

The
Gem



June 2024

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

SilverSneakers **is Back!!!**

We're proud
to offer
SilverSneakers®!



The Beckish Senior Center will be hosting
SilverSneakers with instructor Lynn Tracey!
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



10th Annual



Rose Marrotte Art Show

Sponsored by the Columbia Art Committee

Monday, June 24th at 9am thru Friday, June 28th at 11am

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 for 1st, 2nd and 3rd in all categories!

See inside for more information...



June 2024

BECKISH SENIOR CENTER ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 <u>11-3 Massage</u> <u>12 TVCCA Meal</u> <u>1:00 Art Class</u> <u>1:00 Silver Sneakers.</u> <u>Cardio Dance</u> <u>3:00 Pasta Demo</u>	4 <u>9:00 Women's Club</u> <u>9:00-Woodcarving</u> <u>9:30 TOPS</u> <u>1:00 Open Billiards</u> <u>1:00 Silver Sneakers-Yoga</u> <u>2:30 Line Dancing</u>	5 <u>10:00 Ping Pong</u> <u>12:00 TVCCA Lunch</u> <u>1:00 Mahjong</u> <u>12:45 Bridge</u> <u>1-3 Open Billiards</u>	6 <u>1:00 Movie Time</u> <u>6:30 Open Billiards</u>	7 <u>11 Wellness w/Katie</u> <u>12:00 TVCCA Lunch</u> <u>12:45 Duplicate Bridge</u> <u>1:00 Quilting</u> <u>1:00 Open Billiards</u> <u>6:30 Setback Night</u>	8 CSO'S Dinner Dance 5:30 pm
9 End of week is DEADLINE for July GEM	10 <u>8-12 Haircuts</u> <u>11-3 Massage</u> <u>12 TVCCA Meal</u> <u>1:00 Art Class</u> <u>1:00 Silver Sneakers.</u> <u>Cardio Dance</u>	11 <u>9:00 Women's Club</u> <u>9:00-Woodcarving</u> <u>9:30 TOPS</u> <u>1:00 Open Billiards</u> <u>1:00 Silver Sneakers-Yoga</u> <u>2:30 Line Dancing</u>	12 <u>10:00 Ping Pong</u> <u>12:00 TVCCA</u> <u>12:45 Bridge</u> <u>1:00 Mahjong</u> <u>1-3 Open Billiards</u>	13 <u>1:00 Mobile Food-share @ Rec Park</u> <u>1:00 Movie Time</u> <u>6:30—Open Billiards</u>	14 <u>12:00 TVCCA Lunch</u> <u>12:45 Duplicate Bridge</u> <u>1:00 Quilting</u> <u>1:00 Open Billiards</u> <u>6:30 Setback Night</u>	15
16	17 <u>11-3 Massage</u> <u>12 TVCCA Meal</u> <u>1:00 Art Class</u> <u>1:00 Silver Sneakers.</u> <u>Cardio Dance</u>	18 <u>9:00 Women's Club</u> <u>9:00-Woodcarving</u> <u>9:30 TOPS</u> <u>1:00-Open Billiards</u> <u>1:00 Silver Sneakers-Yoga</u> <u>2:30 Line Dancing</u>	19 <u>10:00 Ping Pong</u> <u>12:00 TVCCA</u> <u>12:45 Bridge</u> <u>1:00 Mahjong</u> <u>1-3 Open Billiards</u> <u>2:15 Pearls from Carol</u>	20 <u>8-30 Reiki w/Robin</u> <u>1:00 Movie Time</u> <u>6:30—Open Billiards</u> First Day of Summer!! 	21 <u>8:30-11:30 Hearing Screening</u> <u>12:00 TVCCA Lunch</u> <u>12:45 Duplicate Bridge</u> <u>1:00 Quilting</u> <u>1:00 Open Billiards</u> <u>6:30 Setback Night</u>	22
23	24 <u>9-12 Art Registration</u> <u>11-3 Massage</u> <u>12 TVCCA Meal</u> <u>1:00 Art Class</u> <u>1:00 Silver Sneakers.</u> <u>Cardio Dance</u>	25 <u>9:00 Women's Club</u> <u>9:00-Woodcarving</u> <u>9:30 TOPS</u> <u>1:00-Open Billiards</u> <u>1:00 Silver Sneakers-Yoga</u> <u>2:30 Line Dancing</u>	26 <u>10:00 Ping Pong</u> <u>12-TVCCA Lunch</u> <u>12:45 Bridge</u> <u>1:00 Mahjong</u> <u>1-3 Open Billiards</u>	27 <u>10:00 Art Reception</u> <u>1:00 Mobile Food-share @ Rec Park</u> <u>1:00 Movie Time</u> <u>6:30—Open Billiards</u>	28 <u>11:45 CSO Mtg Cake</u> <u>12:00 TVCCA Lunch</u> <u>12:45 Duplicate Bridge</u> <u>1:00 Quilting</u> <u>1:00 Open Billiards</u> <u>6:30 Setback Night</u>	29
30			<h3>Art Show Week</h3>			
<h3>Senior Center Hours</h3> <p>Monday - Friday 8:00 AM to 3:00 PM</p> <p>Everyone is welcome to come and participate in all activities!!</p>						

