

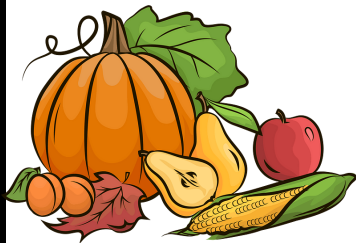
The  
Gem



October 2024

BECKISH SENIOR CENTER

# Harvest to Holly



Saturday, November 23rd

9-2pm

Vendors needed! See inside  
for more info



Meet the Artist

Book Talk

Meet Andrea Ezerins

Thursday, October 10th at 11am

YOGA

**FIT & MOBILITY WITH AMANDA**  
**STARTING OCTOBER 4TH AT 10 AM**

**CHAIR YOGA WITH AMANDA**  
**STARTING OCTOBER 10TH AT 10 AM**

# October 2024

## BECKISH SENIOR CENTER ACTIVITIES



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> 9:00 Women's Club 9:00-Woodcarving 9:30 TOPS 1:00 Open Billiards 2:30 Line Dancing	<b>2</b> 10:00 Ping Pong 12:00 TVCCA Lunch 1:00 Mahjong 12:45 Bridge 1-3 Open Billiards	<b>3</b> 10:00 Vaccination Clinic 1:00 Movie Time 1:00 Mobile Foodshare @ Rec Park 6:30 Open Billiards	<b>4</b> 10:00 Fit Mobility 11:45 CSO Mtg Cake 12:00 TVCCA Lunch 12:45 Duplicate Bridge 1:00 Quilting 1:00 Open Billiards 6:30 Setback Night	<b>5</b>
<b>6</b>	<b>7</b> 9-1 Podatrist 10-2::30 Massage 10:00 Stamping w/ Cheryl! 12 TVCCA Lunch 1:00 Art Class	<b>8</b> 9:00 Women's Club 9:00-Woodcarving 9:30 TOPS 1:00 Open Billiards 2:30 Line Dancing	<b>9</b> 10:00 Ping Pong 12:00 TVCCA Lunch 1:00 Mahjong 12:45 Bridge 1-3 Open Billiards	<b>10</b> 10:00 Chair Yoga 11:00 Book Talk 1:00 Movie Time 6:30 Open Billiards	<b>11</b> 10:00 Fit Mobility 12:00 TVCCA Lunch 12:45 Duplicate Bridge 1:00 Quilting 1:00 Open Billiards 6:30 Setback Night	<b>12</b>
<b>13</b> End of week is DEAD- LINE for Nov GEM	<b>14</b> <u>CLOSED</u> 	<b>15</b> 9:00 Women's Club 9:00-Woodcarving 9:30 TOPS 1:00 Open Billiards 2:30 Line Dancing	<b>16</b> 10:00 Ping Pong 12:00 TVCCA Lunch 12:45 Bridge 1:00 Mahjong 1-3 Open Billiards	<b>17</b> 8-30 Reiki w/Robin 10:00 Chair Yoga 1:00 Movie Time 1:00 Mobile Foodshare @ Rec Park 6:30—Open Billiards	<b>18</b> 10:00 Fit Mobility 12:00 TVCCA Lunch 12:45 Duplicate Bridge 1:00 Quilting 1:00 Open Billiards 6:30 Setback Night	<b>19</b>
<b>20</b>	<b>21</b> 9-12:30 Massage 10:00 Stamping w/ Cheryl! 12 TVCCA Lunch 1:00 Art Class	<b>22</b> 9:00 Women's Club 9:00-Woodcarving 9:30 TOPS 1:00-Open Billiards 2:30 Line Dancing	<b>23</b> 10:00 Ping Pong 12:45 Bridge 1:00 Mahjong 1-3 Open Billiards	<b>24</b> 10:00 Chair Yoga 1:00 Movie Time 6:30—Open Billiards 7:00 CSO Game Night	<b>25</b> 10:00 Fit Mobility 12:00 TVCCA Lunch 12:45 Duplicate Bridge 1:00 Quilting 1:00 Open Billiards 6:30 Setback Night	<b>26</b>
<b>27</b>	<b>28</b> 8:00 Haircuts 10:00 Stamping w/ Cheryl! 9-12:30 Massage 12 TVCCA Lunch 1:00 Art Class	<b>29</b> 9:00 Women's Club 9:00-Woodcarving 9:30 TOPS 1:00-Open Billiards 2:30 Line Dancing	<b>30</b> 10:00 Ping Pong 12:00-TVCCA Lunch 12:45 Bridge 1:00 Mahjong 1-3 Open Billiards	<b>31</b> 10:00 Chair Yoga 1:00 Mobile Foodshare @ Rec Park 1:00 Movie Time 6:30—Open Billiards	<b>1-NOV</b> 10:00 Fit Mobility 12:00 TVCCA Lunch 12:45 Duplicate Bridge 1:00 Quilting 1:00 Open Billiards 6:30 Setback Night	<b>2-NOV</b>



