

# Hello February

## OUR TEAM

**Amy Saada**  
Human Services Director

**Cathi Jackson**  
Senior Center Assistant

**Olivia Lespier**  
Outreach/Program  
Coordinator

**Awilda Rodriguez**  
Human Services  
Assistant

Bus Drivers  
**Mario Genovese**  
**Paul Pierce**  
**Sharon Townsley**  
**Royal Sawyer**

### Senior Commission Members

Anne Kaiser, Chair  
Deirdre Daly, Vice Chair  
Ann Jordan  
Mertie Terry  
Patricia Snow  
Bonnie Sprague  
Judy Benvenuto  
Steve Falco  
Linda Worden  
Judy Norris

Next Meeting:  
02/12/24



41 West Street  
Cromwell CT 06416

## Love is in the Air! Senior Speed Dating

If you're ready to start looking for that special someone but unsure where to start, you're not alone. And what better way to prove you're not alone than to attend an event where many other 60+ singles get together with the sole intention of finding the right match?

Cromwell Senior Center is partnering with Holiday by Atria to offer a special Senior Speed Dating Event for those 60+. We are looking for 14 women and 14 men who are ready to make a connection or pursue a companionship!

If this interests you, please contact the Cromwell Senior Center to receive more information and to register. It is going to be lots of fun with free food and refreshments! Dress to Impress!

**Event Date: February 22, 2024**  
**Register by calling 860-632-3447**



## SUPER BOWL PARTY!

Come enjoy the pre-game fun! Test your football and half time show knowledge with our Super Bowl Trivia and snack on some Super Bowl Appetizers and snacks! Wear your favorite team colors and join the fun!

**WHEN: Thursday February 8th**  
**TIME: 2:00pm**  
**RSVP By: 2/6/24**



## We invite you to our **Chinese New Year** **Celebration**



where we will assist Cromwell Youth Services in their 1,000 Paper Cranes origami project.

You might be thinking the history of paper folding is considered Japanese but there appears to be a significant overlap between Japan and China. Japan is typically credited with the origin of origami, but Chinese culture shows examples of paper folding that run parallel to the Japanese tradition. Did you know paper had actually been introduced to Japan from China via the Korean Peninsula?

So come join us as we make paper Cranes and enjoy some Chinese Food to ring in the Chinese New Year!

**WHEN: Friday, February 9th**  
**TIME: 10:30am**  
**Rsvp by 2/8/24**

## Vision Board Workshop with Barbara McClane!

Craft a visual representation of your goals and visions on a poster board using magazine clippings!

**WHEN: Monday February 12th**  
**TIME: 10:30am**  
**RSVP by: 2/7/24**



Monday

Tuesday

Wednesday

Thursday

Friday

# February

1

9:00 Tai Chi w Lisa Gibson  
10:00 Meditation  
10:30 Billiards  
**10:30 American Senior Benefits Snack & Learn**  
11:15 Balance & Strength with Michelle  
12:00 Lunch  
1:00 Cornhole  
1:00 Cards/Setback  
2:00 Trivia  
2:15 Arthritis Exercise

2

9:00 Billiards  
9:00 Yoga with Lisa  
10:30 Chair Volleyball  
12:00 Lunch  
**12:30 Tai Ji Quan Starts**  
1:00 Mahjongg/Rummikub  
1:00 Movie  
1:00 Pickleball for Advanced Players

5

9:00 Billiards  
9:00 Yoga with Lisa  
10:30 Senior Commission Meeting  
11:00 Balance & Strength with Michelle  
12:00 Lunch  
**1:00 Virtual Travel with Lia Levitt**  
1:00 Quilting Class  
1:00 Mahjongg  
2:15 Arthritis Exercise

6

9:00 Tai Chi w Lisa  
9:00 Billiards  
11:00 Tai Ji Quan  
12:00 Lunch  
1:00 Bingo  
1:00 Table Tennis  
2:00 Cards/Setback  
**2:00 Tech Tuesday: QR Codes**

7

9:00 Yoga with Lisa  
9:00 Wellness Nurse  
9:00 Billiards  
9:30 Wii Bowling  
12:00 Lunch  
**1:00 Drumming Circle**  
1:00 Art with Angel  
1:00 Pickleball for Beginners

8

9:00 Tai Chi w Lisa Gibson  
10:00 Meditation  
10:30 Billiards  
11:15 Balance & Strength with Michelle  
12:00 Lunch  
1:00 Cornhole  
1:00 Cards/Setback  
**2:00 Superbowl Trivia Party**  
2:15 Arthritis Exercise

9

9:00 Billiards  
9:00 Yoga with Lisa  
**10:30 Paper Cranes**  
10:30 Chair Volleyball  
12:00 Lunch  
12:30 Tai Ji Quan  
1:00 Mahjongg/Rummikub  
1:00 Movie  
1:00 Pickleball for Advanced Players

12

9:00 Billiards  
9:00 Yoga with Lisa  
**10:30 Create a Vision Board**

13

9:00 Tai Chi w Lisa  
9:00 Billiards  
11:00 Tai Ji Quan  
**11:30 Medicare Lunch with Joe Mooney**

14

9:00 Yoga with Lisa  
9:00 Wellness Nurse  
9:00 Billiards

15

9:00 Tai Chi w Lisa Gordon  
9:00 Billiards  
10:00 Meditation  
11:15 Balance & Strength with Michelle

16

9:30 Reiki with Linda-Call for Appointment  
9:00 Billiards  
9:00 Yoga with Lisa  
10:30 Chair Volleyball

11:00 Balance & Strength with Michelle  
 12:00 Lunch  
 1:00 Mahjongg  
 1:00 Quilting Class  
 2:15 Arthritis Exercise

12:00 Lunch  
 1:00 Bingo  
 1:00 Table Tennis  
 2:00 Cards/Setback  
**2:00 Symphonic Music with Charles Rex**

9:30 Massage Therapy  
 9:30 Wii Bowling  
 12:00 Lunch  
 1:00 Art with Angel  
 1:00 Pickleball for Beginners

12:00 Lunch  
 1:00 Cornhole  
 1:00 Cards/Setback  
 2:00 Trivia  
 2:15 Arthritis Exercise

12:00 Lunch  
 12:30 Tai Ji Quan  
 1:00 Mahjongg  
 1:00 Movie  
 1:00 Pickleball for Advanced Players

19

20

21

22

23

9:00 Billiards  
 9:00 Yoga with Lisa  
 11:00 Balance & Strength with Michelle  
 12:00 Lunch  
 1:00 Mahjongg  
 1:00 Quilting Class  
 2:15 Arthritis Exercise

9:00 Tai Chi w Lisa  
 9:00 Billiards  
 11:00 Tai Ji Quan  
 12:00 Lunch  
**1:00 Bingo with Medi Mike**  
 1:00 Table Tennis  
 2:00 Cards/Setback

9:00 Yoga with Lisa  
 9:00 Wellness Nurse  
 9:00 Billiards  
 9:30 Wii Bowling  
 12:00 Lunch  
 1:00 Art with Angel  
 1:00 Pickleball for Beginners

