



Front Porch News Cheshire Senior Center MARCH 2019



Cheshire Senior Center

240 Maple Avenue
Cheshire, CT 06410

Phone: 203-272-8286

Fax: 203-272-6296

Web: www.cheshirect.org

Hours: Monday thru Friday
8:30 a.m. - 4:00 p.m.

Staff:

Stephanie Ferrall,
Coordinator of Senior
Services

sferrall@cheshirect.org
203-272-3165

Violet Howard,
Administrative Assistant
vhoward@cheshirect.org
203-272-8286

Laura Gravel,
Program Supervisor
lgravel@cheshirect.org
203-272-8286

Social Worker:

Stefanie D. Theroux, LCSW
stheroux@cheshirect.org
203-272-8030

Transportation Department

Lunch Reservations:

203-272-0047

Eileen Colwell, Dispatcher
Gig McHugh, Nutrition
Site-Manager

Full-Time Drivers:

Eric Granoth
Andy Lucibello
David Sheehan

Part-Time Drivers and Building Supervisors:

David Berson
Ken Boynton
Joe D'Eugenio
Jeff Euben
Bill Gorbard
Larry Munson
Mike Strollo
Bob Trussell

Colon Cancer Awareness Information Table



Monday, March 4
10:00 AM

Keeping Your Memory Strong



Monday, March 4
10:30 AM

A Matter of Balance



Tuesday, March 12
1:00 PM
(Wait List Only)

Lunch and Learn Program Nutrition Myths and Facts



Wednesday, March 13
11:30 AM

St. Patrick's Day Luncheon and Party



Monday, March 18
Noon

Steady Steps Program



Wednesday, March 20
1:00 PM

Trip Presentation Albuquerque Balloon Fiesta



Wednesday, March 20
2:00 PM

How to Keep Your Heart Healthy



Monday, March 25
10:30 AM

Spring Class Registrations



Wednesday, March 27
9:00 AM

Computerized Trivia



Thursday, March 28
1:00 PM

*Town of Cheshire
The bedding
plant capital of
Connecticut*

News From the Senior Center

Transportation Office 203-272-0047

Mini-Bus Reservations:

Please call by 11:00 AM one business day before to reserve a ride.

Mini-Buses run Monday thru Friday 8:30 AM - 4:00 PM.

For rides in Cheshire (.50 each time you step on the bus).

For Out-of-Town medical appointments (\$5.00 roundtrip).

Dial-A-Ride (Fridays) to the Waterbury Area.

Lunch Reservations:

Please call 2 days in advance by 11:00 AM.

Grocery Shopping Weekly Schedule:

Monday: Big Y

9:30 - 11:00 AM (Pick up from home 9:30)

Wednesday: Stop & Shop

9:30 - 11:00 AM (Pick up from home 9:30)

1:00 - 2:30 PM (Pick up from home 1:00)

Friday: Stop & Shop

1:00 - 2:30 PM (Pick up from home 1:00)

Support for the Senior Center

Financial support for the Senior Center is very much appreciated and provides additional assistance to the Center in serving our seniors today and throughout the coming years. A gift can be made anonymously, in recognition of the donor (s) or in honor of, or in memory of a friend, or loved one. Gifts can be made in the following way:

- Donations can be made payable to the *Town of Cheshire Senior Center* and can be designated for a specific purpose or as an undesignated gift, which will be used at the discretion of the staff. Donations to the Senior Center will be held in a gift account to support the mission of the Senior Center.

All donations should be sent to:

The Cheshire Senior Center

240 Maple Avenue

Cheshire, CT 06410

Cheshire Senior Center Membership Association, Inc.

The Cheshire Senior Center Membership Association, Inc. is an independent nonprofit, 501 (c) (3) organization whose mission is to support the members of the Cheshire Senior Center. Our support is accomplished through fundraising events and we also accept donations/contributions to support our mission.

To make a tax deductible donation checks should be made out to:

Cheshire Senior Center Membership Association, Inc.

Board of Directors:

Chairperson: Linda Buckley, Vice-Chairperson: Sandy Chase, Secretary: Cathy Cappelletti, Treasurer: Jack Lyons

Board Members:

Fran Bona, Fred Djang, Shirley Gilhuly, Pat Hartmann, Evelynn Henriques, Maureen Krebs, Cynthia Mazzaferro, Steve Mongillo, George Theroux

The Board welcomes and encourages the Cheshire Senior Center Members to contact them with suggestions and feedback at cscma0517@gmail.com

Meeting:

Senior Center Board of Directors

Monday, March 4, 2019

1:00 PM

Thank you for your kind donation:

Barbara Christoff

in appreciation of the Cheshire Senior Center

Health and Wellness News



IS IT A FOOD ALLERGY OR AN INTOLERANCE?

