 100%. All Senior Center and New Members are encouraged to attend.

### **Book Group**

The Book Group will meet on **Tuesday, January 19<sup>th</sup> at 10:30 in the Library.** *“Thunderstruck”* by Erik Larson. A true story of love, murder, and the end of the world’s “great hush” The interwoven stories of two men—Hawley Crippen, a very unlikely murderer, and Guglielmo Marconi, the obsessive creator of a seemingly supernatural means of communication—whose lives intersect during one of the greatest criminal chases of all time.

### **Breakfast Club**

The Breakfast Club group of members meet on **Friday mornings from 8:30a.m. – 10:00a.m. at Guido’s Restaurant**, located at 242 Broad Street in Manchester, **860-432-5999**. As this is a drop in program, we are not always made aware of any changes in meeting locations. New members are always welcome.

### **Computer Room – Drop-In HOURS \***

The Open computer lab will be closed on **Jan 5, 8, & 11 for AARP Training.** \*Hours are subject to change. **Jim Lessard, Jimmy and Fran** are available in the computer room **Monday and Thursday** should you have any questions.

### **Computer Training – Drop-in Program**

Karen Freund (pronounced “**Froy-nd**”) from our own Information Systems will be available in the Computer Lab to answer questions and tutor regarding Microsoft Products, Facebook, Twitter and other computer/media questions. **Wednesday, January 20<sup>th</sup>, 10:00 a.m.-12:00 noon.**

### **Golf League - Ladies**

The Senior Ladies Golf League would like to invite former, current and prospective golf players to join them for lunch at the Manchester Country Club **Waterview Café** on the first Monday of each Winter month. Enjoy good food and friendship on **January 4<sup>th</sup>, February 1<sup>st</sup>, March 7<sup>th</sup> or April 4<sup>th</sup>.** Please contact **Dolores Dunn at 860-649-8101** for more information.

## PROGRAM NOTES

### Hiking Schedule

Times: **A) 1-3pm** – Local areas, **B) 1230-330pm** – More distant or limited parking areas/carpooling

\*\* Note: ALL carpooling will be from the parking lot on the corner of Oak Street and Cottage Street in downtown Manchester \*\*

**01/07** Main St., Manchester (@ carpool lot) - **A**

**01/21** Main St., Glastonbury – **B**

**02/04** Old Wethersfield – **B**

**02/18** Riverwalk, East Htfd to Htfd – **B**

**03/03** Center Springs Park, Manchester – **A**

**03/17** Howard/Porter Reservoir (from Finley St.),  
Manchester – **A**

**03/31** Shenipsit Trail at Bolton Notch – **A**

**04/14** Scantic River Park, East Windsor – **B**

**04/28** Schoolhouse Brook Park, Mansfield – **B**

**05/12** Lombardi Ridge Preserve, Bolton – **A**

**05/26** Nipmuck Trail (Puddin Lane to Wolf  
Rock), Mansfield – **B**

**06/09** Great Pond Preserve, Glastonbury - **B**

### Newcomers Meeting

The next Newcomer's meeting, open to those 60+ and Members will be held on **Wednesday, Jan 20th at 11:00 a.m.** in the Bingo Room. New members will receive introductions to our programs and tour our facility. You must **REGISTER with the front office** by calling **(860) 647-3211** **ahead of time** so we may properly prepare for your visit. If you would like to have lunch with us, please register for **lunch on Monday, Dec 14<sup>th</sup> or Tuesday, Dec 15<sup>th</sup> by 12:00 Noon.** We look forward to your visit!

### Rebuilding Together 2016!!

Rebuilding Together is a volunteer organization dedicated to **rehabilitating the homes** of low-income homeowners, particularly the elderly, disabled and veterans. There is **NO COST** to the homeowner for these repairs or home modifications. This year's **Rebuilding Together Volunteer event** will take place on **Saturday, April 30, 2016.** Homeowner applications are currently available by contacting **Scott Garman at 860-647-3139 or Liz Tracy at 860-647-3167 for more information**

### Red Hat Society

The next meeting will be held on **Tuesday, January 5<sup>th</sup> at 1:00 pm.** The Red Hats monthly meetings are held on the **1st Tuesday of each month at 1:00 pm in the Senior Center Library.** New members WELCOME! Bring a friend. If you're interested in joining the Royal Scarlet Gadabouts Red Hat Chapter, please contact **Queen Maelene Williams at (860) 644-1747.**

### Senior Center Community Gardeners – 2016 - Attention!

We have a great piece of land behind the building which is used as a community garden and open to **SENIOR CENTER MEMBERS ONLY.** New and returning gardeners are responsible for the purchase of their own plants and for tending to their own plant beds. Plant beds are ready for planting by mid-May. If you would like a space next year, please remember to return your garden form sheet to **Liz Tracy no later than January 29, 2016.** Act now as **SPACES ARE LIMITED!**



Town of Manchester – MPR – Parks and Recreation

## **PICKLEBALL – Indoor Play**

Individuals 30 years and over are invited to play – BUT geared to Boomers & Beyond!

