

The
Gem



May 2024

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

SilverSneakers is Back!!!

Starting June 3, 2024 the Beckish Senior Center will be hosting Silversneakers with instructor Lynn Tracey! Register early for a prize .. See inside for more details

CLASSES:

Mondays: Cardio Dance— Starting 6/3/2024 at 1pm

Tuesdays: SilverSneakers® Yoga - Starting 6/4/24 at 1pm

Starting September 13th: Strength & Balance Class



SilverSneakers®

Yoga

**We're proud
to offer
SilverSneakers®!**

SilverSneakers®
by Tivity Health



May 2024

BECKISH SENIOR CENTER ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>HAPPY <i>Mother's Day</i></p>			1 10:00 Ping Pong 12:00 TVCCA Lunch 1:00 Mahjong 12:45 Bridge 1-3 Open Billiards	2 9:00 Virtual Chair Yoga 1:00 Mobile Foodshare @ Rec Park 1:00 Movie Time 6:30—Open Billiards	3 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	4
5	6 8-12 Haircuts 11-3 Massage 12 TVCCA Meal 1:00 Art Class	7 9:00 Women's Club 9:00-Woodcarving 9:30 TOPS w/guest Better Options 1:00 Open Billiards 2:30 Line Dancing	8 10:00 Ping Pong 12:00 TVCCA Lunch 1:00 Mahjong 12:45 Bridge 1-3 Open Billiards	9 9:00 Virtual Chair Yoga 12 CSO BBQ No Movie 6:30 Open Billiards 	10 8:45 Strength Class 11 Wellness w/Katie 12:00 TVCCA Lunch 12:00 Food Safety w/ Andrea Deedy 12:45 Duplicate Bridge 1:00 Quilting 1:00 Open Billiards 6:30 Setback Night	11
12 End of week is DEADLINE for May GEM	13 11-3 Massage 12 TVCCA Meal 1:00 Art Class	14 9:00 Women's Club 9:00-Woodcarving 9:30 TOPS 1:00 Open Billiards 2:30 Line Dancing	15 8am Depart Brimfield 10:00 Ping Pong 12:00 TVCCA 12:45 Bridge 1:00 Mahjong 1-3 Open Billiards	16 9:00 Virtual Chair Yoga 10-3 Reiki w/Robin 11—Free Chinese Dance 1:00 Mobile Foodshare @ Rec Park 1:00 Movie Time 6:30—Open Billiards	17 8:45 Strength Class 12:00 TVCCA Lunch 12:45 Duplicate Bridge 1:00 Quilting 1:00 Open Billiards 6:30 Setback Night	18
19	20 10—12:30 Joby Rogers 11-3 Massage 12 TVCCA Meal 1:00 Art Class	21 9:00 Women's Club 9:00-Woodcarving 9:30 TOPS 10:00 Depart Wind-ham Tech lunch 1:00-Open Billiards 2:30 Line Dancing	22 10:00 Ping Pong 12:00 TVCCA 12:45 Bridge 1:00 Mahjong 1-3 Open Billiards	23 9:00 Virtual Chair Yoga 11-Sevenwood Financial 12— Pizza Party 1:00 Movie Time 6:30—Open Billiards	24 8:45 Strength Class 12:00 TVCCA Lunch 12:45 Duplicate Bridge 1:00 Quilting 1:00 Open Billiards 6:30 Setback Night	25
26	27 CLOSED - In Observance of Memorial Day 	28 9:00 Women's Club 9:00-Woodcarving 9:30 TOPS 1:00-Open Billiards 2:30 Line Dancing	29 10:00 Ping Pong 12-TVCCA Lunch 12:45 Bridge 1:00 Mahjong 1-3 Open Billiards	30 9:00 Virtual Chair Yoga 1:00 Movie Time 1:00 Mobile Foodshare @ Rec Park 6:30—Open Billiards	31 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	1 June
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!						



May LUNCH MENU



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

Suggested donation: \$3.00 for HOT MEAL

Monday



Wednesday

Friday

1
Chicken Parmesan
Penne Pasta w/marinara
Green Beans
Fresh Orange

3
Beef Hot Dog w/Bun
Baked Beans
Mixed Veggie Medley
Fruit Cup

6
Western Omelet
Sweet Potato Tater Tots
Peas & Pearl Onions
Sweet Treat
Grape Juice

8
Shrimp Stir Fry
Steamed Rice
Asian Veggie Blend
Mandarin Oranges

10
Country Style Chicken
Buttermilk Mashed Potatoes
Green & Yello Squash
Diced Pears

13
Stuff Chicken w/broccoli & cheese
Herb Roasted Potatoes
Green Beans
Fresh Orange

15
Birthday Celebration
Creamy Dijon Chicken
Garlic Mashed Potatoes, Squash
Mix w/carrots
Birthday Treat, Grape Juice

17
Vegetarian Lasagna
Diced Carrots
Snap Peas
Tropical Fruit Cup

20
Meatballs Marinara
Penne Pasta
Cauliflower, Carrots, & Snap Peas, Diced Peaches

22
Pot Roast w/ gravy
Parsley Steamed Potatoes
Corn w/Peppers & Onions
Pineapple Tidbits

26
Salisbury Steak w/ gravy
Gemelli Pasta
Broccoli
Fresh Fruit

27
CLOSED FOR
MEMORIAL DAY



29
Pineapple Glazed Ham Glazed
Sweet Potatoes Green & Waxed
Beans Diced Peaches

31
Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Sweet Treat
Apple Juice



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

Menu is subject to change without notice.

