

# WHALING CITY EVENTS

NEW LONDON SENIOR CENTER

10 Brainard Street  
New London, CT 06320  
860-447-5232

Hours of Operation: Monday - Friday, 8:00 - 3:30



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ACCESS OUR NEWSLETTER ONLINE: <https://communityonline.com/find/new-london-senior-center>

## Special Events This Month



Program Planning Meeting ~ Monday ~ 10/3, 9:15am

10/3 HISPANIC COMMUNITY FORUM WITH ALZHEIMER'S ASSOCIATION, 3pm

TVCCA Special Luncheon & Monthly Birthday Social with "Elm Street Band"

Thursday - October 20 ~ 12pm ~ Call 860-447-5232 to sign up by 10/14

Mind Aerobics with Harbor Village Rehabilitation & Nursing Center: Mondays, Oct 10+17, 12pm

Table Games with Nutmeg Pharmacy: Tuesdays, 10/4, 10/11 & 10/18 12pm

10/6 -THURSDAY AMY HORAN FROM COMCAST: "INTERNET FOR SENIORS," 12-1PM

10/18 MEDICARE 2023 UPDATE WITH JOHN PITTARA FROM SENIOR INSURANCE, INC., 12PM-1PM

10/25 SENIOR RESOURCES MEDICARE ANNUAL ENROLLMENT OVERVIEW 12-1PM

alzheimer's  association

We're here for you  
all day, every day.

800.272.3900

SENIOR AFFAIRS COMMISSION  
MEETING:

Thursday, October 27, 4pm

Contact: Karen Paul

860-447-9887



New London Veterans Affairs

Office is now located at our  
Senior Center!

(860) 440 - 6691

Veterans' Coffeehouse:  
October 7 & 21 9am-11am



Silver Threads Boutique

Thrift Shop Hours:  
Mon, Tue, Thu: 10am - 1pm

## OUR TRANSPORTATION SERVICES

Reservations required: 860-460-1664

Transportation

To / From the Senior Center:

Monday - Friday: 8:30-2:30pm


Please call to schedule your visit.

We are not providing medical transportation at this time.

GROCERY SHOPPING (by appointment only):

Mondays - Shopping at  Walmart

Tuesdays - Shopping at  ShopRite

Thursdays - Shopping at  Stop&Shop

## OTHER TRANSPORTATION SERVICES

Eastern Connecticut Transportation Consortium

(ECTC or Dial-A-Ride)

Provides transportation to medical destinations and at times not covered by Senior Center Escort Services. Come into the Senior Center and fill out an application, obtain an E.C.T.C. brochure. For additional information call: 860-848-5910 <http://ectcinc.com/>

•Focus on Veterans is a free transportation service that will drive a Veteran to a medical facility free of charge to some locations in CT, MA, and RI. Call for more information and to schedule your ride: 860-317-1025. Call in advance!

<http://www.focusonvet.org/free-medical-transportation.html>

Taxi Services: Curtis Livery: (860) 443 - 1655

STAFF: SENIOR CITIZENS COORDINATOR/MUNICIPAL AGENT: *Marina Vraceutic*  
SECRETARY: Penny Braun- BUS DRIVER: *Dawn Tucker* - CUSTODIAN: *Rinaldo Drayton*




# OCTOBER 2022 EVENTS

## MONDAYS:

Grocery Shopping at  – Please call for reservations.  
9am-10am Exercise with Pat - Outdoors - Contact Pat for details.  
10am-11am Craft with Cheryl & Judy—Arts and Crafts Room  
**11:30am: TVCCA Café Lunch - Congregate Room**



## TUESDAYS:

Grocery Shopping at  – Please call for reservations.  
9am-10am: Health & Wellness with Morris - Dance Room  
10am-11am: Bingo! - Congregate Room  
10am-11am: Yoga with Rosemary—On ZOOM—Call us for link  
**11:30am: TVCCA Café Lunch - Congregate Room**  
11am - 1pm - Sewing / Quilting



## WEDNESDAYS:

**Senior Center Outings:** Please call us for reservations.

- 10/5 Maugle Sierra Vineyards & Lunch on Your Own
- 10/12 Lisbon Landing & Lunch On Your Own
- 10/18 (Tuesday) Clyde's Cider Mill & Lunch On Your Own
- 10/28 (Friday) Halloween Party at Lisbon Senior Center!

