

The
Gem



March 2024

B E C K I S H S E N I O R C E N T E R



Tuesday, March 19th—11:30-2pm

Do you think you have a chili recipe that is a winner?

We will have 3 judges, and 3 winners!

Please sign-up in advance.


St. Patrick's Day

Special Meal

Wednesday, March 13, 2024 at 12pm

\$4.50pp suggested donation

Menu:

Corned Beef & Cabbage

Steamed Parsley Potatoes, Carrot Coins, Irish Soda
Bread, Dinner Rolls & Apple Juice

Please sign up by: 11am on March 6th



March 2024

BECKISH SENIOR CENTER ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:45 Strength Class 11:45 CSO Mtg Cake 12:00 TVCCA Lunch 12 Hearing loss Talk UConn Audiologist 12:45 Duplicate Bridge 1:00 Quilting 1:00 Open Billiards 6:30 Setback Night	2
3	4 11-3 Massage 12 TVCCA Meal 1:00 Art Class	5 9:00 Women's Club 9:00-Woodcarving 9:30 TOPS 1:00 Open Billiards 2:30 Line Dancing	6 10:00 Ping Pong 12:00 TVCCA Lunch 1:00 Mahjong 12:45 Bridge 1-3 Open Billiards	7 9:00 Virtual Chair Yoga 1:00 Mobile Foodshare 1:00 Movie Time 6:30—Open Billiards	8 8:30-11—Hearing Screenings 8:45 Strength Class 11 Wellness w/Katie 12:00 TVCCA Lunch 12:45 Duplicate Bridge 1:00 Quilting 1:00 Open Billiards 6:30 Setback Night	9
10 End of week is DEADLINE for April GEM	11 11-3 Massage 12 TVCCA Meal 1:00 Art Class	12 9:00 Women's Club 9:00-Woodcarving 9:30 TOPS 1:00 Open Billiards 2:30 Line Dancing	13 10:00 Ping Pong 12:00 St. Patrick's Day Special TVCCA 12:45 Bridge 1:00 Mahjong 1-3 Open Billiards	14 9:00 Virtual Chair Yoga 9:00 AARP Tax Aide 1:00 Movie Time 6:30—Open Billiards	15 8:45 Strength Class 12:00 Nutrition Talk 12:00 TVCCA Lunch 12:45 Duplicate Bridge 1:00 Quilting 1:00 Open Billiards 6:30 Setback Night	16
17	18 11-3 Massage 12 TVCCA Meal 1:00 Art Class	19 9:00 Women's Club 9:00-Woodcarving 9:30 TOPS 1:00-Open Billiards 2:30 Line Dancing	20 10:00 Ping Pong 12:00 TVCCA 12:45 Bridge 1:00 Mahjong 1-3 Open Billiards	21 9:00 Virtual Chair Yoga 10-3 Reiki w/Robin 1:00 Mobile Foodshare 1:00 Movie Time 6:30—Open Billiards	22 8:45 Strength Class 12:00 TVCCA Lunch 12:45 Duplicate Bridge 1:00 Quilting 1:00 Open Billiards 6:30 Setback Night	23
24	25 8-12 Haircuts 11:00 CSO Exec Mtg 11-3 Massage 12 TVCCA Meal 1:00 Art Class	26 9:00 Women's Club 9:00-Woodcarving 9:30 TOPS 1:00-Open Billiards 2:30 Line Dancing	27 10:00 Ping Pong 12-TVCCA Lunch 12:45 Bridge 1:00 Mahjong 1-3 Open Billiards	28 9:00 Virtual Chair Yoga 9:00 AARP Tax Aide 1:00 Movie Time 6:30—Open Billiards	29 8:45 Strength Class 11:45 CSO Mtg Cake 12:00 TVCCA Lunch 12:45 Duplicate Bridge 1:00 Quilting 1:00 Open Billiards 6:30 Setback Night	30

Senior Center Hours

Monday - Friday 8:00 AM to 3:00 PM

Everyone is welcome to come and participate in all we have here at Beckish!

March LUNCH MENU

Join us for lunch at 12 noon on Monday, Wednesday and Friday each week.

Suggested donation: \$3.00 for HOT MEAL

Sign up 72 hours in advance for lunch. Menu subject to change without notice.

Monday

Wednesday

Friday



shutterstock.com · 1606305865

1
Crispy Cod
Macaroni & Cheese
Squash Mix w/Carrots & String
Beans, Tropical Fruit cup

Corn Chowder Soup

4
Stuffed Chicken Kiev
Rice Pilaf
Green Beans
Fresh Orange

6
Meatballs Marinara
Pasta Shells w/Herbs
Peas
Mandarin Oranges

8
Cheese Omelet
Tater Tots, Corn w/Peppers
& Onions, Sweet Treat.
Grape Juice

Minestrone Soup

11
Country Fried Beef Steak
Buttermilk Mashed Potatoes
Green & Yellow Squash
Pineapple Tidbits

13
St. Patrick's Celebration
Ethnic Celebration
Corned Beef & Cabbage
Steamed Potatoes, Sliced Carrots,
Dinner Roll, Irish Soda Bread,
Apple Juice

15
Stuffed Shells w/ marinara
Carrots, Waxed Beans
Apple Sauce

Broccoli, Potato, Cheddar
Soup

18
Western Omelet
Sweet Potato Tater Tots, Mixed
Veggies,
Diced Peaches

20
Chicken Cacciatore
Penne Pasta w/Herbs
Green & Waxed Beans
Applesauce

22
Whole Grain Fish Sticks
Home Fries, Broccoli, Peppers
& Mushrooms
Fresh Fruit
Chicken Noodle Soup

25
Vegetarian Lasagna
Broccoli, Diced Carrots
Sweet Treat
Grape Juice

27
Stuffed Cabbage Casserole
Snap Peas
Lima Beans
Fresh Fruit

29
GOOD FRIDAY
HOLIDAY
CLOSED



Soups are here!!!!

1% milk & whole
grain bread are served
with
each meal





TVCCA SOUPS



TVCCA Senior Nutrition Program

Fall & Winter Season Soup Menu

Soups are available as an **add-on** to the *Friday* café lunch menu.