### **Nathan Hale School 160 Spruce St.**

Individuals must pre-register at various registration sites!

**Mondays:** 1/4 – 1/25 6-8pm \$10

2/8 – 2/23 6-8pm \$10

3/7 – 3/28 6-8pm \$10

4/4 – 4/25 6-8pm \$10

5/2 – 5/23 6-8pm \$10

**Thursdays:** 1/7 – 1/28 6-8pm \$10

2/4 – 2/25 6-8pm \$10

3/3 – 3/24 6-8pm \$10

4/7 – 4/28 6-8pm \$10

5/5 – 5/26 6-8pm \$10

\$10.00 applies for residents as well as non-residents since this is a regional program.

Please note: We need 16 players registered "per session".

Wear comfortable clothing, sneakers and bring a water bottle.

Equipment available on site.

## “IN THE LOOP”

1. **Manchester Matters E-mail**

Stay informed about the Town of Manchester, by receiving periodic emails. Residents and those who work in town can sign up online at [www.townofmanchester.org](http://www.townofmanchester.org) or call 860-647-5235.

2. **Volunteer Help Needed within the Manchester Community.** Groups that need volunteers are listed on the website either as **LEISURE** [www.townofmanchester.org/leisure/](http://www.townofmanchester.org/leisure/) or as **CLUBS** [www.townofmanchester.org/club](http://www.townofmanchester.org/club).

3. **ECHN Volunteers Needed**

No Experience Necessary. Please call: Ashley Thompson, Volunteer Coordinator at **860-647-6841** or [athompson@echn.org](mailto:athompson@echn.org).

4. **Foodshare**

If you are interested in participating as a single volunteer, with your family or as part of a service group project, please contact **Krista Ostaszewski at Foodshare: 860-286-9999 ext. 104** or e-mail: [kosta@foodshare.org](mailto:kosta@foodshare.org).

5. **S.eniors H.elp O.ur P.antry**

Our **MACC** contribution box is located in the Senior Center Lobby as you enter the building. With everyone’s help we can keep our **MACC** box full. To make a monetary contribution to **MACC**, you can pick up a donation form from the front office and send a check directly to **MACC** indicating our **S.H.O.P.** program. The address is **466 Main St, Manchester, CT 06040**.

6. **MACC Emergency Shelter – New Year Donations**

Your food/shelter donations are more important than you think. Winter has its challenges when talking about providing basic needs. Your help is a lifeline to those in need of your compassion. Donations to the **MACC Shelter** can be made by going up on the porch of 466 Main Street (facing the Town of Manchester parking lot) and **ringing the bell** from 8:00 a.m. – 10:00 p.m. (Monday – Friday) or 6:00 p.m. – 10:00 p.m. (Saturday & Sunday).

7. **MACC Food Pantry – New Year Donations**

Monetary Donations to the food pantry for Winter can be mailed to **P.O. Box 3804, Manchester, Ct 06045-3804**. Food Donations can be dropped off at 466 Main Street on Mondays and Wednesdays, 1:00p.m.-5:00p.m., Tuesdays and Thursdays, 8:30a.m.- 2:00p.m. and Fridays, 8:30a.m.-3:30p.m. Special arrangements for food donations can be arranged by calling Dale Doll at 860-288-4251 or Beth Stafford, Executive Director/CEO at 860-647-0440. Please visit [www.maccct.org](http://www.maccct.org).

8. **Support our Troops & Honor our Veterans for the New Year!**

Please take a moment to express your gratitude and thanks to a soldier this **New Year**. Further details are available online at [www.townofmanchester.org/press/VFW1.cfm](http://www.townofmanchester.org/press/VFW1.cfm). Large, group donations should be delivered to the VFW Post 2046 at 608 East Center Street, 860-647-6741, M-F, 3-9 pm. Small, individual donations can be dropped off at Town Hall Customer Service & Information Center, 41 Center Street, **860-647-5235**.