ABOUT 50 MILLION AMERICANS HAVE A FOOD ALLERGY. Unfortunately, you can develop one at any point in your life. Even so, what you think is a food allergy could actually be a food intolerance. The two may produce some similar symptoms, but they cause different reactions in your body. So what's the difference?

DIGESTIVE VS. IMMUNE SYSTEMS. When you have an intolerance to a certain food, your body is unable to digest it properly and you may have gastrointestinal (GI) symptoms, like an upset stomach and diarrhea. A food allergy, however, happens when your body's immune system - not your digestive system - reacts to a food and produces an allergic reaction to it. In addition to GI symptoms, you may also have reactions like:

- Hives
- Swelling
- Wheezing
- Coughing
- Trouble swallowing
- Dizziness or weakness

A food allergy can also be life-threatening. The most common food allergies are:

- Eggs
- Milk
- Peanuts, Tree Nuts
- Fish, Shellfish
- Wheat, Soy

Another difference? With a food intolerance, you may be able to eat small amounts of the food without any problems. With a food allergy, even touching or ingesting a small amount of the food is enough to provoke a reaction.

DIAGNOSING THE PROBLEM

Doctors diagnose food allergies with different tests. To perform a skin allergy test, your doctor will put a small drop of a food extract onto your skin and then prick a tiny hole so that the extract can enter your bloodstream. If you're allergic to the food, you'll get a raised, red bump about 15 to 20 minutes later.

In addition, your doctor may also suggest a blood test or a "challenge" test. During a challenge test, you gradually increase the amount of a particular food in your diet to see if you react to it. Knowing whether you have a food allergy is the first step to staying healthy and safe. If you suspect that you - or someone in your family - may have one, talk with your doctor right away about getting tested.

Article taken from Vitality Magazine January 2018

Health and Wellness

Blood Pressure Screenings:

Tuesday: March 5, 1:00 - 2:30 p.m. Courtesy of Sandy Micalizzi, Community Educator for St. Mary's Hospital & Waterbury Hospital.

Tuesday: March 12, 1:00 - 2:30 p.m. Courtesy of Cheshire Regional Rehab Center.

Tuesday: March 19, 1:00 - 2:30 p.m. Courtesy of St. Mary's Hospital.

Tuesday: March 26, 1:00 - 2:30 p.m. Courtesy of Connecticut Baptist Homes, Inc.

Health and Wellness Programs:

Colon Cancer Awareness Information Table:

Monday, March 4, 10:00 a.m.

Keeping Your Memory Strong:

Monday, March 4, 10:30 a.m.

A Matter of Balance: Tuesday, March 12, 1:00 p.m.

Nutrition Myths and Facts:

Wednesday, March 13, 11:30 a.m.

Steady Steps Program Presentation:

Wednesday, March 20, 1:00 p.m.

How to Keep Your Heart Healthy:

Monday, March 25, 10:30 a.m.

Social Services News

Contact Stefanie D. Theroux, LCSW at 203-272-8030
for more information in learning about the following programs and services.

Special Programs

Colon Cancer Awareness Information Table:

Monday, March 4, 10 a.m. - Noon. Sponsored by MidState. See Special Programs page for details.

C.H.A.T. Program: Lunch and Learn “Nutrition Myths and Facts” Wednesday, March 13, 11:30 a.m. See Special Programs page for details.

C.H.A.T. Planning Meeting: Wednesday, March 20, at 9:30 a.m., in the Library of the Cheshire Senior Center.

Services

- Caregiver Support Services
- Community Based Services and Resources
- Medicare, Medicare Assistance Program, Medicaid, and Long Term Planning
- Bereavement Support Services
- Mini-Bus Evaluations

Social Services News for March

How do I apply for a new or replacement Social Security number card?

You can get an original Social Security card or a replacement card if yours is lost or stolen. There is no charge for a Social Security card. This service is free.

You can use a *my Social Security* account to request a replacement Social Security card online if you:

- Are a U.S. citizen age 18 years or older with a U.S. mailing address;
- Are not requesting a name change or any other change to your card; and
- Have a driver's license or a state-issued identification card from one of the many participating states.

If you cannot apply for a card online, you will need to show the required documents. Social Security Administration will need to see different documents depending on your citizenship and the type of card you are requesting. If you are a US citizen, some examples of the original documents that you may need are:

- Proof of identity - drivers license or passport
- Proof of citizenship-(US birth certificate or US passport
- Verification of age -US passport, US hospital record of birth or birth certificate

For a complete list of documents and to fill out and print a paper application visit www.ssa.gov or contact your local Social Security office.

