

The  
Gem



SEPTEMBER  
with two orange leaves below the text.

September 2024

BECKISH SENIOR CENTER

# CSO Pot Luck

Thursday, September 12th at 12pm

Everyone is welcome must sign-up in advance  
with what you are bringing.

# Stamping Up with Cheryl

Monday, September 9th at 10am

Cost: 4 classes for \$25 or \$6.00 per class

Everyone is welcome!

# Flu Clinic

Thursday, October 3rd from 10am-1pm

Everyone is welcome but must pre-register

# Meet the Artist

# Book Talk

Meet Andrea Ezerins

Thursday, October 10th at 11am

# September 2024

## BECKISH SENIOR CENTER ACTIVITIES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>2</b> <b>CLOSED</b> <b>In Observance of</b> <b>Labor Day</b>	<b>3</b> <u>9:00 Women's Club</u> <u>9:00-Woodcarving</u> <u>9:30 TOPS</u> <u>1:00 Open Billiards</u> <u>2:30 Line Dancing</u>	<b>4</b> <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>	<b>5</b> <u>9:00 Virtual Chair Yoga</u> <u>1:00 Movie Time</u> <u>1:00 Mobile Foodshare @</u> <u>Rec Park</u> <u>6:30 Open Billiards</u>	<b>6</b> <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>	<b>7</b>
<b>8</b>	<b>9</b> <u>10-2::30 Massage</u> <u>10:00 Stamping w/</u> <u>Cheryl</u> <u>12 TVCCA Lunch</u> <u>1:00 Art Class</u>	<b>10</b> <u>9:00 Women's Club</u> <u>9:00-Woodcarving</u> <u>9:30 TOPS</u> <u>1:00 Open Billiards</u> <u>2:30 Line Dancing</u>	<b>11</b> <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>	<b>12</b> <u>9:00 Virtual Chair Yoga</u> <u>10:00 Writing Awards</u> <u>12:00 CSO Pot Luck</u> <u>1:00 Movie Time</u> <u>6:30 Open Billiards</u>	<b>13</b> <u>11:00 Senator Cathy</u> <u>Osten Talk</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>	<b>14</b>
<b>15</b> <b>End of</b> <b>week is</b> <b>DEADLINE</b> <b>for Sept</b> <b>GEM</b>	<b>16</b> <u>9-12:30 Massage</u> <u>10:00 Stamping w/</u> <u>Cheryl</u> <u>12 TVCCA Lunch</u> <u>1:00 Art Class</u>	<b>17</b> <u>9:00 Women's Club</u> <u>9:00-Woodcarving</u> <u>9:30 TOPS</u> <u>1:00 Open Billiards</u> <u>2:30 Line Dancing</u>	<b>18</b> <u>10:00 Ping Pong</u> <u>12:00 TVCCA Lunch</u> <u>12:45 Bridge</u> <u>1:00 Mahjong</u> <u>1-3 Open Billiards</u>  <u>Big E Trip</u>	<b>19</b> <u>8-30 Reiki w/Robin</u> <u>9:00 Virtual Chair Yoga</u> <u>1:00 Movie Time</u> <u>1:00 Mobile Foodshare @</u> <u>Rec Park</u> <u>6:30—Open Billiards</u>	<b>20</b> <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>	<b>21</b> <b>Wood-</b> <b>carver</b> <b>Show</b>
<b>22</b>	<b>23</b> <u>8:00 Haircuts</u> <u>9-12:30 Massage</u> <u>10:00 Stamping w/</u> <u>Cheryl</u> <u>12 TVCCA Lunch</u> <u>1:00 Art Class</u>	<b>24</b> <u>9:00 Women's Club</u> <u>9:00-Woodcarving</u> <u>9:30 TOPS</u> <u>1:00-Open Billiards</u> <u>2:30 Line Dancing</u>	<b>25</b> <u>10:00 Ping Pong</u> <u>12:45 Bridge</u> <u>1:00 Mahjong</u> <u>1-3 Open Billiards</u>	<b>26</b> <u>9:00 Virtual Chair Yoga</u> <u>1:00 Movie Time</u> <u>6:30—Open Billiards</u>	<b>27</b> <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>	<b>28</b>
<b>29</b>	<b>30</b> <u>9-12:30 Massage</u> <u>12 TVCCA Lunch</u> <u>10:00 Stamping w/</u> <u>Cheryl</u> <u>1:00 Art Class</u>	<b>1-OCT</b> <u>9:00 Women's Club</u> <u>9:00-Woodcarving</u> <u>9:30 TOPS</u> <u>1:00-Open Billiards</u> <u>2:30 Line Dancing</u>	<b>2-OCT</b> <u>10:00 Ping Pong</u> <u>12:00-TVCCA Lunch</u> <u>12:45 Bridge</u> <u>1:00 Mahjong</u> <u>1-3 Open Billiards</u>	<b>3-OCT</b> <u>9:00 Virtual Chair Yoga</u> <u>10:00 –1:00 Vaccination</u> <u>Clinic</u> <u>1:00 Mobile Foodshare @</u> <u>Rec Park</u> <u>1:00 Movie Time</u> <u>6:30—Open Billiards</u>	<b>4-OCT</b> <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>	<b>5-OCT</b>
<b>Senior Center Hours</b> <b>Monday - Friday 8:00 AM to 3:00 PM</b> <b>Everyone is welcome to come and participate in all</b> <b>we have here at Beckish!</b>						