The soups are homemade and microwavable.

Chicken Noodle Soup

Low sodium broth, diced cooked chicken, diced onions, carrots & celery.

Corn Chowder Soup

Low sodium vegetable broth, diced potatoes, bacon bits & corn.

Broccoli Potato & Cheddar Soup

Low sodium chicken broth diced potatoes, Monterey cheddar jack cheese & broccoli.

Split Pea & Ham Soup

Low sodium chicken broth, diced onions, carrots, celery, low sodium ham & split peas.

Minestrone Soup

Rich vegetable broth, diced onions, string beans, carrots, squash mix & ditalini.

Soups are served as an **add-on**, along with the regular café lunch meal.

All soups are offered with a side of wheat crackers.

Soups will be sent to the sites in quart containers or Cambron containers.

Temperature should be 165°F before serving.

****Due to state health regulations, soups cannot be taken home.****

Senior Nutrition Program - 81 Stockhouse Rd. Bozrah, CT - (860) 886-1720

TVCCA Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act.



TVCCA SPECIAL MEAL



Thames Valley Council
for Community Action, Inc.

March Special Meal



TVCCA SENIOR CAFÉ Menu:

- Corned Beef & Cabbage
 - Steamed Parsley Potatoes
 - Sliced Carrots
 - Dinner Roll & Margarine
 - Irish Soda Bread
 - Apple Juice
- (All meals include 1% milk)

When: Wednesday March 13, 2024

Reservations required by 11am on Wednesday March 6, 2024.

Please ask your site server about signing up to reserve your meal.

Suggested Donation Amount \$4.50



ACTIVITIES

FITNESS CLASSES
Strength & Mobility:
Fridays
8:45-9:45am



See inside for cost

THERAPEUTIC MASSAGE
WITH SUE
MONDAYS STARTING AT 11AM
\$25 FOR 25 MINUTES



SET BACK
 Friday Nights
 at 6:30 - 9:00 PM



Bridge
 Please come join the Bridge group on Wednesday at 12:45PM

DUPLICATE BRIDGE
 The Bridge group will be playing DUPLICATE Bridge every Friday @ 12:45 PM, so if you play, pick a partner and have some fun!



Real People.
Real Weight Loss.®

Tuesday morning at
9:30am.



Pickleball
 Thursday at 10am
 Rec Park this
 spring! Must Sign-up!

Billiards

Thursday @ 10 AM
 Open Pool ~ Tuesdays @ 1:00–3:00 PM
 Open Pool ~ Thursdays @ 6:30 PM
 Open Pool ~ Fridays @ 1 PM



QUILTING

Fridays @ 1:00 PM
 Learn new and exciting projects.



Chair Yoga & Pilates
 Virtual Thursdays 9:00 AM

This is a low impact toning and conditioning and strengthening class for all levels.

LINE DANCING

Tuesdays at 2:30pm

Come join us and dance like no one is watching!



TAI CHI
TBD



REIKI
 See Calendar



WOODCARVING

Tuesdays @
 9:00 AM
 - 12 noon

Come join the fun and carve your way into your next

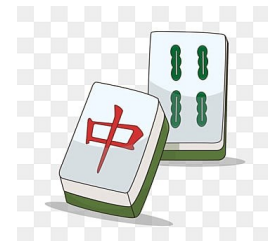


Writing Connection
 See inside for more info



The Ladies Group
 Tuesday mornings 9:30 AM
 Coffee and snacks
 Come join in the fun! And meet new people!

MAHJONG
 New Day!!
Wednesdays at 1pm



TRANSPORTATION



The Town of Columbia's Senior Transportation Services provides transportation for residents who are sixty years and older or disabled adults eighteen years and older. One handicapped van has accommodations for two wheelchairs, a maximum of 14 riders. A town-owned SUV allows for up to three people.

Transportation is provided for doctor appointments, shopping, wellness trips, banking, or various errands. Service is offered to and from the Beckish Senior Center for lunch or activities at the center. The hour of operation is Monday through Friday 8am to 3pm, excluding town holidays and inclement weather. Please call the Senior Center at 860-228-0759, extension 2, to speak with Flo or Brittney to schedule your ride. Rides should be made at least forty eight hours in advance. Medical rides should be made as soon as possible, these rides take precedent over all other rides.

Passengers must always wear a seatbelt. Food and drink are not allowed in the vehicle.

Suggested Donations for Trips

Sponsored outings by any group or approved organization	\$ 3.00 or \$5.00
1 to 10 miles	\$ 2.00
11 to 19 miles	\$ 5.00
20 to 29 miles	\$10.00
30 plus miles	\$15.00

DIAL-A-RIDE

Dial-A-Ride is door-to-door ride service to and from anywhere within the nine-town region. Dial-A-Ride operates Monday thru Friday 8am to 4pm excluding holidays. Trips are \$3 each way and free to seniors. A suggested donation would be accepted. Forty-eight hours' notice is required.

For more information visit <https://wrtd.org/dial-a-ride/>

BECKISH TRIPS

Beckish Senior Center & Windham Senior Center presents:

BOSTON OLD TOWN TROLLEY TOUR



Wednesday May 1, 2024

**Hop aboard the city's most enthralling Boston sightseeing excursion:
Old Town Trolley Tours of Boston!**

We'll have a **private 2 hour riding tour** of the Best of Boston highlights aboard these famous orange and green trolleys. Enjoy double-decker height views through large windows all while protected from the elements. Our trolley tour will make a circle through Boston as our **expert conductor** shows you Boston highlights including: Downtown, Beacon Hill, Back Bay, the Theater District, the Waterfront District, the Historic North End, and more. Old Town Trolley is the best way to relive history and see all our country's Cradle of Liberty has to offer.

A visit to Boston is not complete without time spent at **Quincy Market** - situated around a quaint cobblestone promenade this is THE place for shopping & dining. Time for lunch (on own).



COST: \$150.pp based on 35-50

Reservations: Beckish Senior Center 860-228-0759

Depart: 8:15am Beckish Senior Center, 188 Route 66, Columbia, CT 06237

Est. Return: 6:00pm Columbia

Depart: 8:45am Windham Senior Center, 1 Jillson Square

Est. Return: 5:30pm Willimantic

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <http://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.