Source: Social Security Administration; “How do I apply for a new or replacement Social Security number card?” www.ssa.gov; January 14, 2019

C.H.A.T. Chatter for March

Beware of Product Claims of “Quick Cure” or “Miracle Product”

Recently the Federal Trade Commission (FTC) sued sellers of Nobetes, an all natural supplement which claimed to cure diabetes. Through the use of television, radio, Facebook, and YouTube, the company promoted Nobetes using the patient testimonials claiming large reduction in blood sugar levels and possible reduction in their use of insulin. These claims were further supported by an alleged expert.

In 2016, both the US Food and Drug Administration (FDA) and the FTC warned the company that, in order to continue making claims about the product's benefits, the company needed to support the claims with reliable scientific evidence. When the company continued to promote their product without scientific evidence, the FTC issued a complaint against the company stating the health benefit claims were false and misleading. In addition, the alleged expert was actually an actor who was paid to promote Nobetes.

The take away is to be cautious of dietary supplement products which claim to treat a wide variety of health problems and cure a disease. In addition, be wary of promotional material that uses undocumented testimonials or states “money back guarantees” or “free trials”. According to the FDA, health fraud scams refer to products that claim to prevent, treat, or cure diseases or other health conditions, but are not proven safe and effective for those uses. Health fraud scams waste money and can lead to delays in getting proper diagnosis and treatment. They can also cause serious or even fatal injuries. For more information visit www.fda.gov.

Source: Modified from original article by Amanda Halle “Beware of Product Claims of “Quick Cure” or “Miracle Product”: WCAAA, Insider February- March 2019. FTC “No Support for Diabetes Treatment Claims”, FTC.gov; Federal Drug Administration; fda.gov

March

Monthly Programs

Reflexology Sessions: Reflexology Sessions are available on Monday, March 4. Please see Laura for details and to schedule an appointment.

Tech Monday: Monday, March 11, 10:00 am – Noon. A Verizon staff member will assist you with one-on-one instruction and help you with your tech devices. No appointment required. First come, first served.

Cheshire Cuisine Club: Friday, March 15 at Noon. This month's feature restaurant is the *Playwright Irish Pub* located in Hamden. After lunch we will visit Ireland's Great Hunger Museum located in Hamden. Transportation is available upon request but seating is limited. Register with Laura no later than Tuesday, March 12.

AARP Safe Driving Course: Monday, March 18, from 9:00 a.m. to 1:00 p.m. The cost is \$15.00 for AARP members and \$20.00 for non-AARP members. Check or money order only payable to "AARP". **No cash.** Pre-registration and payment is required at time of sign-up.

Photo ID: Monday, March 18, from 1:00 – 3:00 p.m. Photos are taken on a first come first serve basis.

Veterans' Coffee House: Tuesday, March 19, from 10:00 -11:30 a.m. You are cordially invited to attend a monthly Veterans' Coffee House. This month's featured speaker is Gerry Wright, who was with the 10th Combat Engineers and will be introduced by Jerry Augustine. Registration is requested. Please call 203-272-8286 for additional information and to register.

Cheshire Readers Book Club: Tuesday, March 19, from 10:30 -11:30 a.m. Please read: *The Art of Racing in the Rain* by Garth Stein for discussion this month.

Through the Magnifying Glass: The Cheshire Sherlock

Holmes Society: Thursday, March 21, 1:00 p.m. **Sherlock Holmes Mystery Puzzle Event.** New members are always welcome. Registration is appreciated. For questions email Andy at tranquilli@hotmail.com.

Whist: Thursday, March 21, from 1:00 – 3:00 p.m. Fee of \$3.00 to attend. Please call Cindy at 203-494-1676 to reserve your table/seat.

Free Movie Matinee: Monday, March 25, 12:30 p.m. "Green Book" 2018. Rated: PG-13. 130 minutes.

Starring: Viggo Mortensen and Mahershala Ali. Movie snacks will be provided. Registration is required by Friday, March 22.

Ask the Probate Judge: Tuesday, March 26, from 10:00 – 11:00 a.m. Informal roundtable with Judge Jalowiec. Registration is requested but walk-ins are welcome.

Ask the Social Worker: Wednesday, March 27, 10:30 a.m. Informal question and answer with Senior Services Social Worker Stefanie Theroux. Registration is requested but walk-ins are welcome.

Special Programs

Colon Cancer Awareness Information Table:

Monday, March 4, 10:00 a.m. Sponsored by MidState and facilitated by Linda Ivey.

Keeping Your Memory Strong: Monday, March 4, 10:30 a.m. Program advertised in the February Newsletter.