# September LUNCH



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>2</u>  <b><u>CLOSED</u></b>  <b><u>In Observance of</u></b>  <b><u>Labor Day</u></b></p>	<p><u>4</u>  <b><u>Pub Burger w/Bun, Herb</u></b>  <b><u>Roasted Potatoes, Peas &amp; Pearl</u></b>  <b><u>Onions, Sweet Treat, Grape</u></b>  <b><u>Juice</u></b></p>	<p><u>6</u>  <b><u>Meatballs Marinara, Penne</u></b>  <b><u>Pasta, Broccoli, Fresh Fruit</u></b>  <b><u>OR</u></b>  <b><u>Waldorf Chicken Salad</u></b></p>
<p><u>9</u>  <b><u>Pork Stir-Fry</u></b>  <b><u>Steamed Rice</u></b>  <b><u>Asian Veggie Blend</u></b>  <b><u>Applesauce</u></b></p>	<p><u>11</u>  <b><u>Western Omelet</u></b>  <b><u>Sweet Potato Tater Tots</u></b>  <b><u>Squash Mix w/Carrots &amp; String</u></b>  <b><u>Beans</u></b>  <b><u>Fresh Orange</u></b></p>	<p><u>13</u>  <b><u>Crispy Cod w/Bun</u></b>  <b><u>Macaroni &amp; Cheese</u></b>  <b><u>Mixed Veggie Medley</u></b>  <b><u>Mixed Fruit Cup</u></b>  <b><u>OR</u></b>  <b><u>Tuscan Beef Salad</u></b></p>
<p><u>16</u>  <b><u>Stuffed Chicken Kiev</u></b>  <b><u>Herb Roasted Potatoes</u></b>  <b><u>Broccoli</u></b>  <b><u>Sweet Treat</u></b>  <b><u>Apple Juice</u></b></p>	<p><u>18</u>  <b><u>Chicken Primavera</u></b>  <b><u>Pasta Shells w/Herbs</u></b>  <b><u>Green &amp; Waxed Beans</u></b>  <b><u>Applesauce</u></b></p>	<p><u>20</u>  <b><u>Salisbury Steak w/ Gravy</u></b>  <b><u>Buttermilk Mashed Potatoes</u></b>  <b><u>Corn w/Peppers &amp; Onions</u></b>  <b><u>Diced Peaches</u></b>  <b><u>OR:</u></b>  <b><u>Chef Salad</u></b></p>
<p><u>23</u>  <b><u>Beef Hot Dot w/Bun</u></b>  <b><u>Baked Beans</u></b>  <b><u>Green &amp; Yellow Aquash</u></b>  <b><u>Fresh Fruit</u></b></p>	<p><u>25</u>  <b><u>Beef &amp; Bean Chili</u></b>  <b><u>Parsley Steamed Potatoes</u></b>  <b><u>Snap Peas</u></b>  <b><u>Diced Peaches</u></b></p>	<p><u>27</u>  <b><u>Ethnic Celebration</u></b>  <b><u>Chicken Taco w/tortilla &amp; cheddar</u></b>  <b><u>cheese, Spanish Rice, Peas &amp; Pearl</u></b>  <b><u>Onions, Sweet Treat, Orange Juice</u></b>  <b><u>OR</u></b>  <b><u>Rhode Island Seafood Salad</u></b></p>
<p><u>30</u>  <b><u>Vegetarian Lasagna</u></b>  <b><u>Carrot Coins</u></b>  <b><u>Green Beans</u></b>  <b><u>Mandarin Oranges</u></b></p>		