## SILK CITY TRAVELERS

### Lady Huskies at Gampel Pavilion

**Date:** February 6th

Price \$54 all inclusive

**Deadline:** Friday, January 22

Activity Level: Mild

Make checks payable to Getaway Tours

### Lady Huskies Semi Finals at Mohegan Sun

**Date:** March 6<sup>th</sup>

Price \$69pp All Inclusive

**Sign up dates:** January 19 & 20

**Deadline:** Friday, February 12

Activity Level: Mild to Moderate

Make checks payable to Getaway Tours

### St. Paddy's Day Celebration at Chez Josef

**Date:** March 15

Price: \$\_\_\_\_\_ All Inclusive

Activity Level: Mild to Moderate

**Sign up:** January 26 & 27

**Deadline:** Friday, February 19

Make checks payable to the Travel Group

### "One Slight Hitch" at Newport Play House

**Date:** March 31st Lunch & Show

Price: \$99 pp All Inclusive

Activity Level: Mild

**Sign up:** January 26 & 27

**Deadline:** Friday, February 19

Make checks payable to Getaway Tours

**The next travel meeting is scheduled for  
Wednesday, January 20<sup>th</sup>, 2016**

### Lifestyles of the Rich and Famous, Long Island

**Date:** April 26 – 28 Hamptons tour, Oheka Castle  
Vanderbilt Gardens

**Price:** \$479 All Inclusive

Activity Level: Moderate to Active

**Sign up:** January 19 & 20

**Deadline:** Friday, March 4

Make checks payable to Friendship Tours

### Escorted Canada / New England Cruise

**Date:** Fri, July 15<sup>th</sup> to Sat, July 23, 2016

Price: from \$1,979pp to \$2,169pp

**Sign up dates:** **Deadline:** Fri, March 8<sup>th</sup> – **NO EXCEPTIONS!**

Make checks payable to Friendship Tours &  
Cruises

Activity Level – Mild to Active

### Save the Dates:

#### South Dakota

**Dates:** September 6-12, 2016

Price: \$2,299pp

**Deadline:** April 29, 2016

Activity Level – Mild to Active

Checks payable to Collette Tours

### Saturday Night Fever, Westchester Broadway Theatre

**Date:** November 10, 2016

Price: \$99pp

**Sign up:** See Rima

Make checks payable to Getaway Tours

Activity Level - Mild

### Christmas in London

**Dates:** November 30 – December 7, 2016

Price: \$2,599pp dbl – 7day – 5 breakfast, 2 dinner

Activity Level – Moderate to Active

For Reservations and more information contact **Rima Riedel at 860-647-5255**

(the voice mail message will say that "you have reached the Program Assistant mailbox", PLEASE HIT #3 for Anne Millis, when you HIT #3 you will then hear the voice mail msg for RIMA) or stop by the front office.

## Senior Center – In General . . .



**Lunch Program\*\*** – Meals are served from 12:00 to 12:30 p.m. each weekday. Per the Community Renewal Team (CRT) the suggested donation of **\$2.50** is for those 60+ years of age and older. Under 60 years old you must pay the required cost of **\$5.00** per meal. **\*\*Reservations can be made up to two days ahead of time and no later than the day before by 12:30 p.m.** by calling 860-647-3211. You do not have to be a Senior Center Member to eat lunch here. CRT lunch/menu/service questions can be directed to Stefanie Belding, Asst VP Nutrition Svcs, 860-560-5826.



**Senior Center Transportation** – Bus rides to and from the Senior Center or for grocery/retail shopping can be scheduled **up to 3:00 p.m. on the day before your ride is needed.** Call the Senior Center at 860-647-3211 to schedule your ride with us. If you find that you need to cancel your ride with us, please call the office as soon as possible. We appreciate as much advance notice as possible.



### **Grocery Shopping – Tuesdays**

The bus grocery shops on the 1<sup>st</sup> & 3<sup>rd</sup> Tuesday at **Shop Rite** and the 2<sup>nd</sup> & 4<sup>th</sup> Tuesday at **Stop & Shop - Reminder:** Shoppers are limited to **only three (3) bags each and 25 lbs/ea bag.** Make sure to reserve your bus ride the day before 3:00 p.m.



### **Retail Shopping – Wednesdays is back!**

Reserve your bus ride the day before 3:00 p.m. The bus shops on the following schedule: 1<sup>st</sup> Wednesday – Walmart, 2<sup>nd</sup> Wednesday – Walmart/Target, 3<sup>rd</sup> Wednesday – Kmart/Kohls, 4<sup>th</sup> Wednesday – Mall or Christmas Tree Shops.