### 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!

# October 2024



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

Suggested donation: \$3.00 for HOT MEAL



## Monday

## Wednesday

## Friday



2  
Baked Cod w/Lemon Dill Sauce  
Parsley Steamed Potatoes  
Broccoli,  
Fresh Fruit

4  
Birthday Celebration  
Chicken Marsala, Rice Pilaf  
Squash Mix w/Carrots &  
String Beans, Birthday Treat  
Grape Juice

7  
Pineapple Glazed Ham,  
Sweet Potatoes  
Green Beans  
Sweet Treat  
Orange Juice

9  
Stuffed Chicken w/Broccoli & Cheese  
Tator Tots  
Corn w/Peppers & Onions  
Applesauce

11  
Country Fried Beef Steak  
Buttermilk Mashed Potatoes  
Snap Peas  
Fresh Orange

14  
CLOSED  
In Observance of  
Columbus Day

16  
Hungarian Goulash  
Pasta Shells  
Cauliflower, Carrots, & Snap  
Peas,  
Fruit Cup

18  
Stuffed Cabbage Casserole  
Lima Beans  
Corn w/Peppers & Onions  
Mandarin Oranges

21  
Chicken Cacciatore  
Penne Pasta  
Zucchini, Peas, & Carrots  
Fresh Orange

23  
Ethnic Celebration  
Bratwurst w/sauerkraut  
German Potato Salad  
Green & Yellow Squash  
Glazed Donut  
Apple Juice

25  
Chicken Pot Pie w/Bisquit  
Waxed Beans  
Green Beans  
Applesauce Cup

28  
Whole Grain Fish Sticks  
Home Fries  
Broccoli, Peppers, & Mush-  
rooms  
Pineapple Tidbits

30  
Cheese Omelet  
Sweet Potato Tater Tots  
Mixed Vegetables  
Diced Peaches



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

Menu is subject to change without notice.  
Special Meal Price:  
\$4.50 Suggested Donation

# ACTIVITIES



**CHAIR YOGA** with Amanda  
Starting October 10 at 10 AM,  
every Thursday



**FIT MOBILITY** with Amanda  
Starting October 4 at 10 AM,  
every Thursday



**THERAPEUTIC MASSAGE**  
**WITH SUE**  
MONDAYS STARTING AT 10AM  
\$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**  
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.



## LINE DANCING



**Tuesdays at 2:30pm**

Come join us and dance like  
no one is watching!

## 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



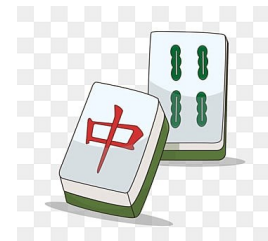
## The Ladies Group

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

## MAHJONG

New Day!!

Wednesdays at 1pm  
Need New Players



# Welcome Brittany Dalessio

## The Town of Columbia's

### Senior & Social Services Coordinator

It is with pleasure to announce the Town of Columbia's newest Senior & Social Services Coordinator, Brittany Dalessio. Brittany is very motivated and passionate about helping our seniors and families in need. Brittany is currently working towards her bachelors in Psychology with Southern New Hampshire University and plans to graduate with high honors in 2025.

Brittany will provide guidance, support and resources to individuals and families in need under the supervision of the Senior Center Director, Bernadette Derring. She will be the point of contact for Mobile Foodshare, perform assessments, developing treatment plans, and case management services such as energy assistance, SNAP benefits, cash assistance, renters rebates and more.

Brittany will be also be the voice you hear when calling in to schedule your rides with the Columbia Transportation Program.

One of her first big projects will be The Columbia Food Pantry. It is currently being upgraded with a wide variety of necessities. Everything from perishable and non perishable items to personal care products like diapers, soaps, toothpaste, deodorant and more.

Brittany's core hours will be Monday—Friday 8am-3pm with extended hours on Mondays and Thursdays to assist residents that are working during business hours. Later appointments can be schedule by appointment only.

Many of you have already met Brittany here at Beckish, however we will be planning a fun meet and greet in the coming weeks to introduce the new Social Services department here in Columbia. Brittany looks forward to meeting you all and assisting with your needs.

**Contact info: Brittany Dalessio—**

**860-228-0759 ext. 3 or**

**860-228-0110 x128.**

**Bdalessio@columbiact.org**

**[www.columbiact.org/community-social-services](http://www.columbiact.org/community-social-services)**



# SOCIAL SERVICES

860-228-0759 EXT 3

Energy Assistance Applications are now being accepted. Please make an appointment with Brittany or Bernadette for Assistance.