JUNE 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.

<u>Monday</u>	<u>Wednesday</u>	<u>Friday</u>
<p><u>3</u> Stuffed Chicken Corden Bleu Rice Pilaf Mixed Veggie Medley Sweet Treat Orange Juice</p>	<p><u>5</u> Crispy Cod Macaroni & Cheese Squash Mix w/Carrots & String Beans, Applesauce Cup</p>	<p><u>7</u> Vegetarian Lasagna Diced Carrots Broccoli Fresh Fruit</p> <p><u>OR:</u> Grilled Chicken Caesar Salad</p>
<p><u>10</u> Salisbury Steak w/gravy Parsley Steamed Potatoes Corn w/ Peppers & Onions Fresh Orange</p>	<p><u>12</u> Ethnic Celebration Steamed Pork Dumplings Steamed Rice Broccoli, Peppers, & Mushrooms Mandarin Oranges</p>	<p><u>14</u> Birthday Celebration Creamy Dijon Chicken Garlic Mashed Potatoes, Squash Mix w/carrots & String Beans Birthday Treat, Grape Juice OR Tuscan Beef Salad</p>
<p><u>17</u> BBQ Pulled Pork w/Bun Baked Beans Green & Yellow Squash Diced Peaches</p>	<p><u>19</u> Pineapple Glazed Ham Glazed Sweet Potatoes Green Beans Sweet Treat Apple Juice</p>	<p><u>21</u> Baked Cod w/Herbs & Tomatoes Roasted Garlic Rice Broccoli, Tropical Fuit Cup</p> <p><u>OR</u> Chef Salad</p>
<p><u>24</u> Cheese Omelet Home Fries Peas & Pearl Onions Mandarin Oranges</p>	<p><u>26</u> Beef & Bean Chili Pasta Shells w/Herbs Mixed Veggie Medley Fresh Fruit</p>	<p><u>28</u> Beef Hot Dog w/Bun Baked Beans Corn w/Peppers & Onions Applesauce Cup <u>OR</u> Rhode Island Seafood Salad</p>
		



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

Menu is subject to change without notice.



Senior Nutrition Program 2024 Salad Menu

Please refer to the monthly SNP menus for availability. **Salads will be offered on a rotation during the summer months, on Fridays.**

All salads are served with: four bean salad cup, whole grain roll w/margarine, 1% milk, choice of dressing, fruit or sweet treat & juice.

Grilled Chicken Caesar Salad

Bed of freshly chopped romaine lettuce topped with grilled chicken breast strips and shredded parmesan cheese. Caesar dressing and crouton packets offered on the side.

Chef Salad

Strips of smoked ham, honey roasted turkey and shredded cheddar cheese served over a bed of chopped iceberg lettuce, tomatoes, cucumbers, hardboiled egg, shredded carrot and sliced red onion.