9:00 Tai Chi w Lisa Gordon  
 9:00 Billiards  
 10:00 Meditation  
 11:15 Balance & Strength with Michelle  
 12:00 Lunch  
 12:30 Tai Ji Quan  
 1:00 Mahjongg/Rummikub  
 1:00 Movie  
 1:00 Pickleball for Advanced Players  
**2:00 Paint & Snack with Angel**

26

27

28

29

9:00 Billiards  
 9:00 Yoga with Lisa  
 11:00 Balance & Strength with Michelle  
 12:00 Lunch  
 1:00 Mahjongg  
 1:00 Quilting Class  
 2:15 Arthritis Exercise

9:00 Tai Chi w Lisa  
 9:00 Billiards  
 11:00 Tai Ji Quan  
 11:30 Lunch and Learn: Social Security with Josh Fazzino  
 12:00 Lunch  
 1:00 Bingo  
 1:00 Table Tennis  
 2:00 Cards/Setback  
**2:00 Tech Tuesday: All About Zoom**

9:00 Yoga with Lisa  
 9:00 Wellness Nurse  
 9:00 Billiards  
 9:30 Wii Bowling  
 12:00 Lunch  
**12:30 Birthday Bash**  
 1:00 Art with Angel  
 1:00 Pickleball for Beginners

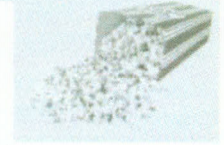
9:00 Yoga with Lisa  
 9:00 Wellness Nurse  
 9:00 Billiards  
 9:30 Wii Bowling  
 12:00 Lunch  
**12:30 Birthday Bash**  
 1:00 Art with Angel  
 1:00 Pickleball for Beginners





# Live, Laugh, Learn

**MOVIES, MOVIES, MOVIES!**  
All movies start at 1:00pm on Fridays!



**In Honor of the Academy Awards scheduled for March 10, 2024, please enjoy revisiting these past winners.**

**February 2nd      The King's Speech**

In this 2010 historical drama the future King George VI visits a Speech Therapist before making his war time radio broadcast. (Colin Firth, Geoffrey Rush, Helena Bonham Carter)

**February 9th      Terms of Endearment**

This 1983 comedy-drama covers 30 years of the relationship between a mother and daughter. (Debra Winger, Shirley MacLaine, Jack Nicholson)

**February 16th      Shakespeare in Love**

This 1998 Romantic Comedy depicts a fictional love affair involving William Shakespeare while he was writing Romeo and Juliet. (Gwyneth Paltrow, Joseph Fiennes, Geoffrey Rush, Colin Firth, Ben Affleck, Judy Dench)

**February 23rd      Amadeus**

This 1984 film is the fictional story of Wolfgang Amadeus Mozart and the rivalry between Mozart and Italian composer Antonio Salieri. (F. Murray Abraham, Tom Hulce)

**\*Please note: All movies are subject to change!**

### **Educational & Fun Events**

2/1- *Snack & Learn American Senior Benefits, 10:30am*

2/7- *Drumming Circle, 1:00pm*

2/13- *Lunch & Learn- All about Medicare with Joe Mooney, 11:30am*

2/20- *Bingo with MediMike, 1:00pm*

2/23- *Snack & Paint with Angel, 2:00pm*

2/27- *Snack & Learn on Social Security Benefits, 11:30am*

### **Players Needed!**

Join our **Wii Bowling Team** and compete against other centers! Wednesdays at 9:30 Tournaments are TBD



### **Virtual Travel with Lia Levitt Go to Ghana!**

SEE INSERT

### **Symphonic Music with Charles Rex**

Join us for a special valentines themed event:

### **Orchestral Valentine Symphonic Music for Romeo & Juliet!**

WHEN: Tuesday February 13th  
TIME: 2:00pm

### **Birthday Bash**

We invite you to our monthly birthday party! Come enjoy cake sponsored by Rose Hill Funeral Home.

**Feb 28th @ 12: 30pm**





# Wellness

## **Yoga (in person & zoom)**

*Mondays, 9:00-10:00am*

*Wednesday, Beginner, 9:00-10:00am*

*Friday, Intermediate, 9:00-10:00am*

## **Tai Chi**

*Tuesdays, 9:00am-10:00am*

*Thursdays, 9:00am-10:00am*

## **Arthritis Exercise**

*Mondays, Thursdays, 2:15-3:15pm*

## **Strength and Balance**

*Mondays, 11:00am-12:00pm (Zoom only)*

*Thursdays, 11:15pm-12:15pm (Zoom only)*

## **Mindful Meditation Class**

*Thursdays, 10:00am-11:00am*

## **Reiki Sessions**

*Every 3rd Friday— must schedule an Appointment by calling Linda at (860) 316-7553*

**Fees: \$30 for 30 minute session**

## **Massage Therapy**

*Joanie Silvia is here on the 1st & 3rd Wednesday of every month.*

*Call 860-301-6507 to book your appointment today!*

**Fees:**

**\$25/30 min - \$50/60 min - \$65/90 min**

## **Billiards**

*Monday- Friday / 9:00am—11:30am*

*Come join us, meet new friends and challenge someone to a game!*

## **Table Tennis**

*Tuesdays 1:00pm-3:00pm*

*A little indoor fun and a fun way to exercise!*

## **Trivia**

*Thursdays 2:00pm-3:00pm*

*Come enjoy a little brain health and fun competition amongst friends!*

## **Congregate Meals by The Estuary of Old Saybrook!**

Come join us for a daily meal and socialization! No where else can you eat for a \$3.00 suggested donation. We have a new provider and the meals are delicious! Call us to register, 860-632-3407 **Daily, 12:00pm-1:00pm**

## **Meals on Wheels**

If you are homebound and need meals, please contact The Estuary at 860-388-1611.

## **Wellness Nurse**

**Donna Denert, RN.** provides health screenings including blood pressure, glucose and general health counseling.

**Wednesdays, 9:00am-12:00pm**

## **Pickleball**

**Wednesdays** will be a beginners session running from 1:00-3:00. This session is for players who are relatively new to the sport and have been playing less than a year. **(Indoor)**

**Fridays** will be the advanced session for people who want to play more competitively and have been playing over a year. This will be held from 1:00-3:00.

**(Indoor)**

## **Wii Bowling**

**Wednesdays at 9:30am**

Come join your peers for an Interactive experience where you will socialize and benefit from a low impact exercise!

## **Mahjong**

**Mondays and Fridays at 1:00pm**

Test your strategies and skills with your friends!

## **Bingo**

**Tuesdays at 1:00pm-3:00pm**

Who doesn't love a friendly game of Bingo! Come join your friends and play for small prizes!

## **Trivia**

**Thursdays 2:00pm-3:00pm**

Come challenge your brain and compete against friends! All are welcome!

## **Art Class**

**Wednesdays 1:00pm-3:00pm**

This is an ongoing class meeting regularly and you can join at any time.