**Get Help Paying  
Your Energy Bill**



Mobile Food Share will be happening October 3<sup>rd</sup>, October 17<sup>th</sup>, and October 31<sup>st</sup> at Rec Park at 1 p.m. (We are always looking for Volunteers)

Did You Know?

Here in Columbia we have a full functioning food pantry for any Columbia Resident to utilize, not just for our seniors!

\*\*We are accepting donations to our food pantry, please call for more specific information on what is needed\*\*

# 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/>

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

Writing Contest**WINNERS: First Place-John Allen, Second Place-Carol Hall****Where's my Mommy**

On a cold misty rainy mid-afternoon in early June, my wife received a call from two neighbors. They said she and a friend were out walking and spotted a small baby fawn lying down in the tall grass near the curb across the street from our house. They were concerned it or her mother might get hit by a car since we lived near the bottom of a hill and the cars go by pretty fast. They asked if we had any suggestions as to what to do. My wife asked me if I might help and I quickly put on a light jacket and went out to talk to them.

Our two neighbors were waiting at the side of the road about 100 feet from the fawn, warning approaching cars to go slow. They directed me by hand signals as to where the fawn was located and I immediately found it about 2 feet from the curb near our mailbox in the tall grass and overgrown weeds. It was lying motionless with its beautiful dark eyes fully open and did not move when I approached. It was a small female fawn. I knew she, as well as her mother, were in trouble, being in such a precarious location so near the road. I would have to move her. I put my arms under her body and picked her up. She offered no resistance. I carried her into our hayfield and gently laid her down in the wet tall hay and watched. She did not move so I assumed she was okay and walked back to the house.

After a few hours I thought I heard a faint sound coming from the woods. The fawn heard it too and ran into the woods crying out with her loud bleating sounds. "Thank Heavens" I thought, our problem is solved.

The next morning our daughter who lives next door, came over early in the morning before going to work. She said there was a fawn walking all over the hayfield crying. She got a small cat crate, walked over to the fawn who offered no resistance or showed any fear, and put her in the crate.





## CSO ART COMMITTEE

I took the crate and put it in the basement to keep her dry and protected as it was raining pretty hard.



### The Newborn Fawn Resting in Cat Carrier

She slept all night and then I put her into the field again. At first, she was OK but then began running around bleating and calling for her mother. My wife tried to get help from the town dog warden, our veterinarian, and state police. None were able to help. I then looked up information on abandoned deers on the Internet (State of CT Dept. of Energy and Environmental Protection) and found lots of information dealing with abandoned, distressed deer. They listed three people who were authorized to handle and care for deer. Two were in Salem and one in Weston.

I tried to be patient, hoping her mother would come but –no such luck. After lunch when she quieted down, I decided to take her to the Salem rehabilitator. I went into the bedroom to get my wallet and keys and glanced out the bedroom window. I could hardly believe what I saw. It was a large beautiful doe at the edge of the woods going into the hay field. Was this the fawns mother? How could I be so lucky?

I got my digital video camera, quietly opened the window and started taking pictures. The mother (I assumed) walked cautiously through the field, moving her head from side to side, smelling for the scent of her baby fawn in the hay. I was mesmerized watching her slow steady movement towards her baby which she could not see as the hay was too tall. The reunion was heartwarming as her nose finally touched the baby lying in the hay and the fawn popped up out of the hay to greet her mother. The mom licked her for only a short time as the fawn was hungry and it ducked under her body to suckle her after her long ordeal. Then they both went happily into the woods.

Whenever I see them together eating apples from under my trees, I often think of them as an extension of my lovely family.



## **Second Place-Carol Hall**

### **Memories of Visiting the Farm**

by Carol Wheelock Hall

Some of us older people may worry that with all the technological advances nowadays that the young people of today might be missing something. There used to be many small farms across this country, and many people of my age will have memories of yesterday when someone in their family had a farm. Many may have lived near a farm. Many did the hard work on a farm. A few years ago during a travel trip, my husband and I drove by the land where my grandparents and uncle once had a small dairy farm in New York State. As a child I had delightful times visiting that farm. Other than the layout of the land I hardly recognized the place of my memories.

I can remember the small herd of cows being rounded up and herded into the barn twice a day for milking. Each cow dutifully went into her favorite stanchion and was rewarded with grain and hay. In my mind's eye I see the inside of the barn. There was a straw-bedded pen for calves and a horse stall. There was a huge spring water cistern, a big grain box, and a ladder to go up to the hay loft. At milking time the barn cats would swarm to get a warm bowl of milk poured out by Grandpa. The cats would hide their litters up in the hay loft, and they would routinely earn their keep by controlling the abundant field mouse population. But now there were no cows in a barnyard or grazing in the pasture.