Tuscan Beef Salad

Shaved Tuscan seasoned roast beef served over a bed of mixed greens, feta cheese crumbles, Mediterranean olive blend, tomatoes and sliced red onion.

Classic Egg Salad

Our house made egg salad with minced celery and onions served over chopped iceberg lettuce, tomatoes, shredded carrot and cucumbers.

Rhode Island Seafood Salad

Imitation crab meat mixed with shrimp and bay scallops poached in oregano, basil and lemon juice served over a bed of chopped romaine, cucumbers, tomatoes, and red onion.

Waldorf Chicken Salad

Chicken salad made with diced grilled chicken, apples, chopped walnuts, red grapes, tarragon and celery served over a bed of chopped romaine lettuce.

Taco Salad

Seasoned taco meat served over a bed of chopped iceberg lettuce, served with Pico de Gallo (diced tomatoes, diced onions, chopped cilantro and lime juice), cheddar jack cheese and tortilla strips.

Caprese Salad (Vegetarian Option)

(Available upon request, as an alternate on salad days)

Mozzarella pearls and tomatoes served over a bed of spinach, chopped basil, roasted red peppers and thinly sliced onion

Suggested donation- \$4.00 Please make your reservations three work days in advance of the menu serve date. **Due to state health regulations, salads cannot be taken home.**

ACTIVITIES

SilverSneakers:

Instructor: Lynn Tracey

Cardio Dance

Mondays @ 1 pm

SilverSneakers Yoga

Tuesdays @ 1 pm

Starting Sept 13th

Silversneakers Strength &

Balance Class

10:15am

SilverSneakers

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

By appointment
only @ Rec Park
Must Sign-
up!

Billiards

Thursday @ 10 AM

Open Pool ~ Tues-
days @ 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!



Cardio Drumming

Starting September 4th
1st 3 Wednesdays of the

Month Only

9:30-10:15am

\$6 a class

Or

\$15 for 3 classes



REIKI

See Calendar



Mind Body Reiki

SCHOOL OF ENERGY HEALING BY TIMMIE POLICARPIO

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



THERAPEUTIC MASSAGE

WITH SUE

MONDAYS STARTING AT

11AM \$25 FOR 25

MINUTES



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://wrtd.org/dial-a-ride/>

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.pp 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



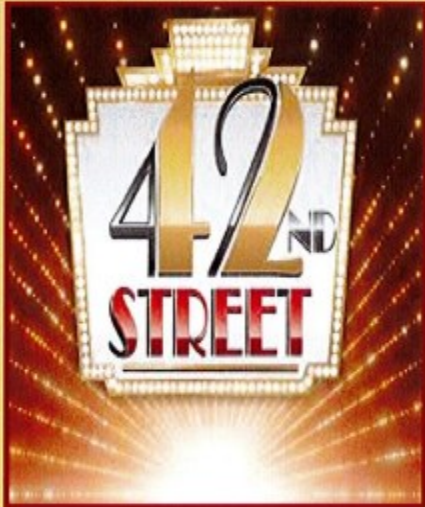
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BECKISH TRIPS

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**



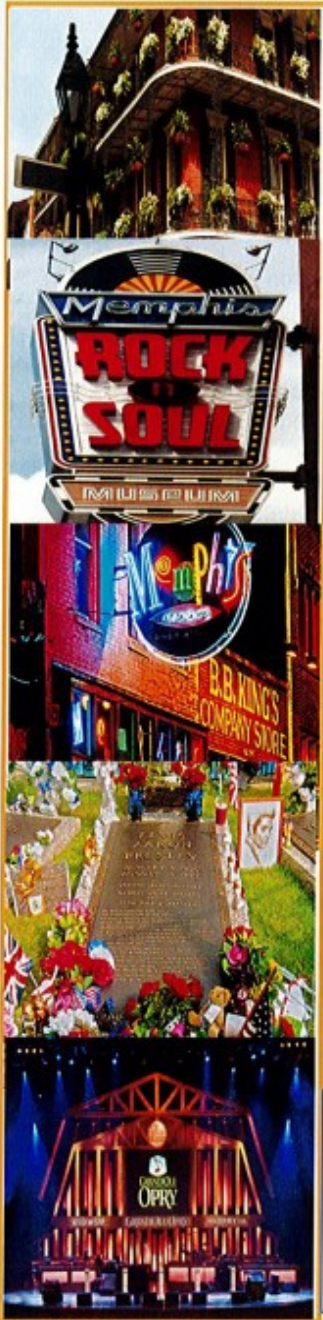
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BECKISH TRIPS

BECKISH SENIOR CENTER 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



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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.