**FRIENDSHIP TOURS
THE SHIP SHOP**

705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

BECKISH TRIPS**Beckish Senior Center & Windham Senior Center Presents:
Brimfield Antique & Vintage Flea Market**

When: **Wednesday, May 15, 2024**

Cost: \$25.00 PP

Reservations: **Beckish Senior Center 860-228-0759**

Spend the day browsing America's oldest antique & vintage flea market. You will have plenty of time to stroll and check out all that Brimfield has to offer. Make sure to wear comfortable shoes!

Depart: 8:00 AM Beckish Senior Center, 188 Route 66, Columbia,
Est. Return: 3:00 PM Columbia

Depart: 8:15 AM Windham Senior Center, 1 Jillson Square, Willimantic
Est. Return: 3:00PM Willimantic



BECKISH TRIPS

Beckish Senior Center & Windham Senior Center present:

NEWPORT FLOWER SHOW

Theme: "At Home"

Rosecliff Mansion

Friday, June 21, 2024

Newport, RI

The magnificent Rosecliff Mansion provides a delightful backdrop for the Newport Flower Show. Begin by touring the first floor of the mansion filled with incredible floral arrangements, continue out onto the spacious lawn to enjoy beautiful displays. Explore the Shopper's Marketplace with incredible views!

Spend the rest of your day in downtown Newport....Lots of wonderful shopping and restaurants on Bowen's and Bannister's Wharf!



COST: \$116.pp based on 35-50 passengers

Depart: 8:30am Beckish Senior Center,
188 Route 66, Columbia

9:00am Windham Senior Center
1 Jillson Square, Willimantic

Est. Return: 6:00pm Willimantic 6:30pm Columbia

For Reservations: Bernadette Derring 860-228-0759

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these



FRIENDSHIP TOURS
THE SHIP SHOP
705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630

BECKISH TRIPS

Beckish Senior Center & Windham Senior Center present:

WEST POINT CAMPUS TOUR

Lunch at the Hotel Thayer



Tuesday, June 4, 2024

Lunch at the **Hotel Thayer** for their Bountiful Buffet. Wonderful assortment of salads, cold cut display, hot entrees and dessert buffet.

Following lunch enjoy a fun & informative 90 minute guided tour of the **United States Military Academy at West Point**. Stop at the Cadet Chapel, Trophy Point, Battle Monument and the Plain. Explore the campus and learn in great detail the history of West Point and our nation. *This tour requires moderate walking on some uneven ground at the various stops, most of which are outdoors.

Morning stop to **The National Purple Heart Hall of Honor** in New Windsor, NY, commemorating the extraordinary sacrifices of America's servicemen who were killed or wounded in combat.



COST: \$ 150. pp based on 35-50 passengers

Depart: 7:15am Windham Senior Center, 1 Jillson Square, Willimantic

7:30am Beckish Senior Center, 188 Route 66, Columbia

Est. Return: 7:00pm Columbia / 7:15pm Willimantic

For Reservations: Bernadette Derring 860-228-0759



FRIENDSHIP TOURS
THE SHIP SHOP

705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions

BECKISH TRIPS

Beckish & Windham Senior Centers presents:

CAPE COD CANAL CRUISE, ONSET, MA

Thursday, August 1, 2024



For a unique adventure, cruise the renowned Cape Cod Canal. This man-made canal is the widest sea-level canal without locks in the world. The Cape Cod Canal is 17.4 miles long, 32-feet deep, and depending on location it is between 500 and 700-feet wide.

Departing from Onset, MA, the **Cape Cod Canal cruise** will pass under the impressive railroad and highway bridges, the Bourne and Sagamore, and sail along a parade of pleasure boats and commercial vessels also on the canal. A knowledgeable commentator leads you on a 2-hour cruise detailing the history and natural beauty of this fascinating waterway.

Enjoy a **Buffet Lunch** at Mezza Luna Restaurant in Buzzards Bay prior to the cruise. *MENU: Garden Salad, Homemade Italian Garlic Bread, Cheese Ravioli, Chicken Marsala, Rice Pilaf, Assorted Italian Mini Pastries with Coffee & Tea.*

COST: \$150 pp based on 35-50

Depart: 8:00am Beckish Senior Center, 188 Route 66, Columbia

8:30am Windham Senior Center, 1 Jillson Square, Willimantic

Est. Return: 5:45pm Willimantic 6:15pm Columbia

For Reservations: Bernadette Derring 860-228-0759



FRIENDSHIP TOURS
THE SHIP SHOP

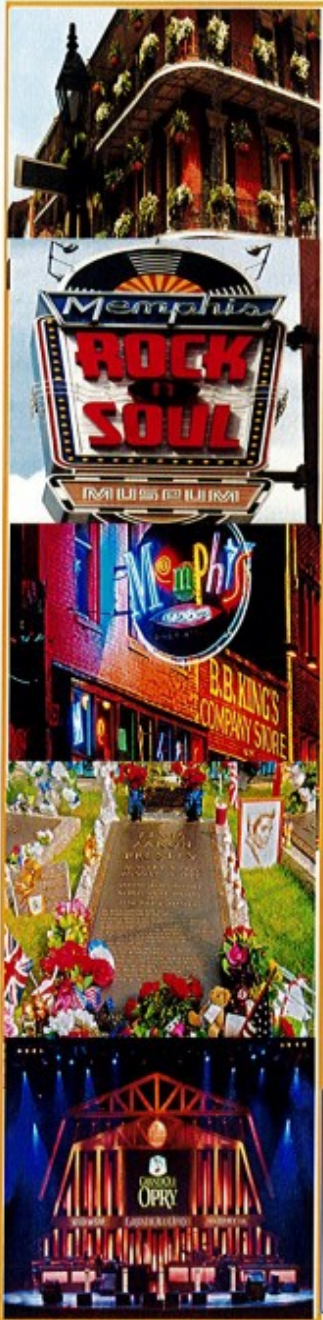
705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions.