As we slowly drove by I could see that there was no barn left standing. Probably the foundation was still there behind and under the overgrown foliage. Perhaps the barn-wood had been salvaged for paneling in someone's new home years ago. And there was no field of hay to be cut, baled, lifted onto the hay wagon, and then put up in the barn. There was no rusty old farm truck to take filled milk cans into town for processing. There was no milk house, tool shed, chicken coup, smokehouse, or outhouse. I guess some of that's called progress.

The simple farmhouse I had visited as a child was no more. The woodshed which was at the back door and had held stacks of wood for the potbelly stove in the parlor was gone. It was the home where my caring Grandma had kept busy all day doing all the household duties and where Grandpa said grace at the table each mealtime. The house was now very different with major additions and it surely had modern renovations inside. The make-over was needed for today's living. After all...it was 70 years ago when I stayed there!

But alas, I have the memories of love and carefree childhood days on that farm of my Mom's parents. Those were delightful summer days of looking for kittens, naming the cows, and petting the old work horse in the barn. Those were days of taking turns with my cousin on the swing under the apple tree, and of us splashing in the creek that ran through a pasture. Hopefully today's children will have some great memories of their youth, even if very different from mine. I surely have wonderful and lasting memories of visiting the farm.

CSO ART COMMITTEE  
**POETRY CORNER**

**THIRD PLACE**

Finding Her Purpose  
By Carol Wheelock Hall

Little girl, how could she know,  
Her purpose was to live, learn, grow.  
In teenage years began the plans  
And future thoughts of where she'd land.

She saw her purpose with dreams anew,  
With needed work to see it through.  
School, a job, a mate someday,  
Be good, do well. She'd find a way.

And life went on, she'd met some goals.  
Her purpose grew with kids to hold.  
She taught them as the best she knew  
Ever hopeful as they learned and grew.

Hardy and willing she did her works.  
Home and job satisfaction had some perks.  
But age progressed year after year  
And her purpose then became unclear.

Now old with time to think and plan...  
"Stay well, be kind, do what you can!"  
Purposes alter but were always around.  
Not so different, her purpose was found.

# CSO ART COMMITTEE

# POETRY CORNER



Runners Up:

## THE WHISPER

By Elli Sharpe

The whisper floated through the air to find a quiet place  
 It melted into dewy mist and made it's way to space.  
 The whisper spreads its message in lands both far and near  
 always out there waiting to find a listening ear.  
 The whisper soars on fluffy clouds it travels with the breeze  
 The whisper when it tires rests on emerald leaves.  
 Filled with secrets from the past, sad messages well known  
 The whisper's what you make of it, with no life blood of its own.  
 Mistrust, dishonesty and strife, insecurity, pain and fear  
 are the contents of the whisper you may sometimes hear.  
 The whisper is a willing host, if we speak naught but love  
 It will spread its voice, throughout the Universe above.  
 Kindness is contagious, of which there is no cure  
 it lives within our hearts in the space where love is pure.

## IT SHOULD HAVE BEEN ME.

By Bernie Herpst

**As the Wind Roared  
 On That Mountain High  
 A Man Trudged on  
 Too Weak for a Sigh  
 He Ran from Another  
 Unfairly Accused  
 His Worn-Out Body  
 All Battered and Bruised  
 The Posse It Came  
 A Bit Closer Each Day.  
 And He Damned The Times  
 When His Mother Would Say  
 So Much Like Your Brother  
 You Could Be Him  
 And Now Cuz Of This  
 You're Out On A Limb  
 They Hung My Poor Father  
 From Lonely A Tree  
 He Was Said To Be Bad  
 But Now His Brother Was Free**



## 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.

You may contact the CWC through

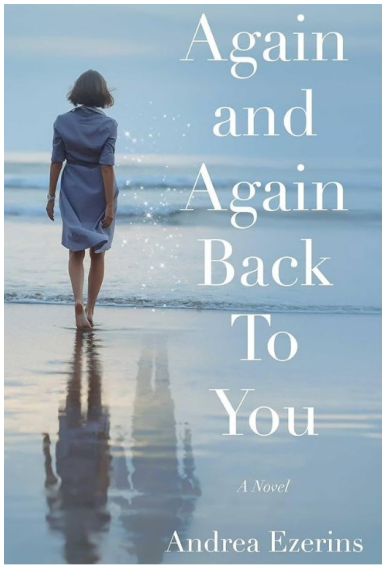
[Lekwurtzel@gmail.com](mailto:Lekwurtzel@gmail.com)

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!