A Matter of Balance Program: 7 Class Session: 3/12, 3/14, 3/19, 3/26, 3/28, 4/2, 4/4, from 1:00 - 3:00 p.m. **Wait List Only.**

Lunch and Learn Program - Nutrition Myths and Facts: Wednesday, March 13, 11:30 a.m. This informative and educational presentation by Corinne Larson, RD-N will dispel some common misunderstandings with regard to what we should eat and what we should not eat. Topics will include gluten, cholesterol, sugar, and more. Presented and co-sponsored by Gaylord Specialty Healthcare and C.H.A.T. Registration is required by Thursday, March 7.

St. Patrick's Day Luncheon and Party: Monday, March 18, Noon. Celebrate St. Patrick's Day! Traditional Corned Beef lunch with Irish Soda Bread and dessert. Vocal entertainment provided by Mrs. Keely Baisden. **Cost:** \$7.00 per person. Reservations with payment is required by Friday, March 15.

Steady Steps Program Presentation:

Wednesday, March 20, 1:00 p.m. This is a 45 minute Fall Prevention presentation, followed by blood pressure and balance screenings. In conjunction with the presentation, you have the opportunity to register for a 12 week Tai Chi Exercise program along with periodic assessments over the course of the 12 weeks and 3 month follow up at the conclusion of the session. The exercise class meets on Wednesdays at 1:00 p.m. starting March 27 through June 12. There is a \$15.00 fee for the Tai Chi Exercise class. Space is limited and you must attend the Fall Prevention presentation to register for the Tai Chi Exercise class. Registration is requested by Wednesday, March 13.

Trip Presentation: Wednesday, March 20, 2:00 p.m. Tracy O'Neill, from Collette Travel will present an informative PowerPoint presentation showcasing **Albuquerque Balloon Fiesta** trip scheduled for October 5 – 10, 2019. Tracy will review the trip's itinerary including the highlights of this trip including Old Town Albuquerque, Turquoise Trail, Indian Pueblo Cultural Center. Registration is requested by Wednesday, March 13.

How to Keep Your Heart Healthy: Monday, March 25, 10:30 a.m. Join us as Nurse Educator Jennifer Mc Manus RN discusses important heart related topics to ensure your heart stays healthy. Registration is requested by Friday, March, 22. Program sponsored by Hartford Health Care.

Computerized Trivia: Thursday, March 28, 1:00 p.m. Join us for an afternoon of trivia when Keith Allen visits us again with his computerized trivia game. Sign up yourself or bring a team. A good time is guaranteed. Registration is required by Tuesday, March 26.

MARCH ACTIVITY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
				1 9:30 Zumba Gold II 10:00 Cheshire Key-Note Singers 10:00 Golf Cards 10:30 Art/Painting Class 12:30 Bridge 12:45 Setback (Players must be seated by 12:30) 1:00 Current Events and more Discussion Group	Sat. 2 Sun. 3
4 Reflexology Sessions by appointment only 9:30 Boomers & Beyond Body Camp 9:30 9 to 5 Cards 10:00 Colon Cancer Awareness 10 - 11:30 Travel Club Office 10:15 Moderate Exercise 10:30 Keeping Your Memory Strong 11:30 Get Fit with Brenda 12:30 Knitting & Crocheting 1:00 Canasta 1:00 Senior Center Board of Directors Meeting 1:00 Tai Chi - Advanced 2:15 Tai Chi - Beginner	5 No Chair Yoga Class 9:00 Crafty Ladies 9:30 Zumba Gold I 10:15 Moderate Exercise 10:30 YoLarates 12:30 Pinochle 1:00 - 2:30 Blood Pressure 1:00 Senior Club Bingo	6 9:30 Pilates 10:00 Wii Bowling League 10:30 Balance & Coordination Class 12:00 Mah Jongg 12:45 Nickel, Nickel 1:00 Bingo 1:00 Busy Bees Crafts	7 No Line Dance Classes 10 - 11:30 Travel Club Office 10:15 Moderate Exercise 11:00 Women's Club 12:15 Gentle Therapeutic Exercise 12:30 Scrabble 1:00 Make Your Bid Cards 1:00 Texas Hold'em 2:30 Tai Chi - Intermediate	8 9:30 Zumba Gold II 10:00 Cheshire Key-Note Singers 10:00 Golf Cards 10:30 Art & Painting Class 12:30 Bridge 12:45 Setback (Players must be seated by 12:30) 1:00 Current Events and more Discussion Group	Sat. 9 <u>Sun. 10</u> Widow/Widowers 12:30 - 3:30 PM
11 9:30 Boomers & Beyond Body Camp 9:30 9 to 5 Cards 10:00 Tech Monday 10 - 11:30 Travel Club Office 10:15 Moderate Exercise 11:30 Get Fit with Brenda 12:30 Knitting & Crocheting 1:00 Canasta 1:00 Tai Chi - Advanced	12 9:00 Crafty Ladies 9:30 Zumba Gold I 10:15 Moderate Exercise 10:30 YoLarates 12:30 Pinochle 1:00 A Matter of Balance 1:00 - 2:30 Blood Pressure 1:00 Chair Yoga 1:00 Senior Club Bingo	13 Walmart Shopping Trip 9:30 Pilates 10:00 Wii Bowling League 10:30 Balance & Coordination Class 11:30 Lunch and Learn "Nutrition Myths and Facts" 12:00 Mah Jongg 12:45 Nickel, Nickel	14 10:00 Line Dance - Intermediate 10 - 11:30 Travel Club Office 10:15 Moderate Exercise 11:00 Line Dance - Beginner 12:15 Gentle Therapeutic Exercise 12:30 Scrabble 1:00 A Matter of Balance 1:00 Make Your Bid Cards	15 9:30 Zumba Gold II 10:00 Cheshire Key-Note Singers 10:00 Golf Cards 10:30 Art & Painting Class 12:00 Cuisine Club "Playwright Irish Pub" Hamden 12:30 Bridge 12:45 Setback (Players must be seated by 12:30) 1:00 Current Events and more	Sat. 16 Sun. 17