BECKISH TRIPS

BECKISH SENIOR CENTER PRESENTS:

Escorted - America's Music Cities New Orleans, Memphis Nashville September 15 - 22, 2024



- * French Quarter Riding & Walking Tour * Jazz Review * Grammy Museum
- * Visit Graceland, home of Elvis Presley * Civil Rights Tour * Memphis Sun Studios * Rock N Soul Museum* Historic RCA Studio B * Ryman Auditorium
- * Grand Ole Opry Show * Country Music Hall of FameMuch More...!

Day 1: New Orleans, Louisiana

Motorcoach to Bradley Airport for your flights to New Orleans. Step back in time on a cultural getaway that opens in the "Jazz Capital of the World," New Orleans! This soulful city abounds with rich history, mouthwatering Cajun and Creole cuisine, and of course, an incomparable soundtrack. Take in the sights, flavors, and sounds of New Orleans on your own today.

Day 2: New Orleans

Explore the many sides of New Orleans and how jazz began and thrives here. Start with a panoramic city tour, seeing the famous St. Louis Cemetery #3 and Esplanade. Then, it's a walking tour of the French Quarter viewing St. Louis Cathedral, Pirates Alley and more. Tonight enjoy a New Orleans-style dinner before going to Maison Bourbon, a live jazz club in the French Quarter. B,D

Day 3: New Orleans - Oxford, Mississippi

Leave New Orleans on a high note and head to the next music landmark. Explore the history of one of the world's most prestigious awards in music at GRAMMY Museum Mississippi. Later, arrive in the charming college town of Oxford for a laid-back evening. B,D

Day 4: Oxford - Memphis, Tennessee

Travel to Memphis, the birthplace of the Blues, Rock 'n' Roll, and Soul. Enjoy Southern hospitality at your hotel before jiving along to "Jailhouse Rock" as you visit Graceland, the stately mansion of the "King" himself, and tour Elvis's 14-acre estate, including his home, private jets, and Meditation Garden. B,D

Day 5: Memphis

This morning, embark on a civil rights history tour via coach and follow the route of Martin Luther King Jr.'s last march, stopping at Mason Temple where he gave his famous "I've Been to the Mountaintop" speech the night before he was assassinated. Take time to explore the National Civil Rights

Museum and grab lunch on your own. Later, get acquainted with the musical history of Memphis with a visit to Sun Studio, perhaps the most famous recording studio in the world before continuing on to the Memphis Rock 'n' Soul Museum, highlighting the musical journey of the city! B

Day 6: Memphis - Nashville

Roll along Music Highway to Nashville – the "Music Capital of the World." Tour the historic Ryman Auditorium*, the original home of the Grand Ole Opry. What began as a building where a local radio broadcast show aired once a week in 1925 has grown to become an entertainment complex that attracts music fans from all over the world. This evening, take your reserved seat at the renowned Grand Ole Opry* (*based on performance schedule) B

Day 7: Nashville

Explore the Country Music Hall of Fame, the world's largest museum of popular music, and check out the vast collections of memorabilia, costumes, recordings, and instruments. Tour RCA Studio B and gain an insider's look at Nashville's oldest remaining recording studio, where Elvis Presley, Dolly Parton, and Charley Pride once recorded classic hits. You may even have the opportunity to record your own hit! After one more lunch together, **it's your choice!** Join a hands-on chocolate-making lesson at the iconic Goo Goo Candy Shop -OR- visit the Johnny Cash Museum where you'll be immersed in the life and legacy of Johnny Cash, a "100 Greatest Artists of All Time" honoree and the biographical inspiration for the blockbuster film, *Walk the Line*. B,L

Day 8: Nashville - Tour Ends

Your rockin' musical journey comes to a close today. Return flight to Bradley Airport and motorcoach home. The country music of Nashville, the sounds of Memphis and New Orleans Jazz & food compromise a journey full of experiences that will be with you long after you return home! B

COST: \$4099* pp twin (based on 25 and current air tariffs)

* If booked by 2/1/2024 - After 2/1/2024 the price is \$4199 pp twin

INCLUDES:

Transportation to Bradley, Round trip flights from Hartford/Bradley, Sightseeing by Deluxe coach, Professional Tour Manager upon arrival in New Orleans, 7 night hotel accommodations, 7 Breakfasts, 1 Lunch, 3 Dinners, Sightseeing per Itinerary, Friendship Tours Escort



FRIENDSHIP TOURS
THE SHIP SHOP
860-243-1630 • 800-243-1630

B E C K I S H T R I P S

DEPOSIT: \$900 pp with reservation to secure your space. Space is subject to availability at the time of reservation.

FINAL PAYMENT: June 25, 2024

FOR RESERVATIONS: Call Barbara at Friendship Tours: 860-243-1630

CANCELLATION POLICY: If a passenger cancels from deposit date to June 25, 2024 the cancellation fee is \$700 pp; June 26, 2024 to July 25, 2024 the cancellation fee is \$2500 pp; no refunds if cancelled after July 25, 2024. All cancellation fees are plus any non-refundable airline fees.

Trip Protection Coverage is strongly recommended. Friendship Tours offers Travel Protection insurance through 2 insurance providers: NTA Travel Protection Plan and Travel Insured International. Trip Protection offers coverage for Cancellation for covered medical reasons, Interruption, Emergency Medical, Travel Delay, & more.

The AON/NTA Travel Protection Plan offers 3 levels of insurance: Basic or Enhanced or Enhanced with Cancel For Any Reason (CFAR). The Pre-existing medical condition exclusion can be waived by purchasing the Enhanced Plan within 14 days of your deposit or initial payment. The Enhanced Plan with the add-on of CFAR must be purchased within 14 days of initial deposit. CFAR allows you to cancel for any reason up to 48 priors to departure and reimburses up to 75% of your nonrefundable trip cost.

To enroll: <https://nta.aontravelprotect.com> Tour Operator Location #076068
OR call AON 1-800-388-1470.

Travel Insured International offers the Worldwide Trip Protection plan with the option to add upgrade benefits (available for additional cost) including CFAR when purchased within 21 days of your initial deposit. Other upgrades include Electronic Equipment, Event Ticket Fee Protection, Travel Inconvenience.

To enroll: <https://www.friendshiptours.net/protection-plan> Agency #18649

Premiums are non-refundable once paid. Terms & Conditions apply.