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



On hold until we find a new instructor

**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 ~ Tuesdays @ 1:00–3:00 PM  
 Open Pool ~ Thursdays @ 6:30 PM  
 Open Pool ~ Fridays @ 1 PM



## QUILTING

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



## Chair Yoga & Pilates

Virtual Thursdays 9:00 AM

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



## LINE DANCING

Tuesdays at 2:30pm  
 Come join us and dance like no one is watching!

**Silver Sneakers Cardio Dance Every Monday @ 1 pm**  
**Yoga Every Tuesday @ 1 pm**

**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



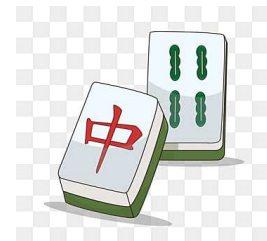
## Writing Connection

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



# 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/>

## NEW BECKISH TRIPS / EVENTS



**Stamping with Cheryl**  
 Mondays, September 9th—30th  
 at 10AM—Cost \$6 per class or  
 4 classes for \$25



**Senator Cathy Osten Talk Q&A**  
 Friday, September 13th  
 11am

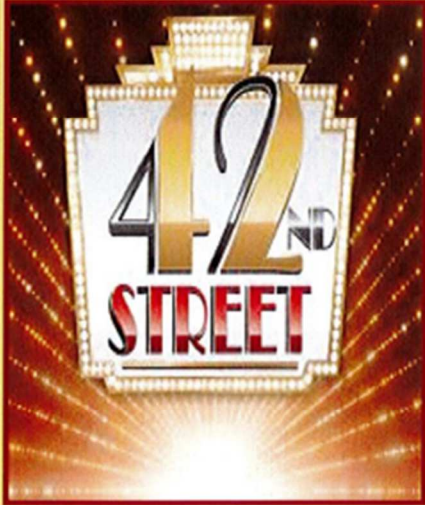
**The Big E**  
 Wednesday September 18-Connecticut Day— \$20  
 Due September 1st  
 Seating limit - 14

**UConn Community Nutrition Outreach Educator**  
 Krissy Anderson will be here to talk about various topics:  
 September 5-Nutrition Facts: Labels  
 September 12-Increasing Fiber, Decreasing Sugar  
 September 19-Healthy Fats & Fast Foods  
 September 26-Cooking for One or Two

**US Navy Submarine Base**  
 Force Library & Museum  
 Price—TBD, October 17 Seating Limit—14

## BECKISH TRIPS

Beckish &amp; 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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**THE SHIP SHOP**  
 705 Bloomfield Ave, Bloomfield, CT 06002  
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## BECKISH TRIPS

Beckish Senior Center &amp; 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.**



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## 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

**Mar 28-Apr 7, 2025**

**11 Days / 9 Nts**

Book By  
April 17, 2024  
or until  
Space sells out



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



T115



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#### Included Cruise Features:

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

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

# BECKISH TRIPS

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

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

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



**Day 4: Scenic sailing & Enkhuizen, The Netherlands:**

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

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

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

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

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

**Day 9: Zeeland, The Netherlands:**

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

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

**Day 11: Flights Home:**

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

# BECKISH TRIPS

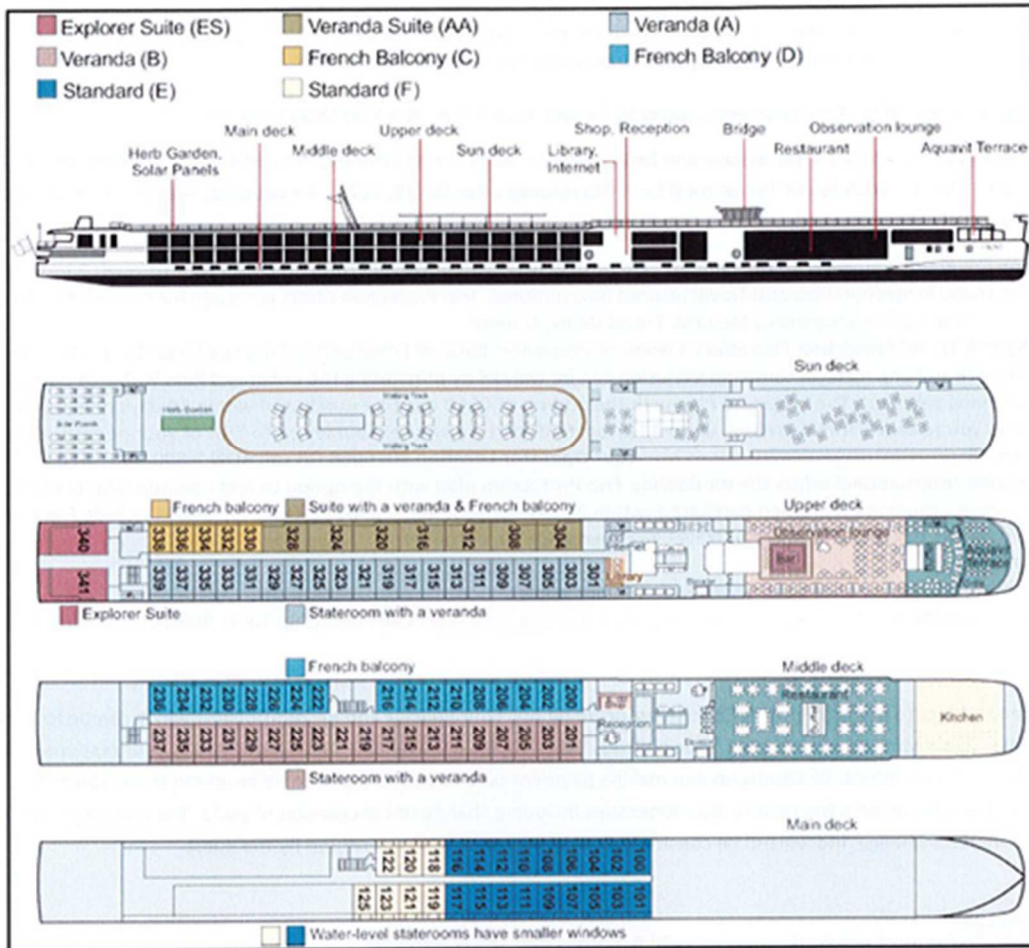
**Costs are Per Person, Twin occupancy**

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

Space is subject to availability at time of booking.

Roundtrip transportation is based on a minimum # of passengers.

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



Standard Cabin (E)



French Balcony (D & C)



Veranda Cabin (B & A)

**CSO ART COMMITTEE  
EVENTS**

**Writing Contest**

**August 2nd, 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](mailto:mjallen33@att.net).**

**Awards will be presented on  
Thursday, September 12 at 10:00 am.**

**Prizes for first, second, and third place.**



CSO ART COMMITTEE  
**POETRY CORNER**

By Elli Sharpe

LOVE'S SECRET

Love never tells you its fragile, you know  
how it's hopes and dreams can be crushed.

Love has its time, time to blossom and grow  
and never should young love be rushed.

The spring, the beginning, when everything's new  
no going back now, the flowers have blushed

To be loved is a blessing an honor so true  
and its melody can never be hushed.