## TOWN OF MANCHESTER – Dial-A-Ride Services



**DIAL-A-RIDE is a separate service** from the Manchester Senior Center Transportation (see above)

To **Register** for Dial-A-Ride **for the first time**, call **860-870-7940** between **2:30-4:00 p.m.** To **Reserve** a ride thereafter with **DIAL-A-RIDE**, call **860-870-7940** between **8:30 a.m. -2:00 p.m.**

Please direct questions or comments to Senior, Adult & Family Services **860-647-3096** if you need more information.

Saturday trips weekly, except on holiday weekends. Trips to ECHN Medical Building in South Windsor are available every Thursday as needed. Trips to Motor Vehicle Dept. will be scheduled on an as needed basis when at least 3 people request a ride.

**ACTIVITIES & PROGRAMS**

**January, 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
				JAN 1
				SENIOR CENTER CLOSED
				Happy New Year
				NO ACTIVITIES
				NO PROGRAMS
				NO CLASSES
				NO LUNCH
				NO BUS



## ACTIVITIES & PROGRAMS

January, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	<b>SHOP RITE</b>	<b>WALMART</b>		
COMP Lab 830-430	COMP Lab 830-430	COMP Lab 830-430	COMP Lab 830-430	COMP Lab 830-430
BILLIARDS 830-415	BILLIARDS 830-415	BILLIARDS 830-415	BILLIARDS 830-415	BILLIARDS 830-415
PING PONG 830-430	PING PONG 830-430	PING PONG 830-430	PING PONG 830-430	PING PONG 830-430
	WOODSHOP 9-12	Friendship Circle 830-1130	Scrabble 930-1130	Walking Grp 845-11
Digital Photo 930-1130	Bellyrobics 10-11	Walking Grp 845-11		Brkfast Club 830-10 <b>GUIDOS</b>
Ceramics 930-1130	Mahjong 1230-200	<b>BLOOD PRESSURE 9-12</b>	Wii Bowling League 10-1130	<b>Advisory Cmte Mtg 9-10</b>
BINGO 10-12	<b>RED HATS 1-4</b>	WOODSHOP 9-12	Line Dance 10-11	Ceramics 930-1130
Strength & Flex 10-11	Water Color & Oil 1-3	Stronger Seniors 915-10	Duplicate Bridge 1230-4	BINGO 10-12
	Tai Chi 2 130-230	Strength & Flex 10-11	HIKING 1-3	Strength & Flex 10-11
Men's Group 1045-1145	Tai Chi 1 230-330	Strength & Flex 11-12		LiteNLively 11-1155
Pinochle 1230-230		Guided Med 1115-1145	Quilting 1-4	Tai Chi 2 12-1
Body Sculpt 1230-115		Body Sculpt 1230-115	Hand & Foot Cards 1-415	Setback 1245-3
Poker 1245-230		Social Bridge 1230-4	Zumba 2-3	Cribbage 1245-3
Koffee Klatch 1-4		Strength & Flex 11-12		Tai Chi 1 1-2
LiteNLively 120-215		Dominoes 1245-3		
Yoga Plus 1 225-315		LiteNLively 120-215		
Yoga Plus 2 325-415		Yoga Plus 1 225-315		
		Yoga Plus 2 325-415		


## ACTIVITIES & PROGRAMS

January, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	<b>STOP &amp; SHOP</b>	<b>TARGET</b>		
COMP Lab 830-430	COMP Lab 830-430	COMP Lab 830-430	COMP Lab 830-430	COMP Lab 830-430
BILLIARDS 830-415	BILLIARDS 830-415	BILLIARDS 830-415	BILLIARDS 830-415	BILLIARDS 830-415
PING PONG 830-430	PING PONG 830-430	PING PONG 830-430	PING PONG 830-430	PING PONG 830-430
Digital Photo 930-1130	WOODSHOP 9-12	Friendship Circle 830-1130	Scrabble 930-1130	Walking Grp 845-11
Ceramics 930-1130	Bellyrobics 10-11	Walking Grp 845-11		Brkfast Club 830-10 <b>GUIDOS</b>
BINGO 10-12	Mahjong 1230-200	<b>BLOOD PRESSURE 9-12</b>	Wii Bowling League 10-1130	Ceramics 930-1130
Strength & Flex 10-11	Water Color & Oil 1-3	WOODSHOP 9-12	Line Dance 10-11	BINGO 10-12
	Tai Chi 2 130-230	Stronger Seniors 915-10	Duplicate Bridge 1230-4	Strength & Flex 10-11
Pinochle 1230-230	Tai Chi 1 230-330	Strength & Flex 10-11	Quilting 1-4	LiteNLively 11-1155
Body Sculpt 1230-115		Strength & Flex 11-12	Hand & Foot Cards 1-415	Tai Chi 2 12-1
Poker 1245-230		Guided Med 1115-1145	Zumba 2-3	Setback 1245-3
Koffee Klatch 1-4		Body Sculpt 1230-115		Cribbage 1245-3
LiteNLively 120-215		Social Bridge 1230-4		Tai Chi 1 1-2
Yoga Plus 1 225-315		Strength & Flex 11-12		
Yoga Plus 2 325-415		Dominoes 1245-3		<b>FOOTCARE by appointment</b>
		LiteNLively 120-215		
<b>FLORAL DEMONSTRATION</b>		Yoga Plus 1 225-315		
<b>2-3 CRAFT ROOM</b>		Yoga Plus 2 325-415		