<p>2:15 Tai Chi - Beginner</p>	<p>18 9:00 - 1:00 AARP Safe Driving Course 9:30 9 to 5 Cards 10 - 11:30 Travel Club Office 10:15 Moderate Exercise 12:00 St. Patrick's Day Luncheon and Party 1:00 Canasta 1:00 - 3:00 Photo ID</p>	<p>19 9:00 Crafty Ladies 9:30 Zumba Gold I 10:00 Veterans' Coffee House 10:15 Moderate Exercise 10:30 Cheshire Reader's Book Club 10:30 YoLarates 12:30 Pinochle 1:00 A Matter of Balance 1:00 - 2:30 Blood Pressure 1:00 Chair Yoga Make-up 1:00 Senior Club Bingo</p>	<p>1:00 Busy Bees Crafts 2:30 Tai Chi - Intermediate</p>	<p>Discussion Group</p>	<p>22 10:00 Cheshire Key-Note Singers 10:00 Golf Cards 12:30 Bridge 12:45 Setback (Players must be seated by 12:30) 1:00 Current Events and more Discussion Group</p>	<p>29 10:00 Cheshire Key-Note Singers 10:00 Golf Cards 12:30 Bridge 12:45 Setback (Players must be seated by 12:30) 1:00 Current Events and more Discussion Group</p>	<p>Sat. 23 Sun. 24 Widow/Widowers 12:30 - 3:30 PM</p>
<p>1:00 Texas Hold'em 2:30 Tai Chi - Intermediate</p>	<p>20 9:30 C.H.A.T. Planning Meeting 10:00 Wii Bowling League 12:00 Mah Jongg 12:45 Nickel, Nickel 1:00 Bingo 1:00 Busy Bees Crafts 1:00 Steady Steps 2:00 Program Presentation "Albuquerque Balloon Fiesta"</p>	<p>26 9:00 Crafty Ladies 10:00 Ask the Probate Judge 10:15 Moderate Exercise 12:30 Pinochle 1:00 A Matter of Balance 1:00 - 2:30 Blood Pressure 1:00 Chair Yoga Make-up 1:00 Senior Club Bingo</p>	<p>21 10:00 Line Dance - Intermediate 10 - 11:30 Travel Club Office 10:15 Moderate Exercise 10:30 The Joy of Coloring 11:00 Line Dance - Beginner 12:30 Scrabble 1:00 Sherlock Holmes Society 1:00 Whist Card Game</p>	<p>28 10 - 11:30 Travel Club Office 10:00 Women's Club Board Meeting 10:15 Moderate Exercise 12:30 Scrabble 1:00 A Matter of Balance 1:00 Computerized Trivia 1:00 Make Your Bid Cards 1:00 Texas Hold'em</p>	<p>28 10 - 11:30 Travel Club Office 10:00 Women's Club Board Meeting 10:15 Moderate Exercise 12:30 Scrabble 1:00 A Matter of Balance 1:00 Computerized Trivia 1:00 Make Your Bid Cards 1:00 Texas Hold'em</p>	<p>29 10:00 Cheshire Key-Note Singers 10:00 Golf Cards 12:30 Bridge 12:45 Setback (Players must be seated by 12:30) 1:00 Current Events and more Discussion Group</p>	<p>Sat. 30 Sun. 31</p>
<p>25 9:30 Cheshire Garden Club Board Meeting 9:30 9 to 5 Cards 10 - 11:30 Travel Club Office 10:15 Moderate Exercise 10:30 How to Keep Your Heart Healthy 12:30 Movie Matinee "Green Book" 1:00 Canasta</p>	<p>27 Mohegan Sun Casino Trip 9:00 Spring Class Registrations 10:00 Wii Bowling League 10:30 Ask the Social Worker 12:00 Mah Jongg 12:30 BESB Braille Class 12:45 Nickel, Nickel 1:00 Busy Bees Crafts 1:00 Steady Steps</p>	<p>26 9:00 Crafty Ladies 10:00 Ask the Probate Judge 10:15 Moderate Exercise 12:30 Pinochle 1:00 A Matter of Balance 1:00 - 2:30 Blood Pressure 1:00 Chair Yoga Make-up 1:00 Senior Club Bingo</p>	<p>28 10 - 11:30 Travel Club Office 10:00 Women's Club Board Meeting 10:15 Moderate Exercise 12:30 Scrabble 1:00 A Matter of Balance 1:00 Computerized Trivia 1:00 Make Your Bid Cards 1:00 Texas Hold'em</p>	<p>28 10 - 11:30 Travel Club Office 10:00 Women's Club Board Meeting 10:15 Moderate Exercise 12:30 Scrabble 1:00 A Matter of Balance 1:00 Computerized Trivia 1:00 Make Your Bid Cards 1:00 Texas Hold'em</p>	<p>28 10 - 11:30 Travel Club Office 10:00 Women's Club Board Meeting 10:15 Moderate Exercise 12:30 Scrabble 1:00 A Matter of Balance 1:00 Computerized Trivia 1:00 Make Your Bid Cards 1:00 Texas Hold'em</p>	<p>29 10:00 Cheshire Key-Note Singers 10:00 Golf Cards 12:30 Bridge 12:45 Setback (Players must be seated by 12:30) 1:00 Current Events and more Discussion Group</p>	<p>Sat. 30 Sun. 31</p>