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BECKISH TRIPS

Beckish Senior Center presents:

The Turkey Train Winnepesaukee Railroad

Wednesday, September 25, 2024

Enjoy a nostalgic train ride along the shores of Lake Winnepesaukee in
New Hampshire. It's a Great Fall Daytrip!!



Relax on board the train as we watch the boats on the lake & enjoy the scenery as we travel roundtrip from Meredith, NH. We will make a NH Liquor Store stop prior to boarding the train.

Hart's Turkey Farm Dinner on board the Train. This is a Hart's famous home style turkey dinner, just like grandma made at Thanksgiving.

Menu: Turkey, Potato, Gravy, Stuffing, Cranberry Sauce, Rolls, Vegetable, Dessert & Beverage. YUM!

Following our train ride visit **Mill Falls**, a collection of shops along with **Ben & Jerry's** ice cream.

COST: \$162.pp based on 35-48 passengers

Depart: 7:45 am Beckish Senior Center, 188 Route 66, Columbia

8:15 am Windham Senior Center, 1 Jillson Square, Willimantic

Est. Return: 8:00 pm Willimantic

8:30 pm Columbia

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

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BECKISH TRIPS

Beckish Senior Center & Windham Senior Center presents:



Never Forget
A Memorial in Second Life

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, 1 Jillson Square

Est. Return: 7:30pm Willimantic

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.



FRIENDSHIP TOURS
THE SHIP SHOP

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

This package is subject to our full Terms & Conditions, 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 our Terms & Conditions, by signing up and making payment on a tour, you agree to be bound by our Terms & Conditions.

BECKISH TRIPS

BECKISH SENIOR CENTER & WINDHAM SENIOR CENTER PRESENTS:



A GIFT FOR THE HOLIDAYS

Two Shows!!

Sight & Sound Theatre Presents...

DANIEL

Lancaster, PA

“White Christmas” at Dutch Apple Dinner Theatre
Chalk Talk • Christkindlmarkt

Nov 20-22, 2024 Wed-Fri

Day 1: We depart via deluxe motorcoach for our tour to Lancaster, PA - the heart of the Amish Country. 2 nights at the **COMFORT SUITES LANCASTER**, featuring spacious guestrooms, indoor pool, fitness center. Tonight, enjoy a buffet dinner & show at the **DUTCH APPLE DINNER THEATRE - “IRVING BERLIN’S WHITE CHRISTMAS”**. Based on the beloved movie. Veterans turned song-and-dance men Bob and Phil meet a sister duo and follow them to a Vermont inn. Here, they discover the inn is owned by their old Army General who fell on hard times. The foursome decide to put on a show in an effort to save the inn. Hear your favorites “Blue Skies,” “Sisters,” “Happy Holidays,” and “White Christmas,” and more!

Day 2: Today we visit Elva Hurst, an extraordinarily talented chalk artist in her Barnyard Art Studio for **CHALK TALK**. Engage your senses through music, storytelling, and the amazing chalk artistry of a former Old Order Mennonite woman who offers insights into Amish culture with a story that comes to life, and lights up before your eyes. We’ll make a stop at the **BIRD-IN-HAND FARMERS MARKET** before exploring **KITCHEN KETTLE VILLAGE** with lunch on own. This afternoon we’ll take our reserved seats at Sight & Sound Theatre for their brand new show **“DANIEL.”** Taken from his people, Daniel is exiled far from home in the powerful kingdom of Babylon. Now this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. As royal pressures mount, Daniel is faced with a dangerous choice. Will his trust in the one true God remain steadfast through every test of faith? From the fiery furnace to the infamous den of lions, **DANIEL** is a spectacular theatrical experience. Amish Family-Style Dinner tonight at **PLAIN & FANCY RESTAURANT**.