## **Quilting Class**

**Mondays 1:00pm-3:00pm**

Come join us as you'll learn all the skills you need to bring a quilt to life!

## **Cards/Setback**

**Tuesday 2:00pm / Thursdays 1:00pm**

Bring yourself or a friend for some trick taking! Not 2nd Tuesdays



## Cromwell Senior & Disabled Transportation

### Keeping you Connected!

This service is for residents age 60 years or older; or who are under age 60 and on Social Security Disability. Our service is curb to curb. Passengers must be able to reach the bus independently. Our bus goes to medical appointments, grocery stores, banks, library, post office, the mall and other shopping venues and the senior center. There is no charge for this service. For a complete brochure, please call 860-632-3447.

### Date/Departure Time      **Out Trips (on our Senior Bus)**

February 7th / 11:00am	Wood n' Tap and Stew Leonard's / Newington Lunch & Shopping. What could be better?
February 14th / 11:00am	The Carousel Museum and J. Timothy's Taverne Enjoy lunch at J. Timothy's and visit the Carousel Museum & Museum of Fire History in Bristol. Admission to museum for Seniors is \$10.00 Which includes a free carousel ride.
February 22nd / 10:00am	Ct. Convention Center / Flower & Garden Show In Hartford / Admission is \$20.00
February 28th / 10:30am	IKEA / New Haven Shop for Home Décor and enjoy lunch at IKEA's Cafeteria style Swedish restaurant

### Friendship Tours Excursions (Chartered Bus)

*Payment for these trips are due one month prior to departure.* Flyers are included in the newsletter or at the Center. Open to all in town and out of town members.

March 16	<b>Fireplace Feast at the Salem Cross Inn</b>	\$147
May 1	<b>Daffodil Days with Tea at Blithewold</b>	\$139
May 14	<b>King of Diamonds, Neil Diamond Tribute</b>	\$94
June 16-23	<b>Bermuda Cruise from NJ</b>	\$1449 pp twin
June 21	<b>Ride the Naugy</b>	\$124
Aug 20-21, 2024	<b>Turning Stone Casino</b>	\$499 pp twin
Sep 3-16, 2024	<b>Escorted Mediterranean Cruise</b> Italy, Slovenia,, Greece, Montenegro, Croatia	\$3799 pp twin
Nov 9-23	<b>Escorted Repositioning Cruise</b> Sail Boston to Southern Caribbean to Ft Lauderdale	\$2549 pp twin
Dec 4-8, 2024	<b>Escorted San Antonio Holiday</b>	\$2799 pp twin

**Give us a call to schedule are ride or to book a Trip!**

**860-632-3447**

#### Weekly Shopping Routes on our Senior Bus

**Join us Mondays & Fridays!**

**9:00am :** Stop & Shop, ShopRite and Dollar Tree

**2:15pm:** Walmart

Just call us and ask to be put on our shopping shuttle!

Places to go



## Human Services Corner

**Awilda Rodriguez**

### Human Services Assistant

Staff provides advocacy, information and referral, short term guidance and referrals for counseling and support services for adults, families, elderly and disabled residents. Staff assists clients in completing a variety of assistance applications for state and federal programs, and operates a client choice food bank and holiday programs.



860-632-3449

How are your 2024 goals coming along?  
Was one of them Financial Literacy?  
On the State of Connecticut Website,  
<https://portal.ct.gov/Financial-Literacy-Portal>, there are many tools that can help you, including Women's Mentoring Network. Economically empowering women and their families, Women's Mentoring Network provides the foundational skills for women to secure quality employment and pursue their educational goals. Programs and services focus on Workforce Development, Financial Literacy, and Computer & Digital Literacy. Women's Mentoring Network offers workshops and one-on-one assistance to adults through our E to the 4th POWER Program (Employment, Education, Economic Mobility and Empowerment). Women's Mentoring Network does not charge for any of its services.

<https://wmninc.org/>



**WOMEN'S  
MENTORING  
NETWORK**

### Five Ways To Do Valentine's Day On A Budget

- 1) Start a new Valentine Tradition.
- 2) Plan some free fun activities.
- 3) Set a small budget for each other
- 4) Find Groupon bargains.
- 5) A homemade gift or love coupons.

According to estimates from Feeding America, more than 380,000 (1 in 10) Connecticut residents struggle with hunger; more than 83,000 children are food insecure. These are people from all walks of life – children, working parents, seniors, or people living with disabilities. They are your neighbors.

Even in a state as wealthy as Connecticut, there is need for food assistance in every community. Sometimes the difference between a family that uses a food program and one that doesn't is the sudden loss of a job, an illness or unexpected rise in health care or utilities expenses.

Anyone could be food insecure. Our pantry is based off residency and need. If you have any questions, please contact our office or 211. We are here to help.



**Are you turning 65? Retiring Soon?**  
**Why choose Scofield Insurance Consulting?**



25 years of Medicare experience • We are a local agency serving all of CT  
 Focused on placing you in the right Medicare plan that fits your specific needs  
 Unbiased, expert advice • Excellent service



175 Capital Blvd, Rocky Hill  
 escofield@scofieldinsuranceconsulting.com  
**www.scofieldinsureconsulting.com**  
NOT AFFILIATED WITH MEDICARE OR ANY GOVERNMENT AGENCY

**Call Elena for a  
 no-cost appointment!**  
**860-538-5393**

**THRIVE  
 LOCALLY**

**Theresa A. Rook  
 Retirement Community**  
*Tranquil. Quiet. Comfort. Home.*  
 Independent Senior Housing for 55+  
**501 Rook Road, Cromwell, CT 06416**  
**860-632-1688**  
 Now Taking Applications for  
 1 & 2 Bdrm. Units  
 Professionally Managed by  
 Barkan Management Company, Inc.

**Cahill & Associates Financial Services, LLC**  
 PLANNING FOR YOUR FUTURE



We'd love to help you thrive  
 during your **golden years**—  
 come visit us and explore  
 whether your plan supports  
 the way you want to live.

75 Berlin Rd Ste 110  
 Cromwell, CT 06416

860-635-4800  
[www.Cahillfinancial.com](http://www.Cahillfinancial.com)

Securities & advisory services offered through Commonwealth Financial Network®, Member FINRA/SIPC, a Registered Investment Adviser



Care...Comfort...Companionship

**GREYSTONE**

Retirement Home

**860-342-2509**

**Medicare Plans Confusing? You're not alone...**  
*Call for a personalized consultation!*



**Beverly P. Goodrich  
 Insurance**

Licensed Insurance Agent

**860-526-4257**

[beverlygoodrich@comcast.net](mailto:beverlygoodrich@comcast.net)

Not affiliated with any government agency, including Medicare. I do not offer every plan available in your area. Currently, I represent 8 organizations which offer 60 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get the information on all your options.