## MEET THE ARTIST



Beckish Senior Center 188 Route 66 Columbia 860-228-0759

# Andrea Ezerins

## *local author book talk & signing*

In this enchanting novel, an encounter with a mystical channeler allows soulmates to experience the road not taken. Exploring the profound impact first love can have on one's life, Marta and Kevin's story is one of a love that defies both time and space.

Andrea Ezerins grew up in Columbia on a small hobby farm. She finished *Again and Again Back to You*, a labor of love, thanks in no small part to the pandemic and an empty nest where distractions suddenly were reduced to only a spoiled German shepherd and the many bluebird families that nest in her boxes. Andrea has two daughters and identical twin sons. She now resides in Hebron with her husband.

Copies of the book will be available for purchase and signing.

## Thursday, October 10th

Registration requested. Sign up by calling BSC

## at 11:00AM

# FOOD PANTRY



For Columbia residents in need of non-perishables and to check availability of toiletries, please contact the Beckish Senior Center at 860-228-0759



**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



MOBILE FOODSHARE

**COLUMBIA'S**  
**MOBILE FOODSHARE**

**Recreation Park**  
**60 Hennequin Rd, Columbia CT 06237**

**EVERY OTHER THURSDAY**

Oct 3, Oct 17,  
Oct 31, Nov 14, Dec 12, Dec 26...  
**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**



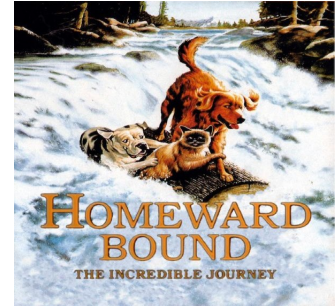
**Connecticut  
Foodshare**

Our Community, Our Food Bank

## EVENTS

**MOVIE DAY AT BECKISH**

Movies start at 1PM

**October 3 – Homeward Bound****Starring: Michael J. Fox, Sally Field,  
Don Ameche****October 10 - Breakfast at Tiffany's****Starring: Audrey Hepburn****October 17 — Lion in Winter****Starring: Kate Hepburn, Peter O'Toole****October 31 - The Ghost & Mrs. Muir****Starring: Gene Tierney, George Sanders****Director's Movie Picks****October 24— Irish Wish****Starring: Lindsay Lohan**

## SENIOR INFO

# FLU & VACCINATION CLINIC

Eastern Highland Health District (EHHD) are sponsoring our Flu & Vaccination Clinic that is scheduled at the Beckish Senior Center on:

**Thursday, October 3rd from 10am- 1pm**

- There will be a link for you to have an opportunity to select a time, but walk-ins are welcome!
- There will be paperwork needed for your appointment that will be available so anyone can complete it prior to coming to the clinic.
- Offering: RSV, Pneumonia, Flu (high dose and adult), COVID vaccines
- Insurance is accepted and will be filed for participants.
- The clinic is open to the public and anyone is welcome to attend.
- If transportation is needed to and from the clinic please contact our transportation department at 860-228-0759 ext. 2 and ask for Brittany or Flo.

Please Pre-Register at: <https://www.signupgenius.com/go/10C0C45ABAF2BA7FCC34-50506313-vaccine#/>

Get the  
**FLU**  **SHOT**  
not the flu!



**EHHD**  
Eastern Highlands Health District

SENIOR INFO

**MAKE TIME TO GET YOUR SEASONAL VACCINES**



**Get on board. Stay on Track.  
Get Vaxed.™**

This educational campaign is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services as part of a financial counseling award totaling \$50,000 with this funding by CDC/HHS. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS or the U.S. Government.



**EHHD VACCINATION CLINIC: Adults**

**OCTOBER 3, 2024 10am – 1pm**

BECKISH SENIOR CENTER 188 Route 66, Columbia

**REGISTER [HERE](#) (WALK-INS WELCOME)**

More information and details available at [EHHD.org/VAX](http://EHHD.org/VAX)

All major insurance accepted

**ALL ARE WELCOME!  
¡TODOS SON BIENVENIDOS!**

RSV	COVID-19	FLU & HIGH DOSE FLU	PNEUMONIA
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## SENIOR INFO



### Foot Care Welcome Package

The aims of foot care are to:

Keep the feet clean

Maintain skin integrity (skin health)

Keep the skin moisturized

Keep nails short, but not too short

Check your feet

Come and get the Foot Care you need. Our Foot Care Program can help. Foot care not covered by Medicare will be paid by a grant received from Senior Resources with Title III funds made available under the Older Americans Act. A suggested donation of \$10.00 is appreciated and helpful, but not required. Starting October 7<sup>th</sup>, Dr. Thomas Walter, Podiatrist will come to our Center every 10 weeks to perform routine foot care. Call for an appointment and/or details 860-228-0759.