*Carol Dawe, Robert Frost,
Arne Solli & Wei Zhang*



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Sponsors who make this
Newsletter possible.
Thank you.*



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THAT SUPPORT OUR COMMUNITY**

Cheshire Senior Center Travel Opportunities

Day Trip Policy

for the Senior Center Transportation Office:

All trips will be posted in the Newsletter, on Facebook or on the Transportation Office Door. Telephone reservations will be accepted. However payment is required within 2 weeks of sign up. Last minute cancellations will be refunded only if someone replaces you. We usually have a wait list. Please do not offer your ticket to someone before checking with us.

Please contact Eileen at 203-272-0047
for the following Senior Center Transportation Day Trips:

Luck of the Irish Concert at USCGA

Sunday, March 17 at 2:00 p.m. Free concert./\$5.00 bus fee/Lunch at local restaurant (not included in price).

Phantom of the Opera at Oakdale Theater

Thursday, May 9 at 1:00 p.m. Ticket and bus fee \$60.00 per person. Dinner after show at local restaurant (not included in price).

Mama Mia at the Ivoryton Theater

Wednesday, July 17 at 2:00 p.m. Details to follow.

Please contact Stephanie Ferrall, Coordinator of Senior Services
at 203-272-3165 for more information on the following Day Trips and Overnight Fly Trips:

Sounds of the 60's, Friday, April 5, 2019

(A Tours of Distinction trip. Tours of Distinction offers an incentive program - Passport Card, Book 3, Go Free, which allows passengers to purchase 3 daytrips and then a get a daytrip free. The card never expires.)

Visit the site of the 1969 Woodstock Festival in Bethel, New York, now home to the Bethel Woods Center for the Arts. Points of interest include: The Museum at Bethel Woods; lunch at the Dancing Cat Saloon; tasting and tour of the Catskill Distilling Company and The Stray Cat Gallery. **Cost:** \$137.00 per person and includes gratuities. **Activity level - Some walking. Expect 1-2 hours of walking.**

Coming Soon! New York Botanical Garden Spring 2019 Day Trip. Details to follow.

Sunny Portugal: September 10 - 19, 2019

Ancient castles and Roman ruins; groves of lemon and almond trees; quiet, whitewashed villages and kind, gentle people await you when you discover Sunny Portugal. Open your tour with a 3-night stay in a scenic coastal resort on the "Portuguese Riviera". Other highlights of this trip include Lisbon, Fado Dinner Show, Sintra, Obidos, Fatima, Evora, Alentejo, Countryside Stay, Sagres, Lagos, Algarve, Faro, Cork Factory, Azeitao, 2 Winery Tours and 5 UNESCO World Heritage Sites.