**holiday**  
 by ATRIA  
 SENIOR LIVING

LODGE AT  
 COLD SPRING

Starting Pricing \* Upon availability

**Studios- \$2599**

**1 Bedroom- \$2989**

**2 Bedroom- \$3770**

— A M E N I T I E S —

**Brand new renovated apartments • Outdoor common space • Tv lounge  
 Salon and Barber Shop • Library • Exercise and Fitness equipment • Pet Friendly  
 Private Dining space • Laundry room • Wheelchair Accessibility • All inclusive  
 50 Cold Springs Rd. Rocky Hill, Ct 06067 • 860-721-1940**





**NEW DATE**

**CROMWELL SENIOR CENTER AND  
HOLIDAY BY ATRIA PRESENTS**

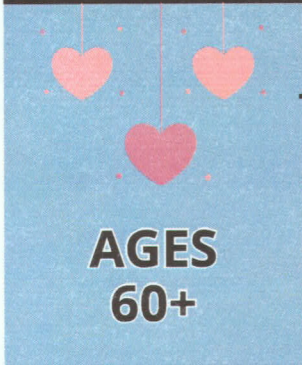
# **SPEED DATING**



If you're ready to start looking for that special someone but unsure where to start, you're not alone. And what better way to prove you're not alone than to attend an event where many other mature singles get together with the sole intention of finding the right match?

**February 15th 2024**

**EVENT TIME 2:00 PM -3:30 PM**



**AGES  
60+**

**Must RSVP by Friday Feb 8th**

**FREE DRINK AND FOOD**

**For more information:  
Call the Cromwell Senior Center  
860-632-3447**

**holiday**  
by ATRIA  
SENIOR LIVING

LODGE AT  
COLD SPRING



Cromwell Senior Center



MEDITATION FOR THE SOUL  
with  
Instructor Lauri Russell



**STRESS AND PAIN MANAGEMENT  
MEDITATION**

Thursday February 1st 10-11am in Room 222

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This is cleansing energy for the soul, working  
at a deep level on your spiritual being.

The purpose of this meditation is to heal the  
mind, body and soul.

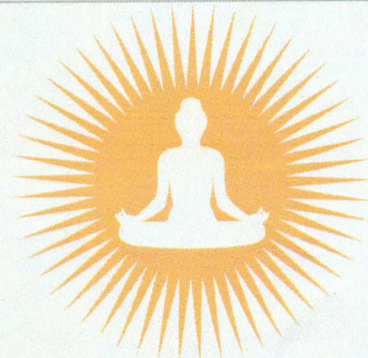
It helps dispel negativity, stress, anxiety and  
may relieve your amount of pain.

Please join us for this unique experience!

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Call or stop in to the  
Senior Center to sign up

**860.632.3447**





# Kin Care Connection

A support network for caregivers who are raising a relative's child.

Free Child  
Care for  
Children Ages  
4-13!



Dinner,  
Giveaways &  
Raffle Prizes!

The Cromwell Kin Care Group is a place for caregivers raising a relative's child(ren) to gather, network, and support one another. This group offers a place to share the challenges and joys of parenting a loved one while gaining valuable community resources and information. Meetings will provide Kin Caregivers with presentations, guest speakers, and topics of discussion to assist them during their child's adolescence.

## Upcoming Meeting Dates

Thursday, February 8

Thursday, April 11

Thursday, May 9

5:30 pm - 7:30pm

Cromwell Town Hall  
Dining Room.

**Registration required.**  
**Call The Senior Center at**  
**(860) 632-3447 to sign up.**

**\*Childcare is provided  
and dinner will be served.**

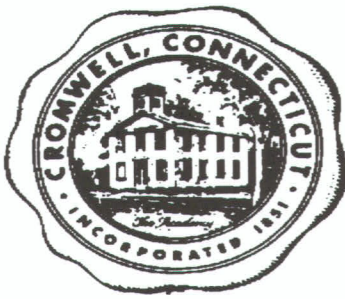
**\*Please register no later than the  
Tuesday before each meeting.**

Cromwell Senior & Youth Services  
(860) 632 - 3447  
[www.cromwellct.com](http://www.cromwellct.com)

**Cromwell  
Youth  
Services**

  
Cromwell Senior Center





**TOWN OF CROMWELL**  
**SENIOR SERVICES DEPARTMENT**  
TOWN HALL, 41 WEST STREET  
CROMWELL, CT 06416  
(860) 632-3447 FAX (860) 632-3446

**Dear Program and Transportation Participants:**

I would like to take a moment to wish you a very Happy and Healthy New Year! As the new year begins, we wanted to advise you of the 2024 calendar year holidays which will be observed by the Town of Cromwell. The Senior Center will be closed and we will be unable to provide you with any transportation on these dates:

New Year's Day	Monday, January 1, 2024
Martin Luther King's Day	Monday, January 15, 2024
President's Day	Monday, February 19, 2024
Good Friday	Friday, March 29, 2024
Memorial Day	Monday, May 27, 2024
Independence Day	Thursday, July 4, 2024
Day after Independence Day	Friday, July 5, 2024
Labor Day	Monday, September 2, 2024
Columbus Day	Monday, October 14, 2024
Veterans' Day	Monday, November 11, 2024
Thanksgiving Day	Thursday, November 28, 2024
Day after Thanksgiving	Friday, November 29, 2024
Christmas	Wednesday, December 25, 2024

I would also like to take a moment to remind you that if you call the Senior Center and get our voicemail, it is very important that you leave your full name and phone number so that we can return your call. Very often, different staff members are retrieving messages and you cannot assume your voice will be recognized. Therefore, please always leave your full name, phone number, and reason for calling when leaving a message. And remember: Please call the office, and not the drivers, if you have any questions or to make transportation or program reservations. You should only call the Driver's cell phone when you need a return pick-up from your appointment. The Driver's may be driving when you call them and may not be able to answer the phone, but they will pick you up for the return ride home as soon as they are able. We thank you in advance for your cooperation.

If you have any questions or need clarification, please feel free to contact me.

Sincerely,

---

Cathi Jackson  
Senior Center Assistant  
Town of Cromwell



## SEASONAL VACCINATION CLINIC

41 West Street, Cromwell  
Town Hall Gymnasium

SEASONAL INFLUENZA VACCINE, COVID-19 BOOSTERS,  
PNEUMONIA, SHINGLES, T-DAP VACCINATIONS & RSV

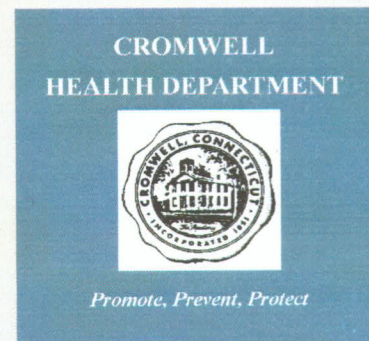
**February 7, 2024 9:00 AM to 1:00 PM**

- ◆ Must be at least 9 years of age and in good health to receive the flu vaccine.
- ◆ Free Flu vaccine with most insurance plans (please bring your insurance card).
- ◆ Limited supply of flu vaccine available for those without insurance.
- ◆ Insurance required to receive Pneumonia, Shingles, T-Dap, Covid-19 vaccine, RSV (please bring your insurance card).
- ◆ Appointments not taken (first-come, first-served).
- ◆ Residency not required.
- ◆ Masks optional.
- ◆ **Please bring pre-filled consent forms.**

Link to forms: [www.cromwellct.com/health-department](http://www.cromwellct.com/health-department)

For Additional information, please call The Cromwell Health Dept. at 860-632-3426.