A Patient Satisfaction Survey and a Patient Complaint and Grievance Form is enclosed.

We would appreciate it if you would complete the satisfaction survey for each visit.

Thank you!

SENIOR INFO

# Harvest to Holly



Craft Fair & Luncheon

**Saturday, November 23rd**

**From 9am to 2 pm**

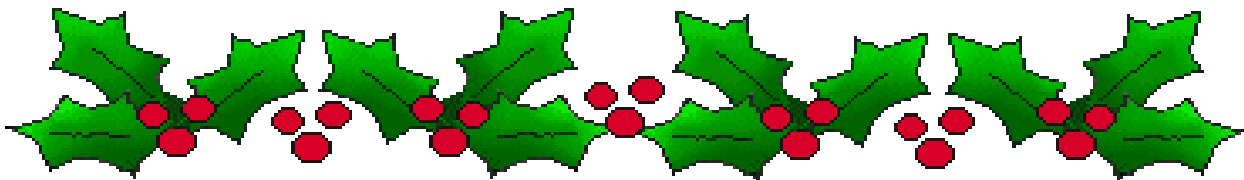


Handmade Crafts—General Store  
Bake Shop—Vendors

The kitchen will be serving Hot Dogs and Baked Potatoes with all the fixings! Coffee, Tea, Soda, and Bottled Water



**Santa's Workshop**  
**Beckish Senior Center**  
**188 Route 66**  
**860-228-0759**



# SENIOR INFO

## 2024 CONTRACT FOR VENDING AT THE COLUMBIA SENIORS ORGANIZATION'S HARVEST TO HOLLY FAIR

### Terms and Policies

The Harvest to Holly Fair will be held on November 23, 2024, and will be open to the public from 9:00am until close, 2:00pm. The event will be held rain or shine. No sales shall occur before or after the hours of operation.

Set up for the Harvest Fair shall begin at 7:30am and breakdown will conclude at 2:00pm. Vehicles shall be parked at the direction of event staff.

A completed contract and non-refundable fee of \$25.00 is required by November 15, 2024, for participation.

A 6-foot rectangular or round table will be provided for each vendor.

The Columbia Seniors Organization, Inc. (CSO) reserves the right to terminate the Fair or deny the sale of any goods or products as it deems necessary. All contracts will be reviewed by the Fair Committee to ensure vendor variety. **All vendors will be contacted by the Committee with an acknowledgment of their participation or an explanation otherwise.**

**Vendor sales on the day of the Market will be limited to those specifically outlined by you, the undersigned vendor in you "Type(s) of produce/product Vendor will sell" description and approved in this contract. Exceptions can be made, but only with prior written approval by the Committee. This policy will be strictly enforced by Event Staff.**

The undersigned Vendor agrees that in consideration for being permitted to use Beckish Senior Center premises, the Vendor shall indemnify the Town of Columbia and the CSO and save them harmless from any, and all suits. Actions, damages, liability, and expenses in connection with loss of life, personal injury or property damage arising from or out of any occurrence resulting from Vendor's use of Town of Columbia's property or any claim arising from the sale, consumption or use of any item sold by the Vendor, its agents, employees, servants, or guests. The undersigned further agrees the Town of Columbia and the CSO shall not be responsible or liable at any time for any loss or damage to the Vendor or Vendor's equipment or other personal property. In the event then Town of Columbia and/or the CSO shall without fault on its part be made a party to any litigation commenced by or against the Vendor, the vendor shall protect and hold the Town of Columbia and/or the CSO harmless and shall pay all reasonable costs, expenses, and attorney's fee in connection therewith.

# SENIOR INFO

## 2024 CONTRACT FOR VENDING AT THE COLUMBIA SENIORS ORGANIZATION'S HARVEST TO HOLLY FAIR

### Application Form

Vendor Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email Address: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Type(s) of crafts/produce/products Vendor will sell at the fair in 2024:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Do you need an electrical outlet?

\_\_\_\_\_  
\_\_\_\_\_

My nonrefundable payment of \$25.00 is enclosed. Please make checks payable to the CSO, Inc. This CONTRACT FOR VENDING at the Harvest to Holly Fair, is entered into and agreed upon, with the Vendor having fully read and being in full agreement with the terms and polices listed within.