Albuquerque Balloon Fiesta: October 5 - 10, 2019

Embark on a bucket-list ride along the eclectic Route 66. Explore Albuquerque and Santa Fe where a rich blend of multiculturalism, natural beauty and profound history await. Join in the excitement of Albuquerque's International Balloon Fiesta, an annual hot air ballooning extravaganza. Other highlights include: Old Town Albuquerque, National Museum of Nuclear Science & History, Indian Pueblo Cultural Center, Turquoise Trail, Santa Fe and the Santa Fe School of Cooking.

Springtime Tulip River Cruise: April 2020 Experience the color and glory of Spring on this leisurely river cruise through Holland and Belgium that highlights the blooming Dutch tulip fields. Additional information will follow.

Cheshire Senior Travel Club Trips

Cheshire Senior Travel Club
240 Maple Avenue, Cheshire, CT 06410
203-272-8286
Office is Open Monday & Thursday
10:00 - 11:30 a.m.

Flyers for trips are available
at the Cheshire Senior Travel Club Office

Starting May 1st, the Cheshire Senior Travel Club Office will only be open on Thursdays.

Registration Policy for Cheshire Senior Travel Club Trips:

Please present your *Cheshire Senior Center Photo ID* Card to register for a trip. **Check or money order only - payable to: Cheshire Senior Travel Club. No cash.** Please include: name, address, phone number and trip requested. Sign-ups are final, unless cancellation insurance is purchased if applicable. **Note:** No Mini-Bus transportation available for trips returning after 3:30 p.m.

Aqua Turf Club
St. Patrick's Day Celebration
Tuesday, March 19, 2019
Featuring:
The Maclean Avenue Band!!

Cost: \$43 per person. Drive on Your Own.
For information contact Shirley Gilhuly at 203-272-4984

Casino Trip is back!!
Mohegan Sun Casino
Wednesday, March 27, 2019

Cost: \$26 per person
Depart: Stop & Shop Parking Lot 8:00 a.m.
Approximate Return: 5:15 p.m. For information
contact Evelyn Henriques at 203-272-8889
or Jennie Hannon at 203-272-6035



The Doo Wop & Country Music Cruise/ New York City to Bermuda, April 28 - May 5, 2019

You're invited to Cruise aboard the festive Norwegian Escape with the Decades, as New England's premier oldies dance band takes you back in time, back to the Golden Age of Rock and Roll. They'll be singing all the great songs from the 50s and 60s. Please contact Sandy Chase at 203-641-4817 for more information and prices.

JESUS is Coming to Lancaster, PA! 3 Day Tour - May 21 - 23, 2019

Includes: R/T Transportation, 2 Nights at the 4 Star Eden Resort in Lancaster, PA, 2 Breakfast Buffets, Dinner at the Dutch Apple Dinner Theatre CAMELOT, a Family Style Dinner in a real Amish Home. Reserved Seats for the New Biblical Show "JESUS" at the Sight Sound Theater, Guided Amish Country Farmland Tour, Baggage Handling, Hotel/Meal Taxes and Driver Gratuity. **Cost:** \$439 Double; \$419 Triple; \$549 Single. Please contact Sandy Chase 203-641-4817 or Rachel Chiginsky 203-439-7501 for more information.

The deadline to register is Monday, April 15, 2019!

ON YOUR FEET! The Story of Emilio & Gloria Estefan at The Westchester Broadway Dinner Theater **Thursday, June 20, 2019**

Includes: R/T Transportation, Full Course Luncheon at the Theater, Matinee Performance of On Your Feet! Driver Gratuities. **Cost:** \$102 pp \$50 pp Non-Refundable deposit due at Sign up. Final Payment Due: Friday, May 10, 2019. For more information contact Evelyn Henriques at 203-272-8889 or Shirley Gilhuly at 203-272-4984.

Rhode Island Lighthouse Cruise **Monday, July 15, 2019**

Includes: R/T Transportation, Free time Wickford Village, Luncheon at Quonset Country Club, 90 Minute Scenic Lighthouse Cruise, The Millennium see 10 Lighthouses, Meal Taxes, Gratuities and Driver Gratuities. **Cost:** \$95 pp. Departs 7:15 a.m. Stop & Shop Plaza. For information contact Jennie Hannon at 203-272-6035 or Pat Hartmann at 203-272-9804

Boothbay Harbor, Maine **with a Lobster Bake on Cabbage Island!** **3 Days - August 26 - 28, 2019**