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

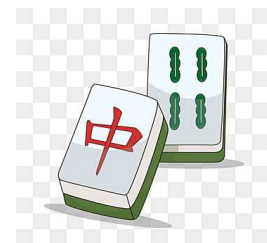


Writing Connection
 See inside for more info



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. The van has accommodations for two wheelchairs, and 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://wrttd.org/dial-a-ride/>

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



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BECKISH TRIPS

Beckish Senior Center presents:



LOBSTER & A GREAT SHOW

FEATURING: JIMMY RUSSO

The **LOG CABIN**, Holyoke, MA
July 17, 2024—Wednesday



EXCELLENT MENU !!!

Welcome Tray with Cheese & Vegetable Platter
Shrimp Cocktail
House Garden Salad served with Signature Breads
1 1/4 lb Lobster **OR** Prime Rib
Potato Salad & Cole Slaw
Lobster & Crab Cakes
BBQ Chicken
Yummy Dessert with Coffee
Advance Choice Required



Jimmy Russo is a dynamic entertainer blessed with a beautiful voice and a love of music from the 60's & 70's. Jimmy will perform many of your favorites from an era you know so well. He is joined by Butch Barbella on keyboard and vocals. Don't miss this trip down memory lane with Friendship Tours

COST: \$147.00 based on 35-50

For Reservations: Beckish Senior Center 860-228-0759

Depart: 10:15am Beckish Senior Center—188 Route 6

Est. Return: 4:30pm Columbia



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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



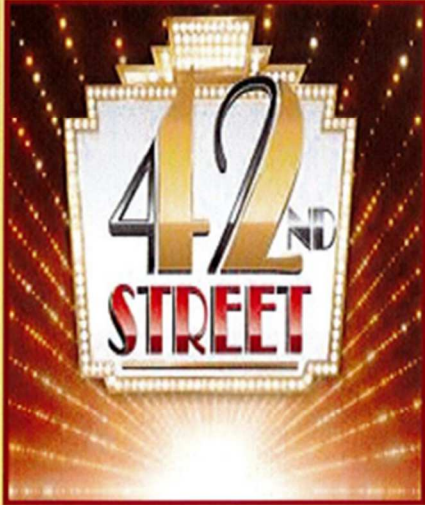
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BECKISH TRIPS

Beckish & Windham Senior Center presents:



South Kingstown, RI

Orchestra Seating

Wednesday, September 11, 2024

Come and meet those dancing feet in *42nd Street*, the glamorous, Tony® Award-winning, 1930's musical spectacular! The stakes are high when a young chorus girl, fresh from Allentown, PA, is given the once-in-a-lifetime chance to become a star in a new Broadway show. This family-friendly classic backstage story features a hit parade of songs including "Lullaby of Broadway," "We're in the Money," "Shuffle Off to Buffalo," and the spectacular title number. With sensational tap numbers, lavish costumes, and one show-stopping tune after another, *42nd Street* is Broadway razzle-dazzle at its finest!

Delicious Pre-Show **lunch at George's of Galilee** on the waterfront. **Menu:** Salad, Choice of Baked Cod or Roasted Chicken Thighs with Sundried Tomatoes & Mushrooms in a Mustard Cream Sauce or Roasted Beet Salad, Seasonal Sides & Dessert. **Entrée choice in advance**



COST: \$177.pp based on 35-50 passengers

Depart: 9:15am Beckish Senior Center, 188 Route 66, Columbia

9:30am Windham Senior Center, 1 Jillson Square, Willimantic

Est. Return: 6:00pm Willimantic

6:15pm Columbia

For Reservations: Bernadette Derring **860-228-0759**



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BECKISH TRIPS

Beckish Senior Center & Windham Senior Center presents:



9/11 Memorial Museum & Memorial

Brookfield Place

Sunday, October 20, 2024

Lunch on your own at **Brookfield Place**, an upscale food court in the heart of Lower Manhattan.

The 9/11 Museum: The National 9/11 Memorial & Museum is the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance. Multimedia displays, artifacts and narratives commemorate the lives of each & every victim of both the 2001 & 1993 attacks.

The Memorial: The Memorial's twin reflecting pools sit within the footprints where the Twin Towers once stood. The names of every person who died in the terrorist attacks are inscribed in bronze around the pools.



COST: \$130.pp based on 35-50

Reservations: Beckish Senior Center 860-228-0759

Depart: 7:00am Windham Senior Center, 1Jillson Square

Est. Return: 7:30pm Willmantic

Depart: 7:30am Beckish Senior Center,

188 Route 66, Columbia, CT 06237

Est. Return: 7:00pm Columbia

There will be a moderate amount of walking on this trip.



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BECKISH TRIPS



Escorted Viking River Cruise Tulips & Windmills 2025 Discover Holland and Belgium



Book By
April 17, 2024
or until
Space sells out

This cruise historically sells out more than a year in advance—we are holding a block of cabins until 4/17/2024 or until we are sold out
Call the Ship Shop to book your cabin ASAP!