\_\_\_\_\_  
Vendor Signature

\_\_\_\_\_  
Fair Committee Member Signature

\_\_\_\_\_  
Vendor (Print Name)

\_\_\_\_\_  
Fair Committee Member (Print Name)

**The Committee thanks you in advance and will contact you for details!**

**If you have any questions or concerns, please contact Yvon Desautels at (860) 228-9229 or Bernadette Derring, Brittany or Flo Polek at (860) 228-0759**



## SENIOR INFO



# Haircuts with Lynn



**\$15.00 Hair Cuts & Style**  
**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. Please call to sign up for your hair cut today. No Walk-ins  
 Cash only! Lynn- 860-883-3113

## CSO Game Night



**Thursday, October 24th**  
**4-7pm**

**All types of games and trivia—fun with friends!**  
**Snacks and Refreshments provided!!**



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**Sue Mccaffrey's**  
**Reflexology & Therapeutic Massage**  
**Every other Monday from 10am-2:00pm**  
**Last appointment at 2:00pm**  
**October 7, 21, 28**  
 Call for an appointment (860) 228-0759  
**\$25.00 for 25 minutes Massage**

BECKISH EVENTS



# Spirit Of The Lotus Reiki with Robin

Every 3rd Thursday, from 8:30-12:30

Thursday, October 17th

Session are \$25 for 25 minutes

Robin is the owner of Spirit of the Lotus, a Columbia Small Business. A 25 minute session can help with Chronic Pain, headaches, back pain, digestive issues and injuries.

She can treat lying down or sitting, and sessions are fully clothed.

For more info: [www.SpiritoftheLotus.org](http://www.SpiritoftheLotus.org)

Or call 860-709-3903

Can't do Thursday call for an appointment using code "SENIOR" for same price.

## 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!

SENIOR PROGRAMS

# Stamping with Cheryl

Stamping with Cheryl



**Monday's In October**  
**No class on Oct 14th in observance of**  
**Columbus Day!**  
**Time: 10am—11:30am**  
**Cost: 4 classes \$20 or \$6 walk-in**



# 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, 1<sup>st</sup> 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, 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.

## BECKISH EVENTS



### **FIT & MOBILE**

Join Amanda in this low-impact workout designed specifically for older adults, focusing on maintaining strength, flexibility, and mobility. With a mix of gentle cardio, light strength training, and balance exercises, you'll improve your endurance, posture, and coordination in a fun and supportive environment. We will use a chair, resistance bands, pilates balls to achieve these goals. Some standing is involved. No experience is necessary - all fitness levels are welcome.

**Fridays 10am**

**Age 60+ - \$3 per class, Non Seniors - \$5 per class**

*Cash welcome, Cash App & PayPal acceptable too.*

**BEGINS OCTOBER 4**

**Beckish Senior Center**

**188 Route 66 Columbia, CT. 06237**

For more information call [860-228-0759](tel:860-228-0759)

## BECKISH EVENTS



# CHAIR YOGA

Join Amanda in this 60 minute class designed for all ages and abilities. Whether you're new to yoga or looking for a low-impact option, this class offers a relaxing and rejuvenating experience. Using a chair for support, we will guide you through mindful movements, deep stretches, and breathing exercises to improve flexibility, balance, and strength. Perfect for those with mobility challenges or anyone seeking a more comfortable way to practice yoga. No prior experience is necessary - all are welcome!

**Thursdays 10am**

**Age 60+ - \$3 per class, Non Seniors - \$5 per class**

*Cash welcome, Cash App & PayPal acceptable too.*

**BEGINS OCTOBER 10**

**Beckish Senior Center**

**188 Route 66 Columbia, CT. 06237**

For more information call [860-228-0759](tel:860-228-0759)

## EVENT

## Duplicate Bridge September Winners

Week of 8/30/24

## NORTH/SOUTH

1. Barb & Athene	56.19%
2. Elli & June	52.86%
3. Joe Ann & Mary	52.86%
4. Dave & Joan	52.86%
5. Connie & Marion	52.86%

## EAST/WEST

1. Anne & Helen	61.11%
2. Mark & Debby	55.55%
3. John & Bernie	51.67%
4. Pat L & Victor	51.67%

Week of 9/6/24

1. Barb & Athene	62.50%
2. Joe Ann & Mary	55.00%
2. Joan & Dave	50.42%

1. Pat N & Robbie	66.67%
2. Girish & Radha	55.83%
3. John & Bill	48.33%

Week of 9/13/24

## NORTH/SOUTH

1. Chris & Margaret	55.95%
2. Pat N & Robbie	55.56%
3. Joe Ann & Mary	52.38%

## EAST/WEST

1. Victor & Shirley	56.35%
2. Mark & Debby	52.78%
3. John & Bill	50.40%

Week of 9/20/24

## NORTH/SOUTH

1. Kathy & Joan	71.83%
2. Barb & Athene	68.89%
3. Joe Ann & Mary	53.17%
4. Connie & Marion	44.44%

## EAST/WEST

1. Judy & Margot	58.73%
2. Pat N. & Robbie	55.95%
2. John & Bernie	51.98%
3. Shirley & Marie	50.00%

**CONGRATULATIONS!**

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



**Join Us  
We Serve Our Community**

## **We Serve**

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

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

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

## **We Serve**

**Our Good Reaches Our Community And Spans The Globe**

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

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





# Columbia Congregation Church



325 Route 87  
PO Box 177  
Columbia, CT  
06237

860 228 9306  
ccchurch@snet.net

Columbiacongregational  
church.org

Find us on Facebook and  
on You Tube

WELCOME!