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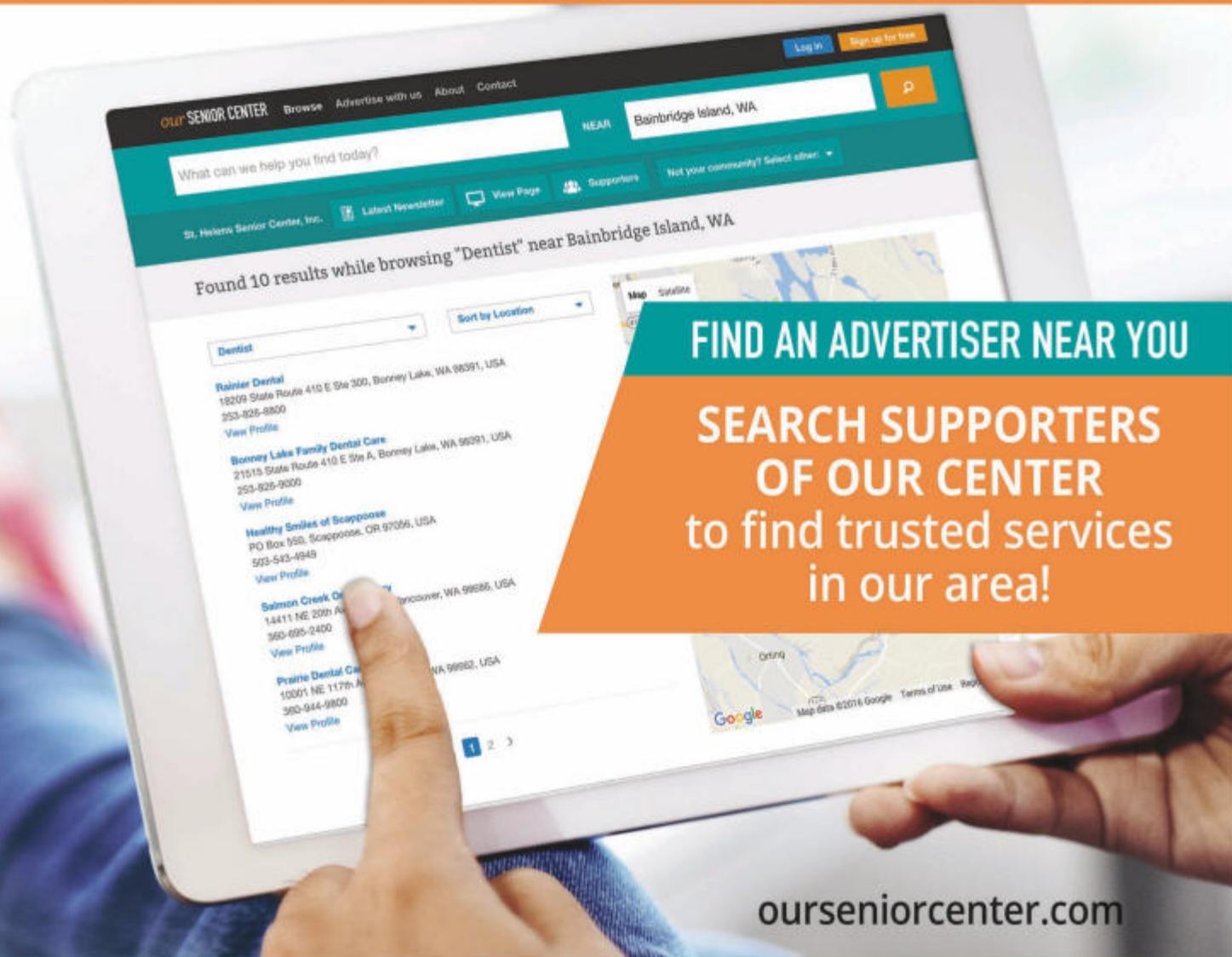
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Front Porch News Inclement Weather Cancellation Policy

When Cheshire Schools are closed due to inclement weather (generally snow and ice), all classes, programs and activities at the Senior Center are cancelled and there is no mini-bus transportation service and no Elderly Nutrition Program. The Senior Center building remains open and staff reports to work unless told otherwise by the Town Manager. Make up classes are scheduled at the conclusion of the session and, in some instances, may impact the start date for the next session. When Cheshire Schools are on a delayed opening, the mini-bus transportation service is delayed as well AND all morning classes, activities and programs are cancelled.

Under rare circumstances, a school may be closed for reasons that may not impact the Senior Center and it is highly recommended that you always check the local networks, WVIT, WTIC, WTNH and WFSB for information regarding cancellations and delays. **Specific information and /or alerts regarding the Senior Center will be announced.**

Please do not assume that classes and activities are cancelled because Cheshire Schools are closed. When in doubt, always call the senior center at 203-272-8286.

Throughout the winter months, we hope you will use discretion whenever the forecast calls for weather that could result in unsafe walking and driving conditions. We want you to be safe at all times so you can continue to come to the Senior Center where you can spend time with friends - engaging in the activities you enjoy.