## ACTIVITIES & PROGRAMS

January, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	<b>SHOP RITE</b>	<b>KMART / KOHLS</b>		
<b>SENIOR CENTER CLOSED</b>	COMP Lab 830-430	COMP Lab 830-430	COMP Lab 830-430	COMP Lab 830-430
	BILLIARDS 830-415	BILLIARDS 830-415	BILLIARDS 830-415	BILLIARDS 830-415
<b>MARTH LUTHER KING DAY</b>	PING PONG 830-430	PING PONG 830-430	PING PONG 830-430	PING PONG 830-430
	WOODSHOP 9-12	Friendship Circle 830-1130	Scrabble 930-1130	Walking Grp 845-11
<b>NO ACTIVITIES</b>	Bellyrobics 10-11	Walking Grp 845-11	Wii Bowling League 10-1130	Brkfast Club 830-10 <b>GUIDOS</b>
<b>NO PROGRAMS</b>	<b>BOOK GROUP 1030-1130</b>	<b>BLOOD PRESSURE 9-12</b>	Line Dance 10-11	Ceramics 930-1130
<b>NO CLASSES</b>	Mahjong 1230-200	WOODSHOP 9-12	Duplicate Bridge 1230-4	BINGO 10-12
<b>NO LUNCH</b>	Water Color & Oil 1-3	Stronger Seniors 915-10	HIKING 1230-330	Strength & Flex 10-11
<b>NO BUS</b>	Tai Chi 2 130-230	<b>COMPUTER TRAINING 10-12</b>	Quilting 1-4	LiteNLively 11-1155
	Tai Chi 1 230-330	Strength & Flex 10-11	Hand & Foot Cards 1-415	Tai Chi 2 12-1
		<b>NEWCOMERS MTG 11-12</b>	Zumba 2-3	Setback 1245-3
			Strength & Flex 11-12	Cribbage 1245-3
			Guided Med 1115-1145	Tai Chi 1 1-2
			Body Sculpt 1230-115	
			Social Bridge 1230-4	
			Strength & Flex 11-12	
			Dominoes 1245-3	
			LiteNLively 120-215	
			Yoga Plus 1 225-315	
			Yoga Plus 2 325-415	
		Strength & Flex 10-11		
		<b>TRAVEL MEETING</b>		



## ACTIVITIES & PROGRAMS

January, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>25</b>	<b>26</b> STOP & SHOP	<b>27</b> Xmas Tree / Mall	<b>28</b> Drivers Ed 830-1230	<b>29</b>
COMP Lab 830-430	COMP Lab 830-430	COMP Lab 830-430	COMP Lab 830-430	COMP Lab 830-430
BILLIARDS 830-415	BILLIARDS 830-415	BILLIARDS 830-415	BILLIARDS 830-415	BILLIARDS 830-415
PING PONG 830-430	PING PONG 830-430	PING PONG 830-430	PING PONG 830-430	PING PONG 830-430
Digital Photo 930-1130	WOODSHOP 9-12	Friendship Circle 830-1130	Scrabble 930-1130	Walking Grp 845-11
Ceramics 930-1130	Bellyrobics 10-11	Walking Grp 845-11	Wii Bowling League 10-1130	Brkfast Club 830-10 <b>GUIDOS</b>
BINGO 10-12	Mahjong 1230-200	<b>BLOOD PRESSURE 9-12</b>	Line Dance 10-11	Ceramics 930-1130
Strength & Flex 10-11	Water Color & Oil 1-3	WOODSHOP 9-12	Duplicate Bridge 1230-4	BINGO 10-12
WII Drop In 1030-1130	Tai Chi 2 130-230	Stronger Seniors 915-10		Strength & Flex 10-11
Men's Group 1045-1145	Tai Chi 1 230-330	Strength & Flex 10-11	Quilting 1-4	LiteNLively 11-1155
Pinochle 1230-230		Strength & Flex 11-12	Hand & Foot Cards 1-415	Tai Chi 2 12-1
Body Sculpt 1230-115		Guided Med 1115-1145	Zumba 2-3	Setback 1245-3
Poker 1245-230		Body Sculpt 1230-115		Cribbage 1245-3
Koffee Klatch 1-4		Social Bridge 1230-4		Tai Chi 1 1-2
LiteNLively 120-215		Dominoes 1245-3		
Yoga Plus 1 225-315		LiteNLively 120-215		
Yoga Plus 2 325-415		Yoga Plus 1 225-315		
		Yoga Plus 2 325-415		