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Included Cruise Features:

- Roundtrip Motorcoach to airport
- 9 Nts onboard the Viking Edgir, a state of the art Viking Longship
- All onboard meals created by Swiss-trained chefs featuring fresh ingredients & regional specialty options
- Complimentary wine, beer and soft drinks with onboard dinner and lunch service, bottled water and complimentary cappuccino, coffee and tea at the 24-hour hot beverage bar.
- Complimentary Wi-Fi onboard
- 8 Guided Shore Excursions led by knowledgeable local guides utilizing an audio headset system
- Attentive Service from award-winning, English-speaking staff, plus the personalized assistance of your onboard Viking Concierge
- All Taxes and Port Fees
- Ship Shop Tour Director

Not Included: Roundtrip air—Viking air promotions are determined at the time you reserve your cabin. Call The Ship Shop for more information.

BECKISH TRIPS

Day 1: Fly to Amsterdam, The Netherlands: Board your deluxe motorcoach to the airport for your flights to Amsterdam- a city famous for its many canals, art museums and much more.

Day 2: Amsterdam, The Netherlands: Arrive in Amsterdam and after clearing Customs, transfer to your beautiful Viking Longship. After boarding, the afternoon is yours to relax or explore the city on your own. You may wish to visit the Anne Frank House or the Rijksmuseum. (D)

Day 3: Amsterdam, The Netherlands: Amsterdam is a city of charming canals, elegant gabled houses, its patchwork of waterways forms about 90 islands connected by 1500 bridges. Today embark on an included canal tour by glass-topped boat to see architecture from the city's Golden Age. Take in some of Amsterdam's interesting sights as you pass a variety of vessels, including many charming houseboats moored canalside. (B, L, D)



Day 4: Scenic sailing & Enkhuizen, The Netherlands:

Early this morning, sail across the IJsselmeer (once known as the Zuiderzee) to Enkhuizen, once a small fishing village, now a prosperous harbor. During the 17th century, the city flourished as a center of maritime trade and shipbuilding. The silting up of the Zuiderzee at the end of the century ended this golden era; the sea eventually became an inland lake, cut off from the North Sea, with the completion of a dike in 1932. The era's wealth and prosperity remain evident in several impressive landmarks, including the Drommedaris, a former city gate and watchtower, and the striking Gothic-style Zuiderkerk. Explore the historic sights of Enkhuizen during an informative walking excursion. Enkhuizen is known as one of the most beautiful Dutch East India Company cities in the Netherlands and still exudes much of its Dutch Golden Age charm. (B, L, D)

Day 5: Arnhem, The Netherlands : A picturesque town nearly destroyed by WWII, Arnhem is graced with an array of beautiful parks and gardens. In 1443, Arnhem joined the Hanseatic League, the powerful merchant conglomerate that dominated Northern Europe's medieval trade world. During the 19th century it evolved into a more leisurely town, renowned for its scenic landscapes. Today visit Operation Market Garden, the sites of a crucial wartime operation and the basis for a 1977 Richard Attenborough Film "A Bridge Too Far" (B, L, D)

Day 6: Kinderdijk, The Netherlands: Today we arrive in Kinderdijk and disembark for a tour of this ingenious 18th-century community. Kinderdijk is most known for its 19 remarkably preserved 18th century windmills. Learn why the windmills were built and see how they work to help control flooding, then tour a working windmill to see its pumping mechanism and living quarters at this UNESCO World Heritage Site. (B,L,D)

Day 7: Antwerp, Belgium: A cosmopolitan city, Antwerp is one of the world's major seaports. Its unique atmosphere comes from the contrasts between old and new, commerce and art. The Old Town and the expansive Grote Markt are filled with narrow, winding streets and medieval guild houses. The Gothic Cathedral of Our Lady, Belgium's largest church, contains works by 17th century painter Peter Paul Rubens; he lived in the city and is entombed in the Church of St James. Antwerp is also renowned for diamonds and chocolate. Many diamond cutters can be found here alongside countless confectioners. See Antwerp's dazzling historic quarter up close as you explore by foot. (B, L, D)

Day 8: Middelburg & Veere, The Netherlands: The capital of Zeeland, Middelburg's historical significance can be seen in its well-preserved medieval buildings. The magnificent 15th century Gothic-style Town Hall stands as a testament to Middelburg's past grandeur. The soaring abbey tower of Lange Jen offers panoramic views of the city. After a walking tour of this beautiful area, we depart for Veere, a picturesque town also located in the province of Zeeland. Veere has a rich history dating back to the 13th century. A bustling port, the town grew in prominence during the Dutch Golden Age and became a hub for the wool and fishing industries. Pleasure yachts anchor in its harbor, which is lined with historic buildings and quaint shops. The annual Veere Regatta, one of the Netherlands' oldest and most prestigious sailing competitions, highlights the town's nautical traditions and draws enthusiasts from around the world. Explore the quaint town of Veere and its pretty marina during your walking tour. (B, L, D)

Day 9: Zeeland, The Netherlands:

Explore the remarkable Delta Works and the fascinating landscapes that they have forever altered. Drive with your guide into the Walcheren region in the southwestern corner of The Netherlands. Once an island, the dam across the Oosterschelde helped connect it to the mainland. In Ouwkerk, visit the Watersnoodmuseum and browse the exhibits that tell the story of the last great flood, which occurred in 1953. The museum is housed in three Phoenix caissons that were used to close dike breeches during the disaster. Continue to Zierikzee for a walking tour of this timeless town with a rich history tied to the tides. After taking in its seaside charms, travel to the Delta Works, a massive storm surge barrier. This ingenious system protects the area from floods while still allowing the tide to ebb and flow through the Oosterschelde. After time for photos, return to your ship. (B, L, D)

Day 10: Keukenhof Gardens & Amsterdam, The Netherlands: Walk the flower-lined footpaths of one of the most renowned flower gardens in the world. Every spring, a vibrant, multihued carpet blankets the 70 acres at Keukenhof Gardens. Some 7 million flowers are said to bloom here: tulips, daffodils, hyacinths, lilies, bluebells, crocuses and countless others form graceful ribbons along pathways and brooks and fill greenhouses and fields to bursting. Stroll among 100 varieties of tulips on these 15th-century hunting grounds. Breathe in glorious scents as you loop through Gerbrand's circular garden and mingle among sculptures and statuary. Admire Keukenhof Castle, where a countess once sorted herbs in her "kitchen garden." You can also step back in time in the historical garden, where old tulip varieties and 17th-century daffodils grace a castle's garden. (B, L, D)

Day 11: Flights Home:

After breakfast, transfer to the airport for your flights home taking with your wonderful memories of Holland & Belgium. Upon arrival home in the States, your motorcoach will be awaiting your arrival to transfer you to Connecticut. (B)

BECKISH TRIPS

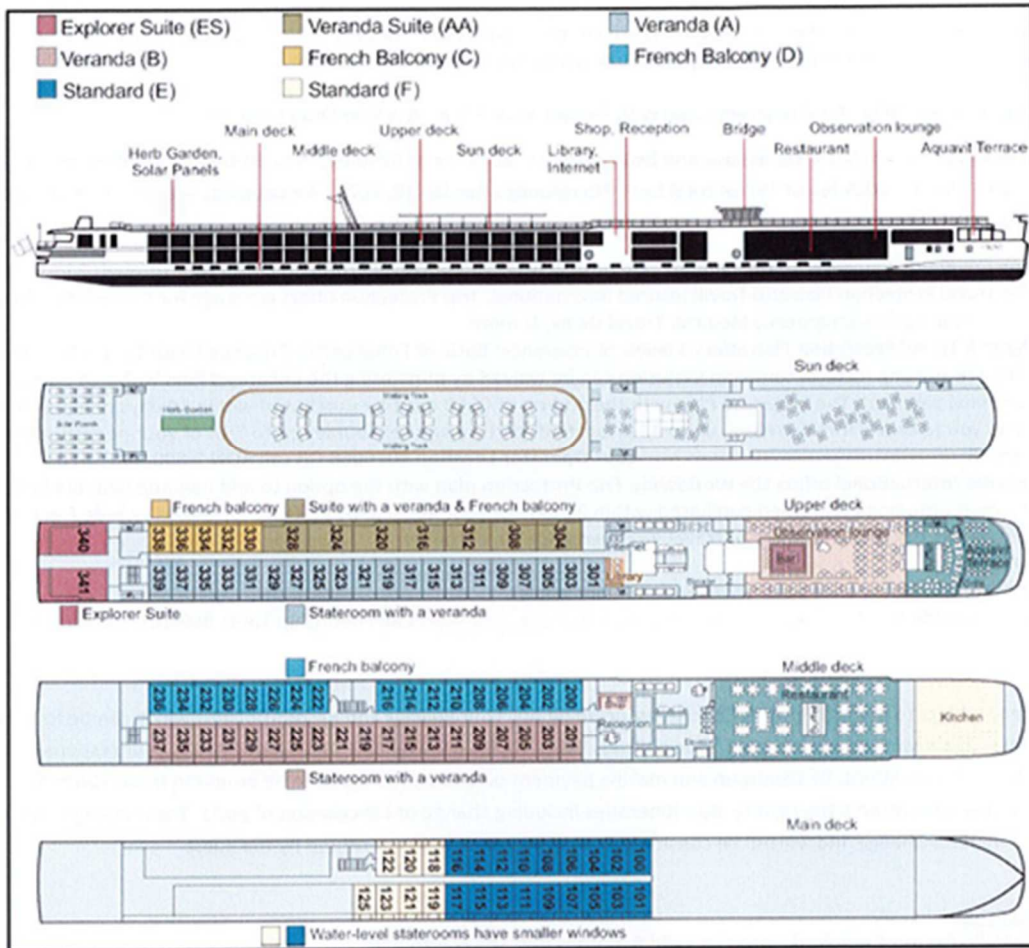
Costs are Per Person, Twin occupancy

Cat F	Standard Outside Cabin	\$4399.
Cat E	Standard Outside Cabin	\$4499.
Cat D	French Balcony Cabin	\$4899.
Cat C	French Balcony Cabin	\$5099.
Cat B	Veranda Cabin	\$5699.
Cat A	Veranda Cabin	\$5899.

Space is subject to availability at time of booking.