OCT/NOV/DEC 2024 HAPPENINGS



10 AM Sundays **Worship Services**  
Church School during the service

**2nd Saturday Community Breakfast**  
7:30 – 10 AM Sat. Oct. 12; Nov. 9; Dec. 14

**Simple Sustenance Soup & Bread** Oct. 27; Dec. 15

**CROP Walk** Sunday Oct. 6th 1:30 registration

**Holiday Craft Fair** Sat. Nov. 2nd 10 AM – 3 PM

December:  
**Bell Choir Concert; Christmas Pageant & Services**

For details check out our webpage: [Columbiacongregationalchurch.org](http://Columbiacongregationalchurch.org)



## 2nd Saturday Community Breakfast

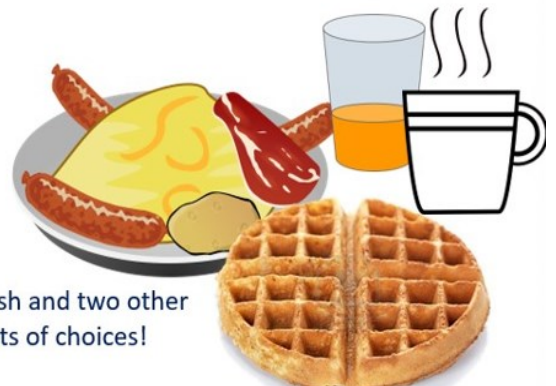
Sept 14 Oct 12 Nov 9 Dec 14

Share Food and Joy with  
Family and Friends

**7:30 – 10 AM**

All you can eat \$12; Special Rates for  
Families with Children

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



# ANDOVER PUMPKIN PATCH

A central poster with a red border. At the top, a red banner reads "ANDOVER FOOD PANTRY". Below it, a large orange pumpkin is flanked by two leaves. The words "Pumpkins!" and "Mums!" are written in red on either side. The words "PUMPKIN PATCH" are written in large green letters, framed by green vine-like swirls. Below this, "Gourds!" and "and more!!" are written in red. At the bottom, in red text, it says "OPEN 11-6 DAILY UNTIL HALLOWEEN" and "ANDOVER CONGREGATIONAL CHURCH - Rt 6".

**ANDOVER FOOD PANTRY**

Pumpkins! Mums!

**PUMPKIN  
PATCH**

Gourds! and more!!

**OPEN 11-6 DAILY UNTIL HALLOWEEN**  
**ANDOVER CONGREGATIONAL CHURCH - Rt 6**

# 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



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 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, Oct 4th** 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.



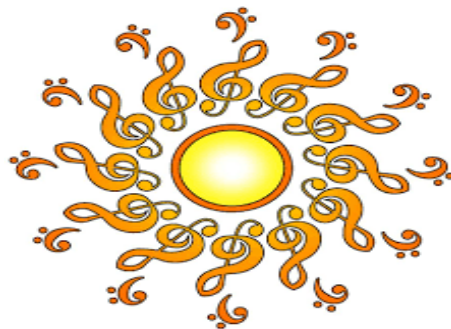


## **THE SUNSHINE SINGERS**

**Wanted: PEOPLE WHO ENJOY  
SINGING**

**The Sunshine Singers meet Thursdays  
from 10:15am to 11:45am. The Sunshine  
Singers welcome any and all who enjoy  
singing and would love to share their  
talents with others. Join the Sunshine  
Singers who are a group who love to  
sing. This is a free program, but pre-  
registration is  
required for first time attendees.**

**Please call 860-228-1700**



## 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.
- 6) **Town of Columbia Fuel Fund**: This program provides fuel to families and residents in need of emergency energy sources. Checks paid to Town of Columbia—In memo add Fuel Fund. Contact Bernadette or Brittany for question regarding food pantry, fuel fund or any other donation at 860-228-0759.

# BECKISH SENIOR CENTER

Beckish Senior Center  
188 Route 66  
Columbia, CT 06237

BERNADETTE DERRING, Director  
Phone: 860-228-0759  
Email: [beckish@columbiact.org](mailto:beckish@columbiact.org)  
Website: [www.columbiact.org](http://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