Brought to you by: Cromwell Health Dept., and Cromwell Stop & Shop Pharmacy





# Monthly Birthday Celebration



## February Birthdays

- |  |   |
|--|---|
| February 1 <sup>st</sup> – Maxine Atta-Mensah  | February 13 <sup>th</sup> – Anne Kinder         |
| February 1 <sup>st</sup> – Patricia Weston     | February 14 <sup>th</sup> – Peter Gaulton       |
| February 3 <sup>rd</sup> – David Ceder         | February 14 <sup>th</sup> – Barbara Kowalczyk   |
| February 3 <sup>rd</sup> – Nuccia Vernali      | February 17 <sup>th</sup> – Fran Dugay          |
| February 5 <sup>th</sup> – Marianna Ponticelli | February 20 <sup>th</sup> – Mathias Serrao      |
| February 9 <sup>th</sup> – Emilio Branciforte  | February 21 <sup>st</sup> – Thomas Lombardo     |
| February 11 <sup>th</sup> – Jean Connelly      | February 23 <sup>rd</sup> – Donald Swanson      |
| February 11 <sup>th</sup> – Anthony Omicioli   | February 25 <sup>th</sup> – Dina Cart           |
| February 12 <sup>th</sup> – Judith Ligas       | February 25 <sup>th</sup> – Patricia Fortenbach |
| February 12 <sup>th</sup> – Linnie Russell     | February 25 <sup>th</sup> – Judy Raymond        |
| February 13 <sup>th</sup> – Pat Branciforte    | February 26 <sup>th</sup> – Sara Zubeckis       |
| February 13 <sup>th</sup> – Lorraine Henderson | February 28 <sup>th</sup> – Harriet Lunberg     |



Register your Birthday! Call 860-632-3447  
Join us on February 28th at 12:30pm for cake  
Sponsored by Rose Hill Funeral Home



# Narcan Training



**Details:** This training will prepare you to identify possible opioid overdose, what steps to take if you suspect an overdose, and how to administer Narcan. The class is presented and instructed by a Project Coordinator from Wheeler Clinic. Narcan will be available upon completion of this training and is free.

**Ages:** Adult 18+.

**Date/Time:** Tuesday, February 6, 2024, 5:30 pm - 6:00 pm.

**Location:** Cromwell Town Hall Dining Room, 41 West Street.

**Price:** Free for Cromwell residents.

**Register:** [Cromwellrec.com](http://Cromwellrec.com) or by calling 860-632-3448.

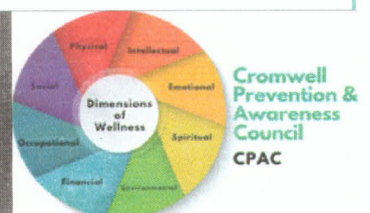


**CHANGE**  
the **SCRIPT**  
[drugfreeCT.org](http://drugfreeCT.org)



**CONNECTICUT**  
**Clearinghouse**  
a program of the Connecticut Center  
for Prevention, Wellness and Recovery

Cromwell Youth Services  
(860) 632 - 3448  
Cromwell Town Hall - 41 West Street, Cromwell CT 06416  
[www.cromwellct.com/youth-services](http://www.cromwellct.com/youth-services)







# FREE INCOME TAX PREPARATION + FILING

You could qualify for money back this year whether or not you paid any income tax.

HIGH-QUALITY SERVICES BY IRS-CERTIFIED VOLUNTEERS ARE AVAILABLE AT TWO MIDDLETOWN LOCATIONS FOR HOUSEHOLDS WITH INCOMES UNDER \$65,000.

## 3 EASY WAYS TO SCHEDULE:

**Step 1:** Dial 2-1-1 (available 24/7)

Press option '3' and then '6'.

**Step 2:** Book your own appointment online:

[uwc.211ct.org/taxhelp/](http://uwc.211ct.org/taxhelp/)

**Step 3:** Visit Russell Library - 2nd floor info desk staff can make an appointment for you.



## APPOINTMENTS AVAILABLE FROM JANUARY 29 THROUGH APRIL 13

### MIDDLESEX VITA TAX PREPARATION SITES (by appointment only!):

#### MARC Community Resources:

25 Industrial Park Road, Middletown

Times: **Mon - Thurs**, 5-8pm

#### Amazing Grace Food Pantry:

16 Stack Street, Middletown

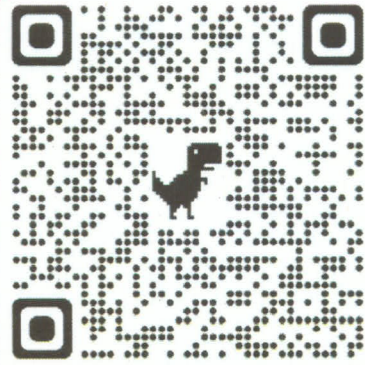
**Tues** 10am-1pm & **Sat** 9am-3pm

VITA is a free program offered by the federal government. Local Middletown sites are coordinated by the Middlesex VITA Coalition, a partnership of the Middlesex United Way, Russell Library, MARC Community Resources, St. Vincent de Paul Middletown, and made possible by volunteers. The Middlesex VITA Coalition receives support from the Connecticut Association of Human Services (CAHS).





Cromwell  
Creative  
District  
Coffeehouse



**BUY TIX HERE\***

# COFFEEHOUSE

**\$10 IN ADVANCE  
\$15 AT THE DOOR  
KIDS 16 AND UNDER  
FREE!**

**Performances by  
local talent!  
Refreshments!  
Raffle prizes!**

## SAT FEBRUARY 24



**BELDEN ROOM,  
CROMWELL LIBRARY**

**2:00PM**



**4:00PM**

**\*TICKETS CAN ALSO BE PURCHASED BY MAILING A CHECK TO CROMWELL CREATIVE DISTRICT,  
ATTN: MAYOR'S OFFICE, 41 WEST ST**





# 31<sup>st</sup> Annual Gerard F. Melito Senior Citizens' Poetry Contest

Altrusa International of Central Connecticut, Inc. is pleased to announce our  
31<sup>st</sup> Annual Gerard F. Melito Senior Citizens' Poetry Contest.

All senior residents of Central Connecticut, aged 65 or older, are encouraged to share their stories and talents through the written word. All poems received are published in a booklet, distributed to each participant and local library.

Our Poetry Reception will be on Saturday, April 20, 2024. Save the date.