Roundtrip transportation is based on a minimum # of passengers.

Roundtrip air is not included in above fares and is based on when you deposit.



Standard Cabin (E)



French Balcony (D & C)

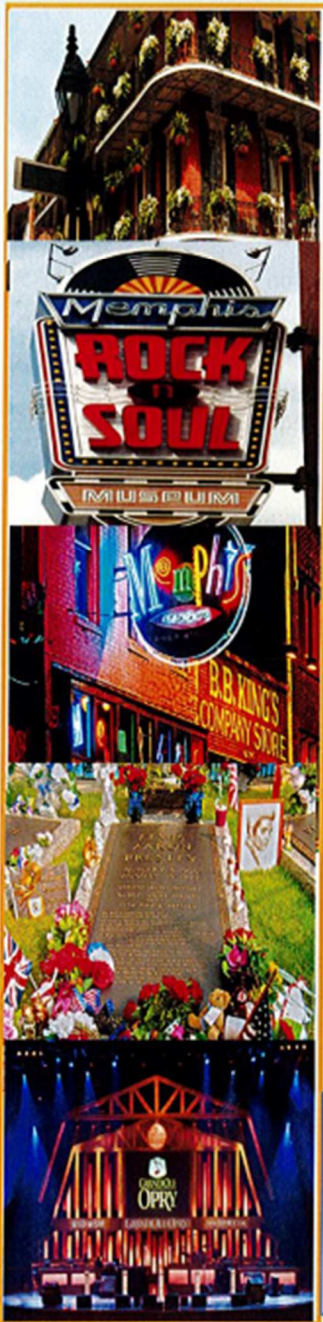


Veranda Cabin (B & A)

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.

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.

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.

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

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

CSO ART COMMITTEE



10th Annual Rose Marrotte Art Show

Sponsored by the Columbia Art Committee

Monday, June 24th at 9am thru Friday, June 28th at 11am
at the Beckish Senior Center.

Registration is on June 24th from 9am to 12pm.
Join us for the awards ceremony on June 27th at 11am.
Refreshments will be served.

Prizes will be awarded for first \$100, second \$50 and third \$25 prize in the following categories:

1. Paintings – oil, acrylic, watercolor, pen and ink, pencil drawings, and pastels.
2. Photographs
3. Carvings.
4. Quilts.



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

**Motherhood**

Being with child for the first time can bring joy and uncertainties to any young lady. The mom-to-be carries a glow on her face and hopes and dreams in her head. There are questions she has for relatives, friends, books, and the doctor in preparation to put herself at ease for the big event and to be the best mom possible. With the relief and happiness that arrives with the baby also comes exhaustion which continues with necessary frequent feedings and care. The first coos, smiles, crawls, words, and wobbly standings somehow make it more than worthwhile, despite the former pain, loss of sleep, and occasional explosive diaper changes after just dressing them in that cute outfit. You learn that a child can make you laugh and make you cry. You just do the best you can do, the best you know how to do. That's all anyone can do.

Parenting can be difficult. Through the years there can be multiple stressful times for a mom dealing with childhoods illness, bumps, and lessons to impart on the growing individual you created. The best things to hold in your heart are the sweet, cherished memories together such as holidays, perhaps riding a carousel, or simply eating popcorn at home while watching tv. You do what you have to do and remarkably raise this child all the while juggling your life of family, friends, work, and household responsibilities.

There may be some rebellious situations during those teenage years as your child finds its way in the world and sometimes creates havoc. Hopefully with their maturity you will find them to be wonderful, loving human beings once again. You may experience pride and joy with graduations, passing their drivers test, advancements with their social life, and employment successes. But you also live vicariously as they have their sorrows in life.

And when that child leaves home for good, raised to be independent from all the lessons learned in life, you find yourself with waves of grief because of the "empty nest". Even as he or she ages and may have their own children and grandchildren, you are still their mom, and they are still your child to worry about and to hope for the best for them. And you feel blessed because you are their mother. **By: Carol Hall**

CSO ART COMMITTEE
POETRY CORNER



Dear Mom

*When we had our morning chat, seems like yesterday,
 Did I tell you how I'd miss you when you went away?*

*I wish I'd had the time to say, Mom I love you so, or tell
 you how unprepared I was to ever let you go.*

*So many questions I have still, after all this time I
 know naught of your life, too busy living mine*

*Was your childhood kind to you? Did you have much fun? Did
 anyone ever say to you, "You are my precious one?"*

*Did you know your special self, the secret self inside? The one
 so safely sheltered in the corners where we hide?*

*I know you lost your Mother when you were only three No
 one was there to teach you how to love me*

*But yet you did, you loved me, it came so naturally You
 loved with all your heart, loved unconditionally*

*I sat there by your bed before I left that day, reaching and
 searching for the words I meant to say.*

*A quiet voice within, a whisper from the heart murmured
 softly, Hush now, for soon you two will part.*

*I knew a sudden peace, though the words were left unsaid, It
 wasn't words I needed but comforting instead.*

*Motives I have questioned and judgments I have made
 I'd thought, somehow, you owed me, you'd left a debt unpaid.*

*We'll have a lot to talk about when we meet again I
 love you, Mom, my precious one, God love you...*

Until then....HAPPY MOTHER'S DAY, I love you

Love, Me



By Elli Sharpe

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

Bob's Art Workshop

Join us for Bob Oxenhorn's Art Workshop 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.