Plan details are available at <https://www.friendshiptours.net/protection-plan>.

Call Friendship Tours 860-243-1630 for assistance in enrolling.

Responsibility: This package is subject to our full terms and conditions which can be found on our website at www.friendshiptours.net/tour-policies. Paper copies are available upon request. By signing up to participate in the tour, you are agreeing to be bound to these terms and conditions. Therefore, you must read the terms and conditions in their entirety. By signing up for the tour, making a payment and continuing to use our services, you are agreeing to be bound by the Terms and Conditions. Should you disagree with any of the terms you must speak with us before signing up for a tour.



FRIENDSHIP TOURS
THE SHIP SHOP

705 Bloomfield Ave, Bloomfield, CT 06002
860-243-1630 • 800-243-1630
www.friendshiptours.net

ART TRIPS

Slater Memorial Museum & Olde Tymes Restaurant



Please join the Columbia Arts Committee on a trip to the Norwich Slater Memorial Museum and out to lunch at the Olde Tymes Restaurant.

Thursday, March 21, 2024

Depart Beckish at 9:30am

Approx Return to Beckish at 2pm

Cost: \$5.00pp Admission to Slater Museum

\$3.00pp Suggested Donation for Transportation

Lunch will be on your own

Slater Memorial Museum serves Norwich Free Academy and its community by fostering inquiry and exploration, celebrating the richness and diversity of the human experience by collecting, preserving, and interpreting a regional and global collection of art and material culture. Dedicated in 1886, Slater Memorial Museum was founded by NFA alum, William Albert Slater (Class of 1875), Slater Memorial Museum stands as one of only two museum's to be located on the campus of a high school in the United States.



Olde Tymes Restaurant is a New London County CT Landmark because of our historic look, classic home cooking, and friendly staff. At Olde Tymes, home is just a taste away!

C S O A R T C O M M I T T E E



Tears of Life by Carol Hall

Tears are part of living. We have all had our share of times of tears. They can be happy or sad tears, inwardly stuffed inside us, or coming out of our eyes in a salty flow.

Tears at your birth as you breathe in your new world
 Tears of childhood's physical hurts and disappointments
 Tears when a part of you was ripped apart with the loss of a pet
 Tears of sorrow as someone left us and there was an emptiness

Tears of joy with a new beginning for you
 Tears of amazement at the birth of a new life
 Tears of love for the accomplishments of someone dear
 Tears of happiness when again seeing someone close to heart

Tears of gratitude when remembering all you have been through,
 and remembering all of the love and good things you experienced
 in your life
 Tears of Life.

CSO ART COMMITTEE

POETRY CORNER**By Elli Sharpe****HAVEN**

*Come with me to the place where the unicorns graze,
where the sky is a sapphire blue.
Leave behind the darkness of yesterday
while I share this dream with you.*



*Come to the cool, clear bubbling spring,
made with tears of angels they say
but made with joy and laughter
and made while the angels play.*

*There are ruby poppies and emerald trees,
how they glitter in the sun.
The animals dance and play about,
come and join the fun.*



*Heal a lonely and broken heart,
always remember this day.
The world will be a brighter place
when you toss your worries away.*

*Ruby red poppies, emerald trees
birds, squirrels and butterflies
so many wonders I share this day
but most wondrous is the morning sunrise.*

★ Send in your poetry and we will share in the monthly newsletter. Send poems to: Beckish@columbiact.org or stop in and drop one off!

C O L U M B I A ' S A R T C O U N C I L

Bob's Art Class

Join us for Bob Oxenhorn's Art Class here at Beckish
Every Monday from 1-3pm.



All levels welcome!

Cost: \$10pp per class— cash only

Please bring to class—any materials and tools you need to participate in class. Instructor will provide material if you are in need.



Artist Corner

En Plein Air Event

All Artists are welcome to become a member of a Plein Aire group. This group includes all mediums as well as photographers. This is a opportunity to paint or photograph outdoors with the artists subject in full view. Plein air artists capture the spirit and essence of a landscape or subject by incorporating natural light, color and movement into their work.

The event date and locations are to be determined. If you are interested, please contact **Kim@kordo.org** or **fpolek@columbiact.org** for further information.

C O L U M B I A W R I T I N G C O N N E C T I O N

The Columbia Writing Connection

You may be wondering...

Are you a writer, or hoping to become one? The Columbia Writing Connection may be the group for you.

Our primary purpose? To offer space and time to fellow writers and would be writers, where they can share their work and gather valuable feedback from one another.

Anything else? Sure. We're a lively and friendly group, full of ideas and wanting to help. You'll learn about competitions, workshops and volunteer opportunities, along with hearing about the accomplishments of your fellow CWC writers. One other thing, and it's kinda hush hush...

a person in our group came up with a fun thing we're trying: the Litera Assembly Line. Pretty cool, and you just may want to try it, too. Come to one of our meetings to find out more.

When and where? We meet TWICE MONTHLY, on the second Monday of each month from

2 - 4 pm at the Beckish Senior Center AND on the last Wednesday of each month from 5:45 – 7:45 pm at the Saxton B. Little Library, both in Columbia Center.

The schedule of meetings and locations for the 2023 -24 Columbia Writing Connection are as follows:



Monday March 11th BSC
 Wednesday March 27th SBL
 Monday April 8th BSC
 Wednesday April 24th SBL
 Monday May 13th BSC
 Wednesday May 29th SBL
 Monday June 10th BSC
 Wednesday June 24th SBL
 Monday July 8th BSC
 Wednesday July 31st SBL
 Monday August 12th BSC
 Wednesday August 28th SBL

You may contact the CWC through Lekwurtzel@gmail.com
 Information is also available through the Saxton B. Little Library and the Beckish Senior Center

S O C I A L S E R V I C E S

Katie Wilt

Community Social Services Coordinator

Monday– Thursday 8:30am – 4:30pm

Friday’s 8:30am-12:30pm

Contact at 860-228-1008 or kwilt@columbiact.org.