Where does love go when feelings have died  
does it go somewhere to mourn?

Does it wander off to some corner to hide  
is it shattered, sad and forlorn?

The loss and loneliness cannot be denied  
the heart is tattered and torn

A new bud of love begins growing inside  
with determination love is reborn

CSO ART COMMITTEE  
**POETRY CORNER**



**SECOND PLACE**

By John Allen

**An ode to a true forever friend**

**She was a ball of fluff when she came to our house.  
 Wrapped in a blanket and quiet as a mouse.  
 I opened that blanket to get a close look  
 And her nose began to wrinkle and little tail shook  
 My heart filled with joy and I felt tears in my eyes.  
 This happiness I felt could make me so wise.  
 We trained her so fast it was hard to believe  
 That a dog of her breed could succeed and achieve  
 A crossbreed of Chihuahua and Pomeranian mix  
 And a beautiful dog who soon learned cute tricks  
 Her color was white with traces of tan  
 And her ears were much smaller than those of her clan  
 she loved our big family and welcome them all  
 But with strangers she warned with a growl to befall  
 wherever we went She came along too, with a skip and a bound  
 On walks to the park, on trips far away, and all-around town  
 A wonderful companion who loved us with licks to the face  
 who kept us together in joy, peace, and grace  
 We thank our Good Lord for His gift to our home  
 That brings back fond memories from that heavenly dome  
 And hope that we'll be with her in the heavens above  
 As she now wears wings of an angel of love**

**An ode to a true forever friend**



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



# Bob's Art Workshop

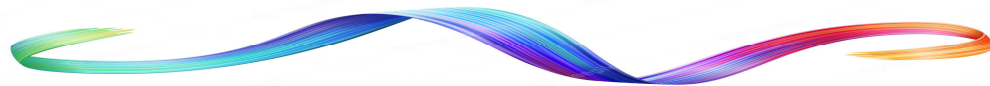
Join Bob Oxenhorn at the Beckish Senior Center  
for an Art Workshop

**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.

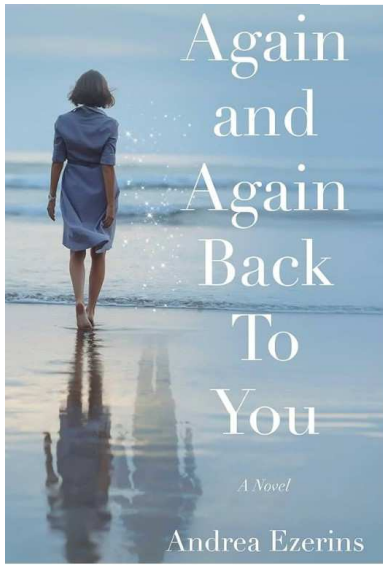


You may contact the CWC through  
[Lekwurtzel@gmail.com](mailto:Lekwurtzel@gmail.com)

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**

Sept 5, Sept 19, 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**



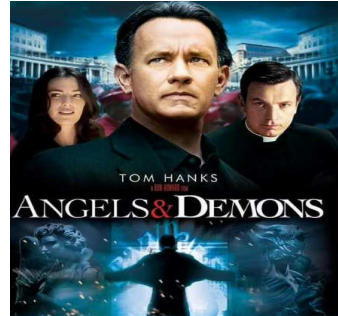
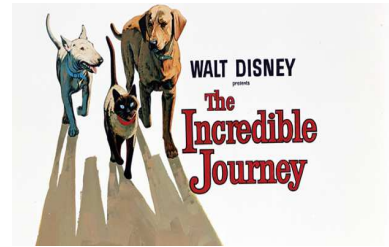
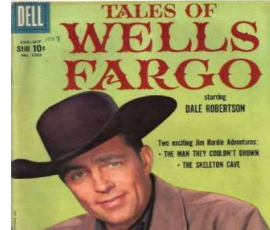
**Connecticut  
Foodshare**