COLUMBIA WRITING CONNECTION

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 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

Meetings are always worthwhile, and we hope you will be joining us!

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.

Homeowner’s Tax Relief- Deadline 5/15/24

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 Columbia Social Services 860-228-1008. Or, visit the Columbia Assessor’s office to apply.

Renters Rebate – Applications being accepted!

Renters Rebate applications are being accepted through Monday, September 30, 2024. Glastonbury residents age 65 or older by 12/31/2023 or those receiving Social Security Disability may be eligible if their 2023 income was \$43,800 or less for an individual or \$53,400 or less for a married couple. There is no asset limit for this program. Verification of income (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), rent paid, and utilities paid in 2023 are required. Eligible residents will receive a rebate check in the fall of 2024.

For assistance, feel free to contact Katie Wilt at Columbia Social Services 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, May 10, 2024

11:00am-11:45am—

Ending early for CSO Member meeting
 at the Beckish Senior Center

“The More You Know” Wellness Series meets once a 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.

Hartford Healthcare Center for Healthy Aging Presentation

Jennifer DiSette, Resource Coordinator for HHC Center for Healthy Aging, will be in the Social Service office in the Beckish Senior Center on Friday May 3rd to present services and resources that the Center for Healthy Aging can provide. Information and resources provided include home safety solutions, dementia care support services, free in-home assessments, and resource coordination. The presentation begins at 11:00am and runs until 11:45am. For questions, contact Katie Wilt at Columbia Social Services 860-228-1008 or kwilt@columbiact.org

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



Recreation Park

60 Hennequin Rd, Columbia CT
06237

EVERY OTHER THURSDAY

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:

LOCATION CHANGE: As of April 4 thru November Columbia Mobile Foodshare will be located at the upper lot at Columbia Rec Park at 60 Hennequin Rd.

BRING YOUR OWN BAGS.

EVERYONE IS WELCOME—NO PERSONAL INFO REQUIRED FOR PARTICIPATION



Connecticut Foodshare

Our Community, Our Food Bank

MOBILE FOODSHARE

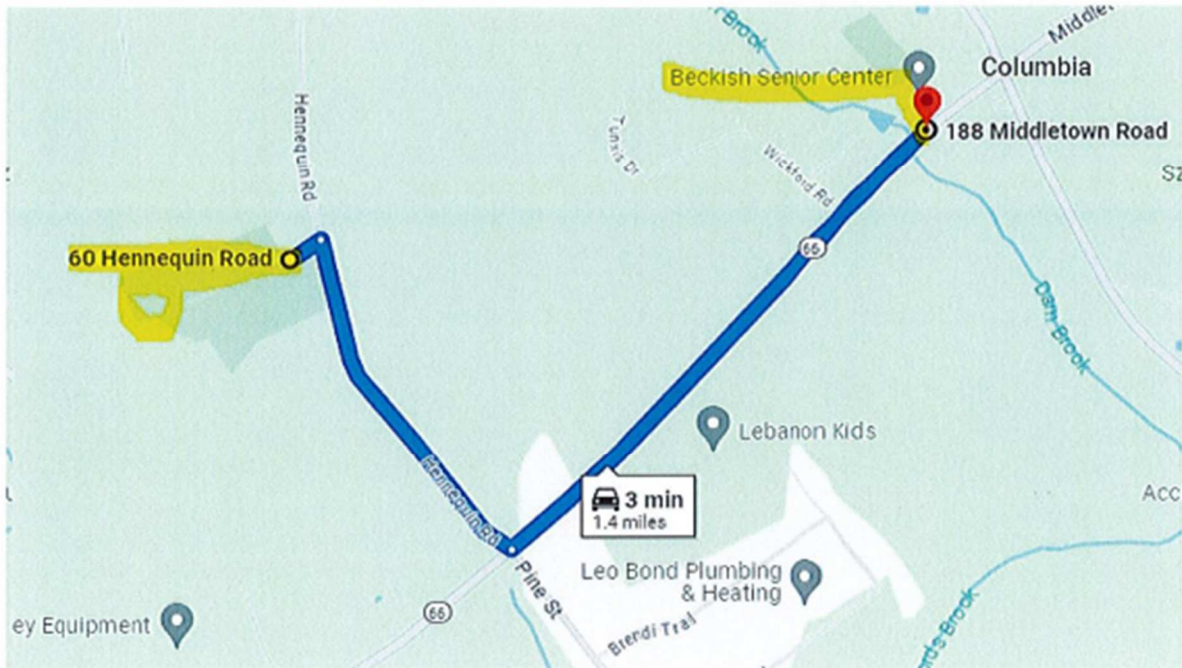


IMPORTANT: MOBILE FOODSHARE CHANGE OF LOCATION **APRIL 4th- thru NOVEMBER**

Columbia Mobile Foodshare will be located at the upper lot at Columbia Rec Park at 60 Hennequin Rd., Columbia, beginning April 4th- thru November. Columbia Mobile Foodshare will be located at the Columbia Beckish Senior Center on December 12th- thru March.