Day 3: This morning we head to Bethlehem known as the Christmas City, to visit the **CHRISTKINDLMARKT**, one of the top holiday markets in the world. Featuring aisles of handmade works by the nation’s finest artisans, live holiday music and delicious food... be sure to bring along your Christmas shopping list to find some unique gifts. Head for home with memories of our time in the Amish Country.

COST: \$684 pp double / triple
\$820 pp single Based on 40

Includes: Deluxe motorcoach, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing & admissions per itinerary, Friendship Tours Escort, Driver & Tour Director Gratuity

BECKISH TRIPS



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



T115



FRIENDSHIP TOURS
THE SHIP SHOP

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

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!

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

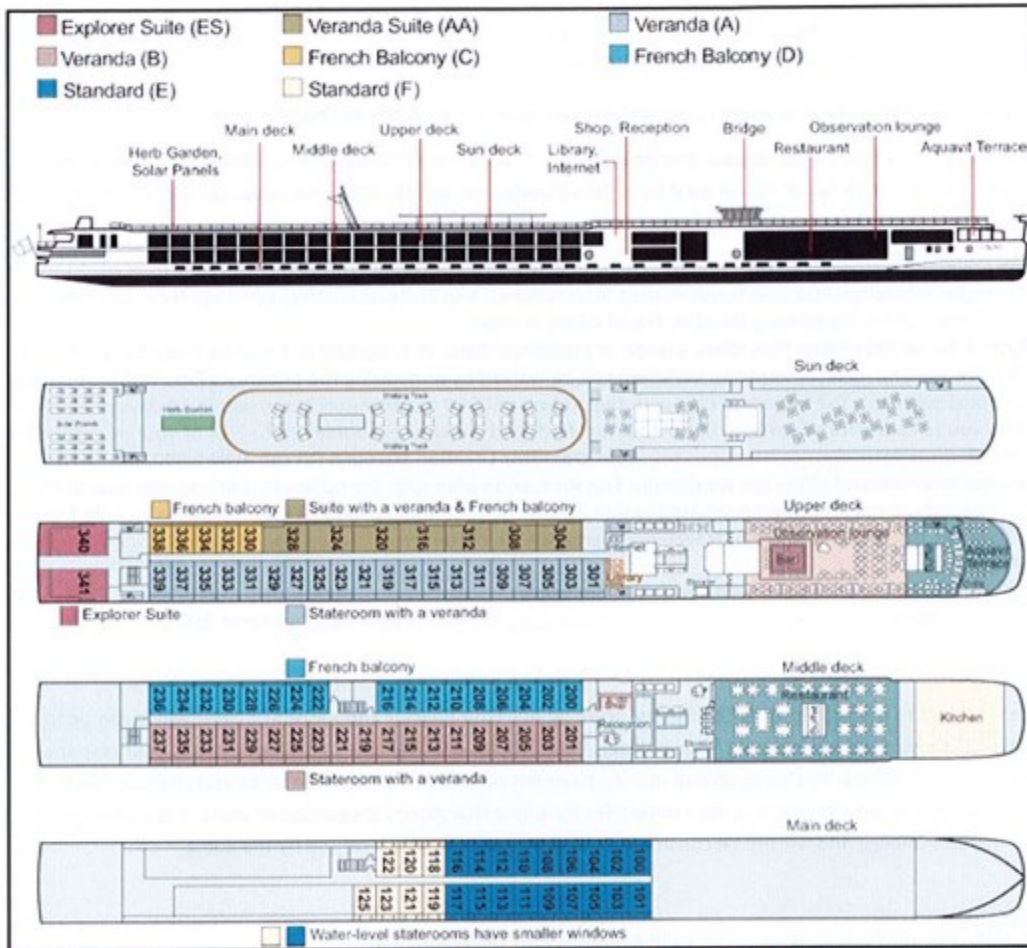
Costs are Per Person, Twin occupancy

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)