Our Community, Our Food Bank

## EVENTS

**MOVIE DAY AT BECKISH**

Movies start at 1PM

**September 5– Angels & Demons****Starring: Tom Hanks****September 12-Homeward Bound-The Incredible Journey****Starring: Michael J. Fox, Sally Field, Don Ameche****September 19— Tales of Wells Fargo****Starring: Dale Robertson****Director's Movie Picks****September 26— A Family Affair****Starring: Nicole Kidman, Zac Efron & Joey King & Kathy Bates**

## 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 approved by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services as one of a financial counseling award-winning program with 100% funded by CDC/HRHS. The contents are those of the author and do not necessarily represent the official views of, nor an endorsement by CDC/HRHS 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

RSV	COVID-19	FLU & HIGH DOSE FLU	PNEUMONIA
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ALL ARE WELCOME!  
TODOS SON BIENVENIDOS!

## 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



# Haircuts with Lynn



**\$15.00 Hair Cuts & Style**  
**2024 Schedule**

**September 23rd**  
**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 available. Cash only!



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## Sue McCaffrey's Reflexology & Therapeutic Massage

**Every other Monday from 10am–2:00pm**

**Last appointment at 2:00pm**

**September 9, 16, 23, 30**

**Call for an appointment (860) 228-0759**

**\$25.00 for 25 minutes Massage**

**NOTE: No appointments August 19 and 26**

BECKISH EVENTS



# Spirit Of The Lotus Reiki with Robin

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

Thursday, September 19th

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!

BECKISH EVENTS

UConn Nutrition four week Workshop With Krissy Anderson

September 5, 12, 19, 26th Time: 10:00am to 11:30am

Topics: Nutrition Facts:

Understand a Food Label

...and make better choices for your health

Labeling Increasing Fiber & Decreasing Sugar

1 Count Calories - Look at the serving size, the number of servings, and the number of calories per serving.

2 Check these for heart health - Choose foods that are lower in saturated fat and sodium. - Keep trans fat to 0.

3 Is it nutritionally valuable? - Select foods that are nutrient dense and a good source of fiber.

Tip... Consider how added sugars fit your daily budget.

Nutrition Facts table with columns for nutrient name, amount, and % Daily Value. Includes Total Fat, Cholesterol, Sodium, Total Carbohydrate, Protein, and various vitamins/minerals.



Healthy Fats and Fast Foods Cooking for One or Two

SENIOR PROGRAMS



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

Beckish Senior Center
188 Route 66
Columbia, Ct



Real People. Real Weight Loss.®

Tue 9:30am weight 10:00am Meeting

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



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

Cheryl 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.

## SENIOR PROGRAMS

**SilverSneakers®**  
FITNESS



With SilverSneakers®, you can participate in group fitness classes at convenient locations close to home.<sup>1</sup> 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.

### Note:

SilverSneakers is on HOLD until we find a new instructor. Please be patient with us, instructors are not easy to find in our area. If anyone knows of an instructor please give info to the Beckish Senior Center staff. Thank you and we apologize for the interruption of services.

# Stamping with Cheryl

**Monday's September 9th—30th**

**Time: 10am**

**Cost: 4 classes \$25 or \$6 walk-in**



# EVENT

## Duplicate Bridge July Winners

### Week of 8/2/24

#### **NORTH/SOUTH**

1. Joe Ann & Mary	55.00%
2. Athene & Barb	51.25%
2. Kathy & Joan	58.57%
3. Mark & Debby	50.00%
4. Connie & Joan	50.00%

#### **EAST/WEST**

1. Kathy & Radha	62.50%
2. Margot & Judy	53.75%
3. Pat L & Girish	52.50%

### Week of 8/5/24                      Howell Movement

1. Joe & Mary Ann	64.29%
2. Anne % Girish	57.14%
3. Radha & Athene	53.17%
4. John & Bernie	50.79%

### Week of 8/16/24

#### **NORTH/SOUTH**

1. Barb & Kathy	60.94%
2. Marion & Connie	49.80%
3. Pat N & Robbie	47.92%

#### **EAST/WEST**

1. Girish & Pat L	64.38%
2. Bernie & John	57.50%
3. Margaret & Chris	46.25%

### Week of 8/23/24

#### **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.



## Beckish Events



### Woodcarvers "Carve - In"

What?....An opportunity for carving clubs to meet and spend time together carving and exchanging ideas.