April-November: Columbia Rec Park 60 Hennequin Rd, Columbia, CT 06237

December-March: Beckish Senior Center 188 Rt 66/Middletown Rd, Columbia CT 06237



**Thank you for your flexibility and
understanding!**

To see current schedule and locations, visit: <https://ctfoodshare.org/get-help/connecticut-food-banks-mobile-pantry-schedule/>

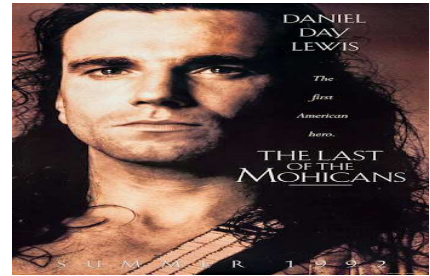
EVENTS

MOVIE DAY AT BECKISH

Movies start at 1PM

May 2— Last of the Mohicans

Starring: Daniel Day-Lewis



May 9 — The CSO Annual BBQ at 12pm

No movie today—please sign-up for BBQ

At the front desk!



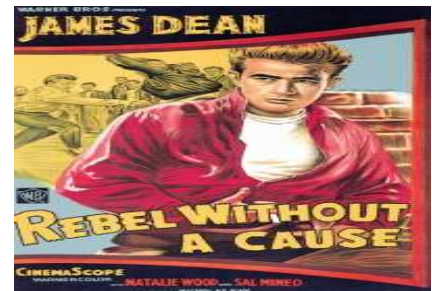
May 16 — Places in the Heart

Starring: Sally Field



May 23— Rebel Without a Cause

Starring: James Dean

**Director's Movie Picks**

May 30— Happiness for Beginners

Starring: Luke Grimes & Ellie Kemper & Blythe Danner



EVENTS

Taste of Italy

Pasta Making Demo

FREE Demo

Monday, June 3, 2024

Tine: 3-5pm



Who wants to learn how to make homemade pasta using Double Zero Flour? Cindi Moran is back for another amazing cooking demonstration! Cindi will set up a beautiful charcuterie board for everyone to snack on while she demonstrates the techniques of making pasta.

It's a BYOB,
Wink
Wink...wine
goes well
with pasta!



Homemade Pasta



shutterstock.com · 1369775813



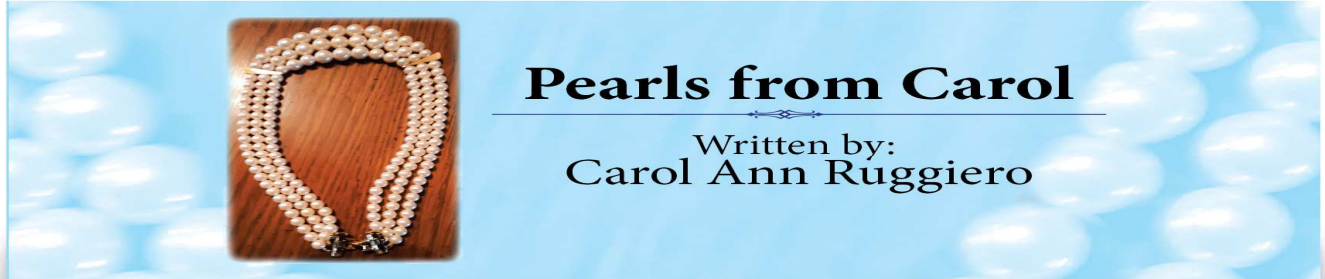
EVENTS

Pearls from Carol

Free Presentation

By Albert Ruggiero

The presentation will be short, funny, and thought provoking. Al will share several of his late wife Carol's works, with music & group sing-alongs.



All Ages Book Talk & Sing Along

Wednesday, June 19, 2024

Time: 2:15pm—3:15pm

Beckish Senior Center

Refreshments and snacks included

"Pearls from Carol" is a compilation of 20 years worth of writings from the late Carol Ruggiero, presented in this book talk and saxophone sing-a-long by her husband, Albert. Join to hear about Carol's life and her funny and thought provoking poems and essays.

EVENTS

Columbia Senior's BBQ

The Columbia Senior's Organization
is hosting
Annual BBQ Luncheon on:

Thursday, May 9, 2024 at 12 noon.

Cost: \$7.00



Hot Dogs, Hamburgers, Cheeseburgers,
with all your favorite toppings, chips, refreshments
and dessert.

Please sign up in advance so we can get a proper count.

CSO's Dinner Dance



Saturday, June 8th

5:30-9:30pm

Cost: \$12.00

“End of Season Celebration Supper”

Pizza, Wings, Salad and Dessert

DJ Bob

Music & Dancing—Music Trivia and more



SENIOR INFO



Haircuts with Lynn



\$15.00 Hair Cuts & Style
2024 Schedule

May 6, June 10, July 15,
August 19, September 23,
October 28, December 2

First appointment is at 8am and every 15 minutes after. Lynn will be at the Beckish Senior Center every 5 weeks.



Sue Mccaffrey's Reflexology & Therapeutic Massage

Every other Monday from 11-3pm
Last appointment at 3pm
May 6, 13, 20th

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 8:30-12:30

Thursday, May 16th

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. **See Robin on 5/7/24 at 9:30 for a**

talk on Better Options!