9am-10am Exercise with Pat - Dance Room  
**11:30am: TVCCA Café Lunch - Congregate Room**



## THURSDAYS:

Grocery Shopping at  – Please call for reservations.  
9am-10am: Tai Chi with Morris - Dance Room  
10am-11am: Bingo! - Congregate Room  
10am-11am: Yoga with Rosemary—On ZOOM—Call us for link  
**11:30am: TVCCA Café Lunch - Congregate Room**  
**October 20, 11:30am: TVCCA Special Luncheon and Monthly Birthday Social with “Elm Street Band”**  
11am - 1pm - Sewing / Quilting



## FRIDAYS:

**September 2 & 16, 9am-11am: Veterans' Coffeehouse**  
9am-10am Exercise with Pat - Outdoors - Contact Pat for details  
**11:30am: TVCCA Café Lunch - Library**





TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, RD, M/PH.

# TVCCA SENIOR CAFÉ MENU ~ OCTOBER 2022

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

<p>3 Chicken Cordon Bleu Buttermilk Mashed Potatoes Zucchini &amp; Yellow Squash Diced Pears</p>	<p>4 Pork Taco Bowl Roasted Garlic Rice Mixed Vegetables Medley Pineapple Tidbits</p>	<p>5 Stuffed Shells w/ marinara Lima Beans Diced Carrots Fresh Orange</p>	<p>6 Crispy Cod Macaroni &amp; Cheese Broccoli Mixed Fruit Cup</p>	<p>7 <b>BirthDay Celebration</b> Braised Beef Tips Mashed Potatoes Peas &amp; Carrots BirthDay Treat Orange Juice</p>
<p>10 <u>Columbus Day Holiday</u> <i>Program closed</i></p>	<p>11 Stuffed Chicken w/ Broccoli &amp; Cheese Lemon Parmesan Pasta Green &amp; Waxed Beans Sweet Treat Grape Juice</p>	<p>12 Stuffed Cabbage Casserole Peas Carrot Coins Tropical Fruit Cup</p>	<p>13 Shrimp Stir-Fry Steamed Rice Asian Vegetable Blend Mandarin Oranges</p>	<p>14 Beef Chili Loaded Mashed Potatoes Green Beans Corn w/ Peppers &amp; Onions Fresh Fruit</p>
<p>17 Cod w/ Herbs &amp; Tomatoes Rice Pilaf Broccoli Fresh Orange</p>	<p>18 Cheese Omelet Home Fries Squash Mix w/ Carrots &amp; String Beans Tropical Fruit Cup</p>	<p>19 <u>Oktoberfest Ethnic Celebration</u> Bratwurst w/ Sauerkraut German Potato Salad Red Cabbage Dinner Roll w/ margarine Pumpkin Donuts Apple Juice</p>	<p>20 Salisbury Steak w/ gravy Herb Roasted Potatoes Corn w/ Peppers &amp; Onions Pineapple Tidbits</p>	<p>21 Chicken Cacciatore Pasta Shells w/ marinara Zucchini Mixed Fruit Cup</p>
<p>24 Cheese Manicotti w/ marinara Green Beans Carrot Coins Sweet Treat Grape Juice</p>	<p>25 Country Fried Beef Steak Buttermilk Mashed Potatoes Zucchini &amp; Yellow Squash Fresh Fruit</p>	<p>26 Stuffed Chicken Kiev Lemon Parmesan Pasta Mixed Vegetables Medley Mixed Fruit Cup</p>	<p>27 Pork Sausage &amp; Gravy Tater Tots Broccoli Diced Pears</p>	<p>28 Stuffed Cod w/ Shellfish Roasted Garlic Rice Green &amp; Waxed Beans Applesauce Cup</p>
<p>31 <i>Happy Halloween</i> Swedish Meatballs Egg Noodles Squash Mix w/ Carrots &amp; String Beans Fresh Orange</p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice</p>	<p>Senior Nutrition Program 81 Stockhouse Road Bozrah, CT 06334 860-886-1720 (24hr voice mail available)</p>	<p>www.tvcca.org</p>	<p>www.tvcca.org</p>





**ELDER JUSTICE HOTLINE**



Elder justice issues can range from age-based discrimination in the workplace to scams and frauds, elder abuse, neglect, and exploitation.

If you have been the victim of a scam, or neglected, exploited or abused, we are here to help.

**Call 1-860-808-5555.**

Information about the hotline, resources and an online complaint portal can be found at <https://portal.ct.gov/ag/elderhotline>.