When?.....Saturday, Sept. 21st, 2024 from 9 a.m. - 3 p.m.

Where?...The Beckish Senior Center, 188 Route 66, Columbia, CT.

Who?.....Woodcarvers from CT. and New England Woodcarving Clubs, and the general public. Woodcarvers are asked to bring examples of their work and something to carve during the day. The public is invited to view the woodcarvings on display and observe and discuss the art of woodcarving with participants.

What else?....Tables and chairs will be provided. Lunch will be available for purchase. A raffle of woodcarving related items will be held at 1 p.m. Those woodcarvers with tax numbers are welcome to sell their items.

RSVP.....Please let us know if you plan to attend so we can be sure we have enough tables, chairs and lunch for all.

Any questions and to RSVP please contact:

Dennis Tormey @ [dtormey5519@earthlink.net](mailto:dtormey5519@earthlink.net) or

Mary Brown @ [mbrown06239@gmail.com](mailto:mbrown06239@gmail.com)



# Columbia Congregation Church



Location:  
Old Fire House  
166 Route 66  
Columbia, CT

Suggested Donation  
\$5 / bag

The Shred-a-thon is  
a fundraiser for  
Columbia Congregational  
Church

Start now to sort and collect your papers for the  
Paper Shred-A-Thon that will be held

## Saturday, September 21st 9 AM - Noon

For Large Amounts or other  
questions please call  
the church office at  
860 228 9306



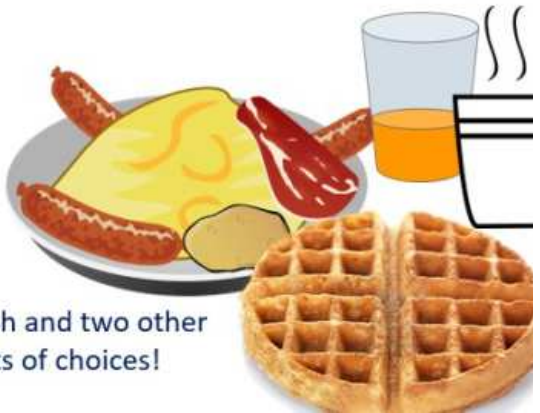
## 2nd Saturday Community Breakfast

Sept 14 Oct 12 Nov 9 Dec 14

Share Food and Joy with  
Family and Friends  
**7:30 – 10 AM**

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

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



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

# Columbia Democratic Town Committee

## Annual Ice Cream Social



**Sunday, September 1, 2024**

**Time: 1-3pm**

**\$8.00pp**

**Columbia Town Green**

**Music by Bruce John**

**Ice-cream - UConn Dairy Bar**



**Paid for by the Columbia Democratic Town Committee**

## Moor's Charity School

The Moor's Charity School will be open to the public as of June 2024. There will be a new permanent updated exhibit with experiential activities. You will learn about the history of education in Columbia from its beginning to the present day. All ages will enjoy this interesting display. The open house days will be posted on the Everything in Columbia Facebook page. They are August 18 from 1:00-4:00, September 14<sup>th</sup> from 8:00 am-11:00 am and October 20 from 1:00 – 4:00pm. Contact Judy Ortiz at 860 208-9881 if you have any questions.



# 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, Sept 6th** 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.



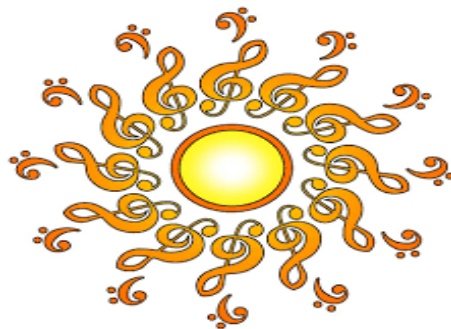


## **THE SUNSHINE SINGERS**

**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. Contact Bernadette or Brittany for question regarding food pantry 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  
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



@PEANUTSSPECIALS