SENIOR INFO

MAKEUP FOR MATURE WOMENTM FORUM

Presented by
Celebrity MakeUp Artist • Educator
JOBY ROGERS

WHAT WE'LL EXPLORE

- Proper MakeUp Application Techniques
- Keeping Your MakeUp & Brushes Clean & Sanitary
- Choosing the Right Concealer & Foundation
- Grooming & Defining Eyebrows
- Natural Day & Evening MakeUp
- Contouring & Highlighting & Blushing
- Choosing the Perfect Eye & Lip Colors
- Must Have' Products & Tools for Your Kit
- Evaluation & Questions About Your Personal Makeup Concerns
- ... & Much More

BRINGING YOUR PERSONAL MAKEUP IS ENCOURAGE • But Not Required

Space Is Limited!

Date: • Time: Monday, May 20th 10am-12pm

Location: Beckish Senior Center

Information: \$5pp—Must sign up by May 13th



Pizza will be served after class at 12 noon with refreshments!!

SENIOR INFO

Makeup for Mature Women

Featuring: Joby Rogers

Monday, May 20th

10am—12 pm Pizza after class

Cost: \$5 pp and you must sign-up!

Joby Rogers is Certified Professional Makeup Artist & Educator. Joby will be giving a 2 hour class. Its the perfect place for mature women and women of all ages and experience to learn how to create a makeup style that compliments their personal features and skin tone.

We will explore products and tools and ‘must haves’ for your personal makeup collection. You will participate in ‘hands-on’ makeup demonstrations and convey knowing that with a little practice you can perfect your personal appearance for all occasions.

Essentials:

Keeping your Makeup & Brushes clean & sanitary

Correct MakeUp Application Techniques

Interpreting your skin tone & color

Choosing the Right Foundation & Concealer

Contouring, Highlighting, Blushing

Eye Shadow Color choices & application advice

Grooming & Defining Eyebrows

The perfect Lip Color suggestions & advice - re-shaping

Natural Day & Night Application MakeUp

Evaluation & Questions & About Your Personal Makeup Concerns

PARTICIPANTS REQUIREMENTS— Participants are encouraged to bring their own personal makeup and brushes for a professional evaluation. It is preferable that Participants attend the forum ‘makeup free’ BUT NOT required.



SENIOR INFO



**Learn how to make the most money
you can possibly make during
your retirement: risk free!**

PLEASE JOIN US:

**Retirement Investment Strategies Q&A
with Sevenwood Financial Services**

Thursday, May 23rd at 11:00am

Please join us for Pizza On Us afterwards!
We look forward to meeting you!

SENIOR PROGRAMS



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 LaCrosse—203-215-6160



AARP “Smart Driver Class”

Every 3 months

Wednesday, July 10, 2024

Wednesday, October 2, 2024

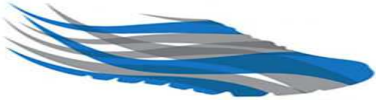
Wednesday, December 18, 2024

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.

SENIOR PROGRAMS

SilverSneakers®
FITNESS



GROUP FITNESS CLASSES OFFERED HERE

With SilverSneakers®, you can participate in group fitness classes at convenient locations close to home.¹ The classes are also a great way to make connections with people in your community. Plus, there’s no additional cost for SilverSneakers members. Just provide your member ID number to get started.

Join us today!

Location: Beckish Senior Center
Address: 188 CT-66. Columbia, CT.
CLASSES:
Mondays: 1pm Cardio Dance
Beginning 6/3/2024
Tuesdays: 1pm SilverSneakers® Yoga
Beginning 6/4/24

Visit us online to check your eligibility and find your member ID number.

SilverSneakers.com

Questions? We’re here to help.
1-888-423-4632 (TTY: 711)
Monday – Friday 8 a.m. – 8 p.m. ET



Always talk with your doctor before starting an exercise program.

1. Class locations are not owned or operated by Tivity Health, Inc. or its affiliates. SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. © 2023 Tivity Health, Inc. All rights reserved. SSFP4458PROMO_0123

SENIOR PROGRAMS

Description of SilverSneakers Classes:

Silver Sneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Seated and Standing options available for all routines.

Strength and Balance are important in everyday life, and this class will help you improve your ability to feel strong and stable. Strength exercises may include lifting handheld weights, stretching resistive tubing and using your own body's resistance while also using your core muscles to improve balance and stability. 9" Pilates Balls will also be used for some routines.

Dance (Cardio) classes are designed to move one's feet or body, or both, in a specific rhythm and pattern of steps with the accompaniment of music. This general dance class offers a variety of dance genres and upbeat music!



SilverSneakers®

EXERCISE



Register Early & WIN a Prize!

The first 12 people to register for classes using your Member ID number will receive a prize. Don't miss your chance!

Sign-up before the first class starting

June 3, 2024 at 1pm.

Who will be our lucky winners???

Sign-up sheet is at the front desk!



CLANCY'S
HIIT & FIT

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.



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!

FREE Chinese Dance Class

Interested in learning Chinese Dance? Come check out a free introduction to Chinese Dance with instructor Min Zeng!



Thursday, May 16, 2024

Time: 11am

All are welcome!

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.



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, April 5th**. 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