Our rules and requirements are:

- The author must be a resident of Central Connecticut, aged 65 or older.
- You may submit only one original poem. Your poem may have no more than 25 typed lines and no more than 250 words.
- Each poem must be an original. (If it was previously submitted to our Contest, or published anywhere else, it will be disqualified.)
- All entries must be postmarked by **Friday, March 1, 2024**
- Please include your name, address, email and phone number
- Please submit your poems electronically to **[Altrusa.CentralCT@gmail.com](mailto:Altrusa.CentralCT@gmail.com)**

Or mail entries to:



Altrusa Senior Citizens' Poetry Contest  
P.O. Box 2532  
Middletown, CT 06457



To learn more about  
this event or our club







# Virtual Travel with Lia Levitt




## Go to Ghana

**Monday February 5th  
at 1:00pm- ZOOM**

Explore Ghana with our first ever program featuring West Africa. We will delve into a slave trade history with visits to both Elmira and Cape Coast Castles as well as learn about the local culture in the capital, Accra. There, we will venture from botanical garden to Center for National Culture to the Black Star Square and more. Come learn the culture of this warm and welcoming country.

Sign up today through the  
Cromwell Senior Center

**860-632-3447**



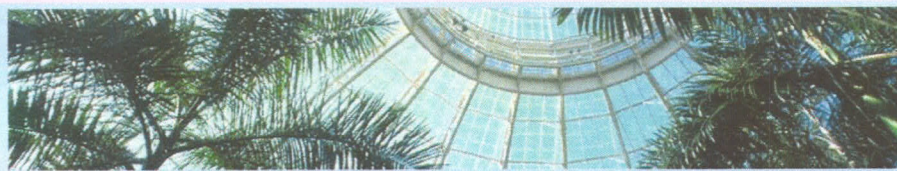


Cromwell Senior Center presents:

2024 Theme: *Florals in Fashion*

# The Orchid Show

At The New York Botanical Garden!  
Wednesday, March 27, 2024



Take a break from the cold and come bask in the *tropical warmth* of the Enid A. Haupt Conservatory at New York Botanical Garden, surrounded by orchids in an amazing array of colors, shapes, sizes, and textures.

**Orchids** have a magical beauty and come in all different colors and scents. See structures covered with orchids in the Conservatory which will become an exotic spectacle to dazzle the senses.

This is also the special time when the **Magnolias** are blossoming in profusion. Jump aboard the complimentary tram and ride through the magnolia collection for a wonderful treat! Other Highlights: **Perennial & Rock gardens** in bloom. Take a peek at the **Home Gardening Center**. Shop in the first class NYBG Museum Shop and stop by the Garden Café or the new Pine Tree Cafe for a bite to eat (on own).

Time on Arthur Avenue for shopping at the Italian Markets.

**COST: \$124.PP BASED ON 35-50**

**For Reservations: Cromwell Senior Center 860-632-3447**

**Depart: 8:00am Cromwell Senior Center  
41 West Street, Cromwell**

**Estimated Return: 6:45pm Cromwell**

**Make Checks payable to: Cromwell Senior Center**

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



**FRIENDSHIP TOURS**  
**THE SHIP SHOP**  
705 Bloomfield Ave, Bloomfield, CT 06002  
860-243-1630 • 800-243-1630  
[www.friendshiptours.net](http://www.friendshiptours.net)



Cromwell Senior Center presents:

# Good Old Fashioned New England Hospitality... Fireplace Feast at the Salem Cross Inn

Saturday, March 16, 2024



**The Salem Cross Inn is a restored 18th Century farmhouse nestled on 600 acres of countryside in West Brookfield, MA. Enjoy winter at its best with a full day of "New England" activities. Perfect for those Early Spring Months.**

Welcome Cider Reception with Cheese & Crackers

Tour the historic inn & learn about its history

**Sleigh Ride** over the beautiful Salem Cross Property

Watch your **Prime Rib** roast in an open hearth fireplace

Prime Rib luncheon to include: *Chowder of the Sea, Prime Rib, Vegetable, Potato, Apple Pie with fresh whipped cream*

Alternate entrée in advance: Vegetarian Stuffed Squash with Quinoa & Vegetables

Local country shopping before we depart for home

**COST: \$147** pp based on 35-50

**For Reservations: Cromwell Senior Center 860-632-3447**

**Depart: 9:30am Cromwell Senior Center  
41 West Street, Cromwell**

**Estimated Return: 4:45pm Cromwell**

**Make Checks payable to: Cromwell Senior Center**



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Cromwell Senior Center presents:

# A Sweet Ride Aboard The Naugy Scenic Train!

## Naugatuck Railroad

Thomaston, CT

### Friday, June 21, 2024



## BLACK ROCK TAVERN

Start your day at **Black Rock Tavern** in the heart of Thomaston, CT for a full course lunch before embarking on the train. MENU: Chicken Marsala, Salmon with Lemon & Herbs, OR Pork Tenderloin, served with Vegetable, Potato, Dessert & Beverage. (Meal Choice in Advance).



Take a scenic ride on the **Naugatuck Railroad**. Board the "Naugy" train at the Historic Thomaston Station. Pulled by a vintage diesel locomotive, you will ride through the Naugatuck River Valley over bridges and following the curves of the river. Make your way through Thomaston to Waterbury where the train makes a stop at the **Fascia's Chocolate Factory** platform for the passengers to disembark and visit the Chocolate Shop, learn its history & purchase treats! Reboard the train to return to the Thomaston Station.

**COST \$124.pp based on 35-50**

**For Reservations: Cromwell Senior Center 860-632-3447**

**Depart: 10:15am Cromwell Senior Center  
41 West Street, Cromwell**

**Estimated Return: 5:15pm Cromwell**

**Make Checks payable to: Cromwell Senior Center**



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Cromwell Senior Center Presents:

# Daffodil Days with Tea at Blithewold

An American Garden Treasure!

**Wednesday, May 1, 2024**



Overlooking the Narragansett Bay, **Blithewold** is one of the finest garden estate in New England. Late April into Early May, Blithewold opens its gates to welcome visitors just as springtime begins. Their famous display covers the 33-acre seaside estate with over 50,000 daffodils.

Our visit includes a **guided tour** of the garden and magnificent 45-room Mansion that was lived in by the Van Wickle / McKee family for over 80 years. The estate features grand views of Narragansett Bay and is filled with family heirlooms.

Begin your visit at Blithewold with a lovely **Tea Luncheon** on the heated porch or patios. Sample menu: Scones, Finger Sandwiches, Mini Quiche, Desserts, Tea.

**COST: \$139.pp** based on 35-50

**For Reservations: Cromwell Senior Center 860-632-3447**

**Depart: 8:30am Cromwell Senior Center, 41 West Street, Cromwell**

**Estimated Return: 7:00pm Cromwell**

**Make Checks payable to: Cromwell Senior Center**

*Please note:* The first floor of the Mansion and the grounds (gravel paths) are accessible, however; there is no elevator to the second floor.