# SENIOR COMMUNITY CAFÉ

# JANUARY

# 2016

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4	Russian Cabbage Soup Kielbasa Pierogies in Onion Butter Sauce Sauerkraut Oatnut Bread Pineapple Tidbits	5	Lemon Baked Chicken Confetti Rice Capri Blend Vegetables Wheat Dinner Roll Fresh Fruit	6	Orange Juice Buttercrumb Fish Filet On Multi-Grain Bun Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Apple Strudel Stick	7	Farmer Brown Soup Roast Pork Loin w/Vegetable Gravy Cut-Up Sweet Potatoes Saltines Beets Fresh Fruit	8	American Chop Suey Tossed Salad w/Cherry Tomatoes & Cucumbers Italian Dressing Green Cut Beans Club Roll Mixed Fruit
11	Autumn Soup Salisbury Steak w/Vegetable Gravy Garlic Smashed Potatoes California Blend Vegetables Saltines 100% Whole Wheat Bread Sliced Apples	12	Orange Juice Turkey Stew w/Extra Potatoes & Vegetables Brussel Sprouts Homemade Biscuit Apple/Peach Crisp	13	Baked Ham w/Raisin Sauce Oriental Rice Broccoli Normandy 12-Grain Bread Sliced Peaches & Pears	14	Hearty Vegetable Soup Chicken Salad on Croissant Sweet Potato Fries Leaf Lettuce Sliced Tomatoes Tropical Fruit	15	Carbonara (Ham & Bacon) Sauce Over Farfalle Noodles Italian Mixed Vegetables Wheat Dinner Roll Fresh Orange
18	<b>CLOSED IN OBSERVANCE OF MARTIN LUTHER KING DAY</b>	19	Breaded Crumb Fish Filet Mashed Potatoes Prince Edward Blend Vegetables 100% Whole Wheat Bread Mixed Fruit	20	Chicken Brunswick Stew w/Potatoes Whole Baby Carrots Mixed Salad Greens/Tomatoes & Cucumbers Italian Dressing Homemade Biscuit Fresh Fruit	21	Mock Beef Stroganoff Parslied Egg Noodles California Blend Vegetables Oatnut Bread Sliced Apples	22	Orange-Pineapple Juice Apple Glazed Roast Pork Loin Scalloped Potatoes Spinach Rye Bread Ice Cream Cup
25	Turkey Meatballs in Sweet & Sour Sauce Fluffy White Rice Vegetable Medley 12-Grain Bread Pineapple Tidbits	26	Macaroni & Cheese Stewed Tomatoes & Zucchini Mixed Salad Greens w/Cucumbers & Cherry Tom. Raspberry Vinaigrette Dressing Wheat Dinner Roll Fresh Fruit	27	Stuffed Green Pepper w/Rice & Meat Sauce Caribbean Blend Vegetables 100% Whole Wheat Bread Fruit Cocktail	28	Orange Juice Chicken Cacciatore Penne w/Tomato Basil Sauce Italian Mixed Vegetables Italian Bread Homemade Cookie	29	Roast Beef w/Vegetable Gravy Garlic Smashed Potatoes Sliced Carrots Oatnut Bread Pineapple Tidbits

**Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.  
 All meals are served with milk, bread and margarine. DONATIONS: \$2.50 (or whatever you can afford)**

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



**We're on the web ~ See us at:**

Pls contact us **860-647-3211** to be taken off the mailing list if you are not current resident

**<http://seniorcenter.townofmanchester.org>**