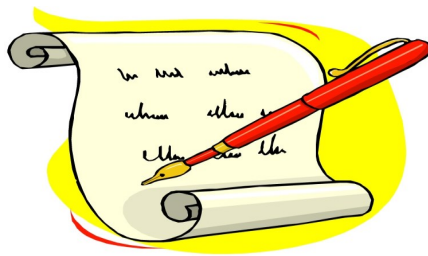
Veranda Cabin (B & A)

**CSO ART COMMITTEE
EVENTS****ART SHOW**

June 24 to 28, 2024—Rose Marrotte Art Show-a Juried Show featuring paintings of all mediums, Photographs, Carvings, Quilts. Entries are to be brought in Monday morning June 24 from 9:00 am to 11:30 am. Prizes for first, second, and third place. Awards presented on Thursday, June 27 at 10:00 am.



June 3 to June 28, 2024—Poetry Contest-a Juried Contest. Entries should be approximately 20 lines long. Send entries to mjallen33@att.net. Awards will be presented on Thursday, July 11 at 10:00 am.



August 2, to August 27, 2027—Writing Contest-a Juried Contest Entries will be limited to approximately 600 words and on any subject. Send entries to mjallen33@att.net. Awards will be presented on Thursday, September 12 at 10:00 am. Prizes for first, second, and third place.

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



Caught in a Fantasy

By Ella Jordan Sharpe

It seemed to me I was caught up in an awesome dream or a beautiful fantasy. I could not get enough of the beauty. I looked around to see where everyone went and found I was alone.

It started snowing, it was so quiet and peaceful. I began to feel quite comfortable in spite of the cold of the mountain air. The scene before me was breathtaking.

Falling like whispers, settling down haphazardly across the canvas. I watched in awe as the Artist worked. His touch so subtle, I dared not blink for fear of missing something. A feather brush here, a slight dusting there, tossing the non-color about at random. There didn't seem to be any plan, I watched closely hoping to learn the technique but knew all the while that should I ever achieve even a semblance of success it would be a mere imitation, only a copy, only a copy.

Captivating beauty, shadows in just the right places created by what appeared to be fury but calming again as the Artist daubed silently once again.

Its exactness would change but I would hold it, forever captive, in my memory. I knew it would be washed away, all too soon.

This masterpiece bares no signature, for the Artist is well known.

See the mountains covered with snow, do you wonder what they know?

Look at the trees that live in stone, do you question how they have grown?

Does it make you wonder, do you ask why, why they challenge the elements, choose to defy?

Can you feel their spirit, their will to live, Do you look at their strength, the beauty they give?

Their limbs, though twisted, note their worth, though they've been deprived of a nourishing earth.

Still they reach out with the will to survive

Struggling each day to stay alive...ask why, ask how.

CSO ART COMMITTEE



POETRY CORNER



Happy Father's Day in Heaven
by Ellie Sharpe

HAPPY FATHER'S DAY IN HEAVEN

None of us is here to stay
He's not gone, he's just away
He could not stay forever,
in this world we call our home
but he'll be watching over you,
you'll never be alone
He's always been a wanderer,
he traveled far away
so keep him in you heart
till you join him one fine day
Remember all the love,
the laughter that you've shared
the joy of knowing him as Dad,
and just how much he cared
It's hard to lose a loved one,
especially one so dear
but put your hand upon your heart
and know that he is near
I have no words to comfort you,
to take away the pain
but he's not lost, he's just away,
you'll be with him once again

ELLI SHARPE

Caring Hands
by Carol Wheelock Hall

When you were young and lacking in
grace,
Mom and Dad held your hand to keep
you safe.
Take my hand was said in a non-verbal
way
By your small friends who wanted to
play.
When grown up, your love also took
your hand.
You created your family and all was
grand.
Hand in hand you went through this
life,
Through good times, bad times, joys
and strife.
You held your children, as a parent held
you,
Giving care with love all the years as
they grew.
Like old folks before you, now your
steps are unsure.
As you helped your parents, now your
kids know the cure.
Do you think it came to them from os-
mosis?
This wondrous cure, just how did they
get it?
They learned love from you! They did
understand.
And the care torch is passed as they
take your hand.