Snow Removal Grant Pilot Program

If you are a Columbia resident who is a senior 55+ or disabled and have an emergency where you needed to get your driveway and or walkway snow plowed and are having trouble paying the bill please contact Columbia Social Services at 860-228-1008 or kwilt@columbiact.org to apply to the Snow Removal Program. Income eligibility is 60% of CT’s state median income (household of 1 is \$41,553 and household of 2 is \$54,338) Required documentation includes gross income (or current Energy Assistance approval), proof of age or disability, completion of the application and release, and invoice from a vendor with a W-9. Household must be willing to share why the service was needed as part of the application.

ELDERLY AND DISABLED PROPERTY TAX RELIEF

Elderly and disabled homeowners who qualify (disabled or 65+ in 2023) can apply for reduced property taxes on their homes until May 15, 2024. If you are currently on the program the Assessor’s Office will send you a letter if it is your year to reapply. This year’s income limits are \$43,800 maximum for an individual and \$53,400 for a couple. All gross income is counted including Social Security benefits. Documents you will need: Signed 2023 1040 Federal Tax form (if you file); 2023 Social Security Statement (SSA-1099); 2023 Pension Statement(1099); 2023 Bank Interest Statement(1099); Any other 2023 Income 1099.

For assistance, feel free to contact Katie Wilt at 860-228-1008. Or, visit the Columbia Assessor’s office to apply.

S O C I A L S E R V I C E S
Senior Wellness Group

With Katie



Friday, March 8, 2024

11:00am-12:00pm

at the Beckish Senior Center

“The More You Know” Wellness Series meets every second Friday of the month at the Senior Center. This free program has covered topics such as integrating hope into our thoughts when we feel concern, coping strategies when feeling stress, how to keep an open mind when communicating, tips on talking to a loved one who may be misusing substances. We are building a community that believes in “being kind to your mind” and “mental health is just as important as physical health”. Come join us!

To make suggestions, share ideas or get involved in future prevention work for the Town of Columbia please contact Katie Wilt at 860-228-1008 or kwilt@Columbiact.org.

Heating Assistance

The State of CT Energy Assistance Program: Applications for the 2023-24 energy assistance program are underway. This program is available regardless of heating source. Gross income cannot exceed \$41,553/year (single) and \$54,338 (couples).

There is no asset limit.

Documentation needed: last four weeks of gross income and utility bills, as proof of rent/mortgage. If you are receiving cash assistance or SNAP you can provide benefit documentation instead of proof of income. If you are new to the program DSS requires your Identification and Social Security cards for everyone in the household as well as income and utility bills.

To apply please contact Katie Wilt at 860-228-100/kwilt@Columbiact.org or visit [https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating/How-To-Apply?](https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating/How-To-Apply?gclid=EA1aIQobChMI8fCk44LOgQMVLPLjBx1NwAYhEAAYASAAEgKzB_D)

[gclid=EA1aIQobChMI8fCk44LOgQMVLPLjBx1NwAYhEAAYASAAEgKzB_D_BwE](https://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance---Winter-Heating/How-To-Apply?gclid=EA1aIQobChMI8fCk44LOgQMVLPLjBx1NwAYhEAAYASAAEgKzB_D_BwE).

FOOD PANTRY



With the rising cost of food, check out these resources to support!

Mobile Foodshare

Mobile Foodshare provides an opportunity to receive perishable food. Food varies depending on the supply, but can include things like fresh fruits and fresh vegetables. You do not need to show any ID. There is not income eligibility test and you can attend any location. Mobile Foodshare comes to the Columbia Senior Center twice a month as well as other location throughout the state. For a schedule and locations see below. If you have questions about the Columbia location please contact me at 860-228-1008. <https://ctfoodshare.org/get-help/programs/>



For Columbia residents in need of non-perishables and to check availability of toiletries, please contact Katie Wilt at 860-228-1008 to access the **Town of Columbia Food Bank**.



Hebron Interfaith Human Services

Provides a client choice pantry open to Columbia residents. Pantry hours are EVERY Tuesday and Thursday (9 am to 6 pm), and on Friday from 12 pm to 5 pm and is located at 26 Pendleton Drive, Hebron CT



See if you qualify for **SNAP** (formerly Food Stamps)
End Hunger CT has a free SNAP prescreener that is confidential. Visit www.endhungerct.org/prescreener or call (866)974-SNAP (7627)

MOBILE FOODSHARE

COLUMBIA'S

MOBILE FOODSHARE

Beckish Senior Center
188 Route 66, Columbia

EVERY OTHER THURSDAY

**March 7, March 21, April 4, April 18, May 2, May 16,
May 30, June 13, June 27, July 11,
July 25, Aug 8, Aug 22, Sept 5, Sept 19, Oct 3,
Oct 17, Oct 31...**

1:00PM TO 1:30 PM

NOTE:

PLEASE PARK YOUR CAR SAFETLY AND WITHIN THE DESIGNATED LINES. DO NOT DOUBLE PARK. BE ON ALERT- THE PARKING LOT BECOMES VERY BUSY. THE SAFETY OF EVERYONE IS OF THE UPMOST IMPORTANCE. SAFELY GET INTO LINE ALONG SIDEWALK TO PICK UP YOUR FOOD AT THE TRUCK. BRING YOUR OWN BAGS.

**EVERYONE IS WELCOME—NO PERSONAL INFO
REQUIRED FOR PARTICIPATION**



**Connecticut
Foodshare**

Our Community, Our Food Bank

EVENTS

MOVIE DAY AT BECKISH

Movies start at 1PM

March 7— Oppenheimer
Starring: Cillian Murphy



March 14 — A Knight's Tale
Starring: Heath Ledger



March 21 — When did you last see your Father
Starring: Colin Firth



Director's Movie Picks

March 28— NYAD "Oscar Nominee"
Starring: Jodie Foster & Annette Bening

Inspiring Movie—PG-13



SENIOR INFO

Chili Cook Off

Tuesday, March 19th
11:30-2pm

Do you think you have a chili recipe that is a winner?
Lets put it to the test!
We will have 3 judges, and 3 winners!



Beckish Senior Center Closings

The Beckish Senior Center/Transportation Program
does not follow school closings/delays.
Please check WFSB Channel 3 for closings/
delays.