OFFICE OF THE ATTORNEY GENERAL



Every 3rd Monday of each month, starting at 10am:



Real Talk:  
The Seasons of Life  
Hosted by: Lona & Jeannette

## Real Talk: The Seasons of Life

Come to discuss:



Real Talk:  
The Seasons of Life  
Hosted by: Lona & Jeannette

- |                      |                   |              |
|----------------------|-------------------|--------------|
| Inspirational quotes | Legacy            | Forgiveness  |
| Mentoring            | Family            | Life Lessons |
| Dealing with Loss    | Religious Beliefs | Work History |
| Love                 | Relationships     | ...and more. |

Call us to reserve your seat. Refreshments will be provided.

### **Neighbors Helping Neighbors!**

Now more than ever community support is so important and impactful! The Retired and Senior Volunteer Program (RSVP) offers the support someone needs to remain living at home either with grocery shopping needs, visiting or phone reassurance. If you are 55+ contact us to hear how your help July improve the quality of life of an elderly or disabled person by volunteering around your schedule to help a neighbor in your community. We are here to engage, enlighten, and inspire each other.

Visit our website at [tvcca.org](http://tvcca.org) or [facebook.com/TVCCARSVP/](https://facebook.com/TVCCARSVP/)

GEORGIA L JAMES, PROGRAM COORDINATOR 860-425-6608 [gjames@tvcca.org](mailto:gjames@tvcca.org)

GINA KING, DIRECTOR 860-425-6617 [gking@tvcca.org](mailto:gking@tvcca.org)



**Senior Foot Care Clinic:** New London Senior Center and Visiting Nurses Association are partnering to provide free foot care to New London seniors once per month. Please call the senior center to schedule your appointment: (860) 447 - 5232.

**Benefits Check Up Program:** Please call Senior Resources Office directly for an appointment (1-800-690-6998 or 860-887-3561).



**Food Pantry for Seniors** - Our food pantry program, Commodity Supplemental Food Program (CSFP), is for persons 60 years of age and older and has an income limit requirement. The food is delivered to our senior center once per month. **Please call Marina for details: (860) 437-6339.**



**The Community Health Center's - Senior Dental Program - 1 Shaws Cove, New London- Phone: (860) 447-8304**

For assistive medical devices such as **wheel chairs, walkers, canes or crutches**, please contact: **Chelsea Foundation** in Groton (860) 448-2263.



Regular **meals** are served daily. Monthly menu can be found on page 3 of this newsletter. Please remember to make your reservation for the days you will be visiting the Center. Invite a friend or family member to come join you at the Bistro meals on Mondays!



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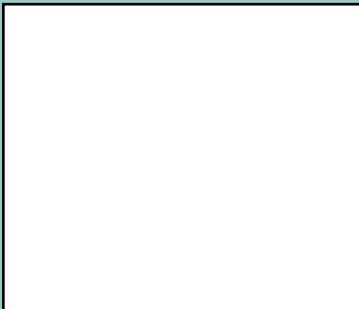
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## Foro Comunitario acerca del Alzheimer

La enfermedad del Alzheimer, la demencia y la pérdida de memoria

**Lunes, 3 de octubre | 3 p.m. -4 p.m.**

**New London Senior Center  
120 Broad St. | New London, CT 06320**

Aprende sobre la enfermedad de Alzheimer, la demencia y la pérdida de memoria. Traiga a un amigo que haya sido afectado por la enfermedad. Comparta sus ideas sobre cómo podemos ayudar a las personas de su comunidad.

Este programa se entregará en español.

### Se solicita la inscripción.

Llame al (860) 437 – 633 o envíe un correo electrónico [mvracevic@newlondonct.org](mailto:mvracevic@newlondonct.org) para registrarse.

alzheimer's  association®

Interested in **Knitting for a Good Cause?**  
Please contact Karen Paul (860) 857 - 3682 for more information.





**NICHOLAS J. FULTON**  
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 Fulntontherouxoldlyme.com  
 181 Ocean Ave., New London, CT  
**860-443-8355**  
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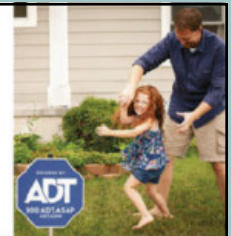


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## User Guide



1

### DOWNLOAD

The TransLoc App is available for Android and iOS



2

### EXPLORE TRANSIT

TransLoc App is your portal to explore both fixed route and on-demand transit services available in your area. Click the OnDemand option located at the bottom of the screen.



3

### FIND SERVICES

Available services will be shown along with their daily schedule, fare (if applicable), and service area.



4

### BOOK A TRIP

Once you provide an Origin and Destination, the TransLoc app will provide an estimated drop-off window.



5

### LOG IN


You will be asked to create an account the first time you use the service.



6

### TRACK YOUR RIDE

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 Note: Location services must be turned ON for the app to function properly.

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