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



Bob's Art Workshop

Join Bob Oxenhorn at the Beckish Senior Center
for an Art Workshop

Every Monday from 1-3pm.

Cost: \$10pp per class– cash only

**Bob will explain drawing & painting,
acrylics, oils, & watercolors.**

If you are a beginner, Bob will guide you on the material you will need for class. All others, please bring materials you use to participate.



Artist Corner

Plein Air

All Artists are welcome to become a member of a Plein Air 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** 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 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.

Friday, June 14, 2024

11:00am-11:45am—

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.

Renters Rebate – Applications being accepted!

Renters Rebate applications are being accepted through Monday, September 30, 2024. Columbia 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.

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)

FOOD NEWS

COLUMBIA'S MOBILE FOODSHARE



Recreation Park Upper Parking
60 Hennequin Rd, Columbia CT

More info call Katie—860-228-1008

EVERY OTHER THURSDAY

**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: EVERYONE IS WELCOME—NO PERSONAL INFO

OctoberSM
Kitchen LLC

BINGO

Wednesday, July 17th at 1pm

Bingo—with prizes

- Join us for a game of Bingo and information on the amazing October Kitchen. October Kitchen is an affordable nutritious meal program that delivers healthy homemade meals to your front door!
- Accommodations for specialty diets including diabetic, heart friendly, renal friendly, sodium sensitive & more!!
- **P.S. They are known for their Famous Muffins in all flavors!**
- **Maybe you will win one in Bingo???**
- **More info on October Kitchen next page...**

EVENTS

October Kitchen LLC

HEALTHY, MADE EASY

**AFFORDABLE NUTRITIOUS MEALS
FOR SNAP, EBT, AND FOOD STAMP RECIPIENTS**

**COMPLETE MEALS: PROTEIN, STARCH,
AND VEGETABLE - ALL IN ONE DISH**

**MONTHLY CHANGING MENU FOR VARIETY
FRESH AND FROZEN OPTIONS**

**CONVENIENT HEATING AND EATING
- NO COOKING REQUIRED**

NOW ACCEPTING



**ORDER NOW
309 GREEN ROAD
MANCHESTER, CT 06042
860-533-0588**

EVENTS

MOVIE DAY AT BECKISH

Movies start at 1PM

June 6— All that Heaven Allows
Starring: Rock Hudson



June 13 — Charade
Starring: Cary Grant



June 20— Murphys Romance
Starring: James Garner

**Director's Movie Picks**

June 27— Yes Day
Starring: Jennifer Garner



EVENTS

Taste of Italy

Pasta Making Demo

FREE Demo**Monday, June 3, 2024****Time: 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.



**Homemade
Pasta**



LOVE & LEMONS



shutterstock.com · 1369775813

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



EVENTS

Pearls from Carol

Free Presentation

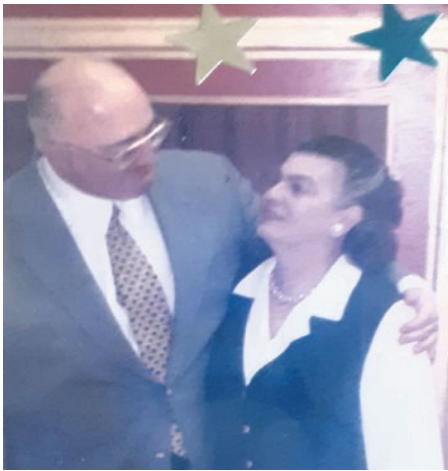
By Albert Ruggiero

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.



Pearls from Carol

Written by:
Carol Ann Ruggiero



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

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!!