SENIOR INFO



Haircuts with Lynn



\$15.00 Hair Cuts & Style

2024 Schedule

April 1, May 6,
June 10

First appointment is at 8am and every 15 minutes after. Lynn will be at the Beckish Senior Center every 5 weeks. Please call to sign up for your hair cut today. No Walk-ins available. Cash only!

Lynn- 860-883-3113



Sue Mccaffrey's Reflexology & Therapeutic Massage

Every other Monday from 11-3pm

Last appointment at 3pm

March 4th, 11th 18th 25th

Call for an appointment (860) 228-0759

\$25.00 for 25 minutes Massage



BECKISH EVENTS

Spirit Of The Lotus Reiki with Robin

Robin is the founder of Spirit of the Lotus. She is a hands-on healer specializing in Integrative Manual Therapy, a medical intuitive, Shaman, Medium and Spiritually Guided Coach as well as being an Advanced Soul Coach (R), Adv. Past Life Coach (R) & Holographic Sound Healer. Robin works with Spinal Cord & Traumatic Brain Injury, Digestive Issues, Trauma, PTSD, Abuse Clients with amazing results. She stocks a full line of Homeopathic Remedies, Functional Medicine, Complete Detox programs for Lymes' to HPV and more.

Spirit of the Lotus is in Columbia CT but works with people around the world, in person, virtually & by phone.

More info: <https://spiritofthelotus.org/>

Every 3rd Thursday, from 10am-3pm

Thursday, March 21st

Session are \$25 for 25 minutes

What to expect:

Please wear comfortable clothes, such leggings, and a tee shirt, rather than jeans. She can treat lying down or in a chair. The session is a hands-on, energy healing much like Rieke or Cranial Sacral. First, she will check to see if you're in fight or flight, which can inhibit digestion, create brain fog and agitation. Robin can look to help digestion or any number of other issues such as pain, headaches, back issues.

Not sure if you believe... why not try a session just for the relaxation and fun of it.

SENIOR INFO
FREE
Hearing Clinic



Come and meet UConn's Audiologist,
 Katherine Audet, Au.D., CCC-A

March 1, 2024 at 12 noon

Talk on basics of hearing loss and a brief intro to hearing aids & effective communication strategies.

March 8, 2024 from 8:30-11:30 appt every 20 minutes

Dr. Audet will be giving FREE Hearing screenings & hearing aid checks & troubleshooting.



Podiatrist

We would like to have a Podiatrist come and offer basic toenail care. Dr. Thomas Walter has expressed interest in providing this service if we can get at least 12 people to sign-up.

The cost is \$45 cash for the initial visit, and \$40 cash for subsequent visits. No insurance will be accepted.

Please call Bernadette if you are interested or have any questions. We will announce the date and time as soon as we have enough people signed-up.

Thank you!



SENIOR PROGRAMS



Take Off Pounds Sensibly

THIS IS THE PLACE TO HELP YOU GET HEALTHIER AND LEARN HOW!

Beckish Senior Center
188 Route 66
Columbia, Ct



Real People.
Real Weight Loss.®

Tue 9:30am weight 10:00am Meeting

Only \$32 Annually—Chapter Dues \$3.00 Weekly, 1st Meeting FREE



Only \$49 Annually - Chapter Dues \$5.00 Monthly First Meeting Free

Cheryl LaCosse—203-215-6160



AARP

“Smart Driver Class”

Every 3 months

Wednesday, April 24, 2024

Wednesday, July 10, 2024

Wednesday, October 2, 2024

Wednesday, December 18, 2024

from 9am to 1pm



Please sign up if you are interested in taking the class.
Cost is \$20.00 per AARP member and \$25.00 Non AARP Member
Payment is due at the time of class.

EXERCISE

Line Dancing



Line Dancing with Susan! Variety of music and tons of FUN!

WHERE:

BECKISH SENIOR CENTER
188 ROUTE 66 COLUMBIA

WHEN:

EVERY TUESDAY AT 2:30 PM

COST: \$5.00 PER CLASS

THE CLASS IS OPEN TO EVERYONE COME JOIN IN THE FUN! CLASSES RANGE FROM BEGINNER AND UP... DON'T BE SHY, AND COME CHECK IT OUT!



CLANCY'S HIIT & FIT

Exercise Packages:
More info to come
Stay tuned!
Walk-in \$8.00

Friday 8:45-9:45am:

Strength & Mobility

—A fun light weight bearing workout focused on balance, mobility, and strength to give you the confidence to go about your day.

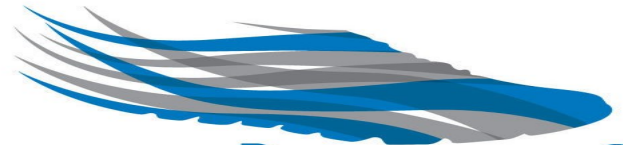
Workouts accommodate all fitness levels, chair or standing. Upbeat fun music and rhythms make the time fly. Chair or mat.



E X E R C I S E

**SilverSneakers Coming To
The Beckish Senior Center**

Stay Tuned—We could possibly be starting in March—
we are waiting availability of instructors in our area.



SilverSneakers[®]
by Tivity Health

Virtual Chair Yoga & Pilates

Thursday Mornings at 9am VIRTUALLY

Cost: \$20.00 a month or \$7.00 walk in

Join Tina on Thursday mornings at 9am virtually with some mindful
Chair Yoga and Pilates. This class will help with balance, strength
and relieve tension. Yoga is an excellent way for older adults to loos-
en and stretch painful muscles, reduce stress,
and improve circulation. It also reduces anxi-
ety, helps lower blood pressure, protects
joints, and builds strength and balance.