**FRIENDSHIP TOURS**

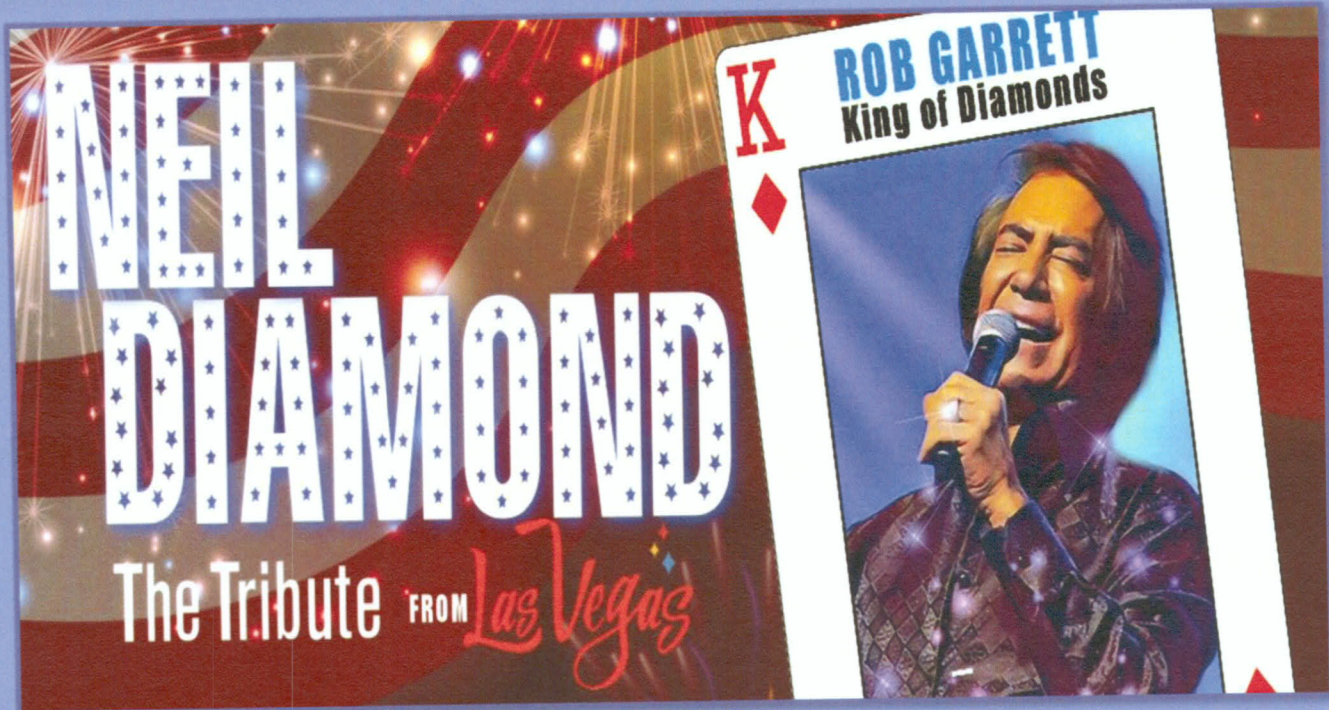
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Cromwell Senior Center presents:



## Aqua Turf Club ~ Plantsville, CT Tuesday, May 14, 2024

Longtime Las Vegas entertainer & Legends in Concert alumni, Rob Garrett has become the #1 Neil Diamond Tribute artist with his unparalleled portrayal of this legendary performer. Rob has become known as the "King of Diamonds," capturing the presence, passion and energy of Neil Diamond himself. The show features all of your favorite hits: Cherry, Cherry, I'm a Believer, Girl You'll be a Woman Soon, Coming to America and of course the iconic SWEET CAROLINE.

### COFFEE & DONUTS ON ARRIVAL

**FAMILY STYLE MENU:** Garden Salad, Pasta, Chicken ala Kathryn & Broiled Scrod with Crumb Topping, Vegetable, Potato, Rolls, Dessert & Coffee

**COST: \$94 pp—Van Transportation**

For Reservations : Cromwell Senior Center 860-632-3447

Register by: April 11, 2024

Make Checks payable to: Cromwell Senior Center



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CROMWELL SENIOR CENTER PRESENTS:

# SLOTS & LOCKS

## Turning Stone

RESORT | CASINO

& Erie Canal Cruise

Verona, NY

August 20-21, 2024 Tue-Wed

Day 1: This morning we depart for scenic Upstate New York and an overnight stay at the **TURNING STONE CASINO**. A renowned, award-winning destination resort features world-class amenities including two luxurious spas, five golf courses, more than 20 dining options and a 125,000 square foot Las Vegas-style gaming floor including 2000 slot machines, more than 80 table games, poker room and is one of the top 3 bingo halls in the world.

### Gaming package of your choice:

(Select your choice when reserving):

**\$30 Free Play OR \$30 Bingo Bucks**

### Food Credits:

**Day 1 - \$10 Meal Credit; Day 2 - \$10 Meal Credit**

Day 2: We depart this morning to enjoy the scenic beauty of the Mohawk Valley along the way. We hop aboard our **CRUISE on the HISTORIC ERIE CANAL**. While on our boat, take a ride in a liquid elevator also known as a "Lift Lock," raising and lowering boats 20 feet. Learn the fascinating history of the locks and what transportation was like in the 19th century. Following our cruise enjoy a **DELI LUNCH** at **WATERFRONT GRILLE** before we head for home.

**COST: \$419** pp double / triple

**\$499** pp single based on 40

\* Casino bonus subject to change at the discretion of the Casino

**Includes: Deluxe Motorcoach, 1 night hotel, casino bonus and sightseeing as per itinerary, Friendship Tours Escort, Driver & Tour Director Gratuity**

...Continued on back





**DEPARTURE:** Cromwell Senior Center, 41 West St, Cromwell

**DEPOSIT:** \$150 pp by May 1, 2024

**FINAL PAYMENT:** July 2, 2024

**CHECKS PAYABLE TO:** Cromwell Senior Center

**FOR RESERVATIONS:** Cromwell Senior Center 860-632-3447

**CANCELLATION POLICY:** If a passenger cancels from deposit to July 9, 2024 fee of \$50 pp; July 10 to August 6, 2024 fee of \$150 pp; no refunds if cancelled on August 7, 2024 or later unless a substitute is provided.

**Trip Protection Coverage** is strongly recommended. Trip Protection offers coverage for Cancellation for covered medical reasons, Interruption, Emergency Medical, Travel Delay, & more.

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

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

Premiums are non-refundable once paid. Terms & Conditions apply. Plan details are available at <https://www.friendshiptours.net/protection-plan>. Call Friendship Tours 860-243-1630 for assistance in enrolling.