CSO's Ice Cream Social & Music

Thursday, July 18th at 1pm

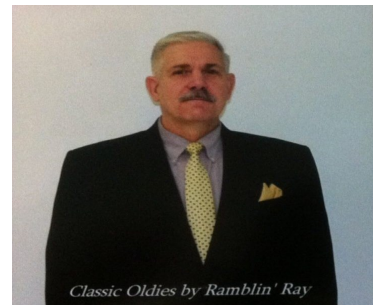
Cost: \$5.00 pp

Join us in an afternoon of fun, ice-cream and Columbia's very own singer, Ramblin' Ray Schmidt! Singing Classic Oldies!

Make your own
sundaes with all
the special top-
pings !



Ice Cream Social



Classic Oldies by Ramblin' Ray

SENIOR INFO



Haircuts with Lynn



\$15.00 Hair Cuts & Style
2024 Schedule

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

June 3, 10, 17, 24

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, June 20th

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 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, July 10, 2024

Wednesday, October 2, 2024

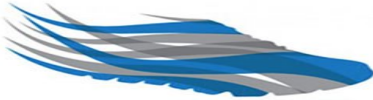
Wednesday, December 18, 2024

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

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!

Cardio Drumming

Looking for a fun way to exercise and stay healthy? Cardio Drumming is a popular fitness activity that combines music and drumming to stay fit and have fun!

DRUMMING



Starting September 4th

1st 3 Wednesdays of every Month Only

9:30-10:15am

\$6 a class

Or

\$15 for 3 classes

E V E N T

Duplicate Bridge May Winners

Week of 5/3/24

NORTH/SOUTH

1. Athene & Barb	67.19%
2. Mary & Kathy	56.25%
3. Connie & Marion	53.13%

EAST/WEST

1. Margot & Judy	54.38%
2. Joe & Mary Ann	53.13%
3. Marie & Shirley	50.63%

Week of 5/10/24

NORTH/SOUTH

1. Elli & June	57.50%
2. Joe Ann & Mary	55.00%
3. Barb & Bernie	52.92%

EAST/WEST

1. Kathy & Radha	60.83%
2. Margaret & Pat N	55.42%
3. Marie & Shirely	55.92%

Week of 5/17/24

NORTH/SOUTH

1. Elli & June	66.00%
3. Janice & Noreen	38.67%
4. Pat N & Robbie	38.67%

EAST/WEST

1. Bernie & John	63.33%
2. Joe & Mary Ann	51.67%
3. Judy & Margot	47.51%

Week of 5/24/24

NORTH/SOUTH

1. Elli & June	59.92%
2. Joe Ann & Mary	53.97%
3. Janice & Noreen	51.98%

EAST/WEST

1. Pat L & Girish	64.29%
2. Pat N. & Robbie	59.94%
3. Shirley & Marie	5.37%

CONGRATULATIONS!

COMMUNITY VOLUNTEERS

Cheryl LaCrosse

On behalf of the Beckish Senior Center we would like to thank you for your volunteer work both in the senior center and throughout the community. We are grateful for your willingness to give your time, energy and talents. You rarely meet a person so selfless and devoted, and we are honored to have you! You strive towards making a difference and your passion and energy are unparalleled, and I respect your spirit of volunteerism immensely. Thank you for being so selfless and for so many whose lives you make a tangible difference. We love you and thank you!

THANK YOU
Volunteers

Sheran Smith

On behalf of the Beckish Senior Center and the Transportation Program, I would like to thank you, Sheran, for your dedicated service and support as a volunteer. Your commitment, passion, and enthusiasm are admirable and inspiring. Whether you complete a specific task, or help those in need, your efforts have not gone unnoticed. Volunteering often requires personal sacrifice, and I want you to know that every minute you've contributed has been invaluable. We are so lucky to have someone with passion and drive, (no pun intended) working with us. Thank you again for all that you do! We appreciate your help and everything that you offer.

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



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, June 7. 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

**THANK YOU
FOR VOLUNTEERING**

"THE SMALLEST ACT OF KINDNESS
IS WORTH MORE THAN THE
GRANDEST INTENTION."

- OSCAR WILDE