For more information, contact
Tina at 860-836-0420 or
Email: yogamama43@yahoo.com

E V E N T

Duplicate Bridge February Winners -

Week of 2/2/24

NORTH/SOUTH

1. Joe Ann & Mary	68.75%
2. Judy & Elli	50.00%
3. Janice & Noreen	47.22%

EAST/WEST

1. Joan & Connie	65.83%
2. Bob & June	55.83%
3. Anne & Ellen	51.67%

Week of 2/9/24

NORTH/SOUTH

1. Barb & Athene	60.40%
2. Joe Ann & Mary	57.58%
2. Joan & Dave	57.58%

EAST/WEST

1. Bob & Connie	58.93%
2. Pat & John	58.22%
3. Kathy & Chris	49.02%

Week of 2/16/24

NORTH/SOUTH

1. Mark & Debby	59.50%
2. Elli & Victor	57.78%
3. Barb & Athene	57.67%

EAST/WEST

1. Bernie & Judy	72.02%
2. Margret & Chris	53.13%
3. Bob & Connie	49.44%

CONGRATULATIONS!

C O L U M B I A L I O N S



**Join Us
We Serve Our Community**

We Serve

**The Columbia Lions Club meets on the 2nd and 4th Mondays,
6:30PM at the Columbia Senior Center.**

Lions serve. It's that simple, and it has been since Lions first began in 1917. Our club is a place where individuals join together to give their valuable time and effort to improving our community and the world.

It is also a great way to develop personal friendships and gain valuable leadership skills.

We Serve

Our Good Reaches Our Community And Spans The Globe

Interested in learning about your local Columbia Lions Club?
Thinking about joining this world wide organization of volunteers that serve their communities?

If you are interested in membership, contact a Lion or the Columbia Lions Membership Chairperson, Arlene Snyder at snyderam@comcast.net or at 860-989-0985.



COLUMBIA CONGREGATIONAL CHURCH



325 Route 87
860 228 9306

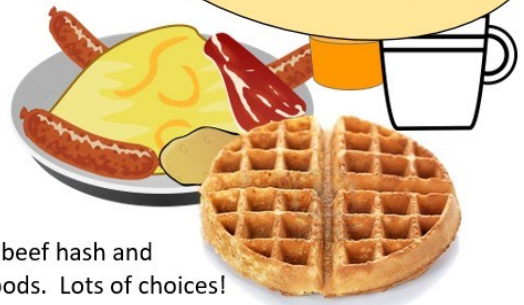


2nd Saturday Community Breakfasts

March 9 April 13



SPECIAL
March 9th
Southern Style
Shrimp & Grits



Share Food and Joy with
Family and Friends

7:30 AM to 10 AM

All you can eat; Special Rates for Families
with Children

Buffet includes design-your-own omelets, Belgian waffles, corned beef hash and two other meats, hash browns, scrambled eggs, fruit and home baked goods. Lots of choices!



PASTOR'S PASTA SUPPERS

JOIN US SUNDAYS DURING LENT*

5:30 PM SUPPER

FOLLOWED BY LENTEN PROGRAM

Pasta dish will be provided.
Feel free to bring a side dish or dessert to share
or just join us!

*Sunday February 18th through Sunday March 17th

Columbia Congregational Church
325 Rt. 87, Columbia
860 228 9306



C O L U M B I A S E N I O R S O R G A N I Z A T I O N

CSO Board Members



President: Sheran Smith
 Vice President: Pat Lanza
 Treasurer: Margaret Schatz
 Secretary: John Allen
 Member at Large: Yvon Desautels
 Finance/Budget: Pat Lanza
 Membership—Vacant
 Gifts/Memorial—Sheran Smith
 Way & Means—Pat Lanza/Sheran Smith
 Program Committee—Maureen Allen

Committees & Chairmen

Get up & Go—Margaret Schatz/John Allen/Henriette Sardi
 Women's Club—Sheran Smith
 Bridge Group—Debby Smith/Margaret Schatz
 Duplicate Bridge—Noreen Steele/John Allen/Barbara Willard
 Quilting—Alice Desautels
 Pool Group—Yvon Desautels
 Set Back—Debby Smith
 Wood Carving—Dennis Tormey
 Movie—Maureen Allen
 Art Committee—John Allen/Margaret Schatz/Henriette Sardi/Janice Knight/Andrea
 Stannard/Kim Kordonowy



C O L U M B I A S E N I O R S O R G A N I Z A T I O N

CSO Member Meetings



The CSO (Columbia Seniors' Organization) next monthly members meeting is on **Friday, March 1st**. Come to the meeting starting at 11:45, stay for lunch (Sign-up required by Wednesday at 12pm) and then enjoy our monthly birthday celebration cake. At the meeting you will hear about upcoming events, member info—does someone need support or an encouraging card, and other news from the CSO. Come join us!!

The CSO Member Meetings are held on the first Friday of every month.

The CSO Executive Board Meetings are held on the Monday prior to the Member meeting.



TOWN OF COLUMBIA DONATIONS

Would you like to Donate?

Here is a list of programs that are looking for donations:

- 1) **Beckish Senior Center Programs**— Improves Isolation issues by providing exercise classes, special guests, entertainment and other important programs for seniors. (Checks paid to Town of Columbia—In memo add BSC Programs)
- 2) **Columbia Senior Organization**: Non-Profit within the Beckish Senior Center. (Checks paid to Columbia Senior Organization or CSO, inc.)
- 3) **Town of Columbia Transportation Program**—(Checks paid to Town of Columbia—In memo add Transportation)
- 4) **Columbia's Senior Community Assistance Fund**: — This program helps seniors with snow removal, yard work, small house repairs etc. (Checks paid to Town of Columbia—In memo add Senior Assist Fund)
- 5) **Town of Columbia Food Pantry**: This program provides food to families & seniors in need. We accept all food donations— Perishable and nonperishable food items accepted. Checks paid to Town of Columbia—In memo add food pantry. Contact Katie Wilt for question regarding food pantry at 860-228-1008.



BECKISH SENIOR CENTER

Beckish Senior Center
188 Route 66
Columbia, CT 06237

BERNADETTE DERRING, Director
Phone: 860-228-0759
Email: beckish@columbiact.org
Website: www.columbiact.org

Senior Center & Transportation HOURS:
Monday - Friday
8:00 AM to 3:00 PM

THE GEM ~



Bernadette Derring ~ Newsletter Production /Editor

... AND MUCH MORE

Save the Date

CSO's Annual Tag Sale will be held on:
Saturday, April 20, 2024
9am-2pm

We will start accepting items **ONLY** during this time frame
Monday April 8th—Friday, April 19th
Thank you for your understanding!