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



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**Turning Stone Casino**  
**August 20-21, 2024**

**Name (Full Legal Name must match your Photo ID) :** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_ **Roommate:** \_\_\_\_\_

**Please provide the following information for the Casino Players Card:**

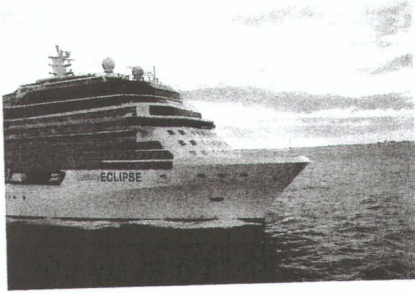
**Date of Birth:** \_\_\_\_\_

**Casino Bonus Choice:** \_\_\_\_\_ \$30 Free Play OR \_\_\_\_\_ \$30 Bingo Bucks



Cromwell Senior Center Presents:

# Bermuda Cruise From NJ



June 16 - 23, 2024 8 Days/7 Nts **Celebrity Eclipse**

June is a beautiful time of year to visit Bermuda –your beautiful Celebrity ship will dock in King’s Wharf for three days, where you have an abundant amount of activities, historical sites and beaches right at your finger tips. Onboard the beautiful Celebrity Eclipse you’ll be treated to award winning cuisine and service, a wide array of bars and lounges including their famous martini bar where the bartenders may surprise you with a little entertainment along with your cocktail. Enjoy endless ocean views, catch some sun, and play your favorite outdoor games on a ½ acre of real grass at The Lawn Club, a wonderful feature!

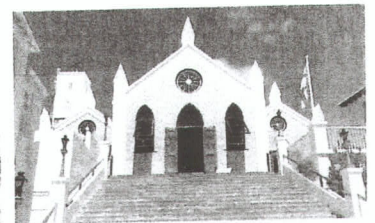
**Always Included: Drinks, WiFi & Gratuities!**

Date	Port	Arrive	Depart
June 16	Transportation to Pier & Set Sail past Statue of Liberty		4:00p
June 17	Cruising	—	—
June 18	Cruising	—	—
June 19	Royal Naval Dockyard, Bermuda	8:30a	—
June 20	Royal Naval Dockyard, Bermuda	—	—
June 21	Royal Naval Dockyard, Bermuda	—	4:00p
June 22	Cruising	—	—
June 23	Cape Liberty, NJ	—	—

**From \$1449.pp Twin**

**Included Features:**

- **ROUNDRIP TRANSPORTATION TO THE NJ PIER** (minimum # required)
- 7 Nights onboard the beautiful Celebrity Eclipse
- All Meals onboard
- Classic Drink Package including Wine, Beer & Spirits
- Free WiFi
- Staff Gratuities



**FRIENDSHIP TOURS  
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705 Bloomfield Ave, Bloomfield, CT 06002  
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Celebrity **X** Cruises



**Costs:**

Cat I1	Inside Cabin	\$1449.pp twin
Cat O2	Outside Cabin	\$1549.pp twin
Cat O1	Prime Outside Cabin	\$1579.pp twin
Cat V2	Veranda Cabin	\$1749.pp twin
Cat V1	Prime Veranda Cabin	\$1799.pp twin
Cat C2	Concierge Veranda Cabin	\$1899.pp twin

**Plus Taxes:** \$269.pp (Includes Port and Government taxes)

**Deposit:** \$400.pp due with reservation RECOMMENDED ASAP. RESERVATIONS ARE ON A FIRST COME FIRST SERVED BASIS. If ship fills or cruise line releases our space, The Ship Shop has no control over that. Space is subject to availability at time of deposit. Check with the Ship Shop at any time for current availability.

**Final Payment:** March 4/2024

**Cancellation Penalty:** If cancelled after deposit and before March 4, 2024 fee of \$100.pp administrative fee; Mar 5-15/25 fee of 50% of total fare; Mar 16-Apr 2/24 fee of 75% of total fare; No refunds after April 2/24.

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

- The AON/NTA Travel Protection Plan offers 3 levels of insurance: Basic or Enhanced or Enhanced with Cancel For Any Reason (CFAR). The Pre-existing medical condition exclusion can be waived by purchasing the Enhanced Plan within 14 days of your deposit or initial payment. The Enhanced Plan with the add-on of CFAR must be purchased within 14 days of initial deposit. CFAR allows you to cancel for any reason up to 48 days prior to departure and reimburses up to 75% of your nonrefundable trip cost. To enroll: <https://nta.aontravelprotect.com> **Tour Operator Location #076068** OR call AON 1-800-388-1470.
- Travel Insured International offers the Worldwide Trip Protection plan with the option to add upgrade benefits (available for additional cost) including CFAR when purchased within 21 days of your initial deposit. Other upgrades include Bed Rest, Electronic Equipment, Event Ticket Fee Protection, Travel Inconvenience. To enroll: <https://www.friendshiptours.net/protection-plan> **Agency #18649**

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

Plan details are available at <https://www.friendshiptours.net/protection-plan>. Call Friendship Tours 860-243-1630 for assistance in enrolling.

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions. Cruise lines reserve the right to alter itineraries including change or cancellation of ports. These changes will not be considered a material change and will not be considered cause for cancellation or refund by the guest.

**Proof of Citizenship:**

**U.S. Citizens:** Valid Passport required—must be valid 6 months past the return date

**Non U.S. Citizens** are responsible for obtaining proper documentation for travel.

Friendship Tours / The Ship Shop is not responsible for passengers not having proper documentation for travel

**FOR MORE INFORMATION CONTACT:** The Ship Shop 860-243-1630 800-243-1630

Mention Cromwell when inquiring



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# Cromwell Senior Center Presents: Escorted Repositioning Cruise

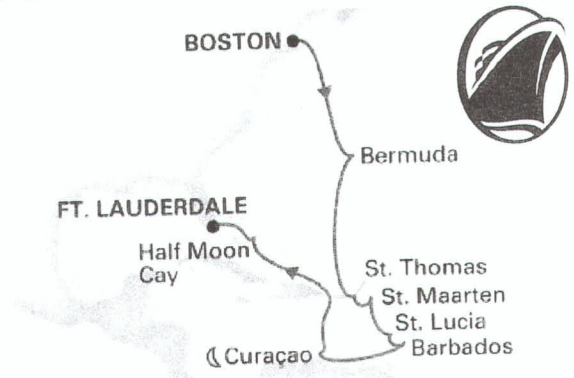
## Southern Caribbean aboard the Zuiderdam



**Nov 9 -23, 2024 15 Days/14 Nts**

**Sail Boston to the Southern Caribbean  
to Fort Lauderdale**

**Transportation to Pier  
& Return Flight Included**



- Roundtrip transportation to Pier & Return from Airport (minimum # required)
- Return flight from Fort Lauderdale
- 14 Nts onboard Holland America's Zuiderdam
- All Meals, onboard daily activities, entertainment
- Full service Spa & Fitness Center onboard
- Professional Ship Shop Escort



**Fr \$2549pp Twin Includes  
Transportation & Flight**

Date	Port	Arrive	Depart
Nov 9	Boston		4:00p
Nov 10	Cruising	—	—
Nov 11	Bermuda	8:00	4:00p
Nov 12	Cruising	—	—
Nov 13	Cruising	—	—
Nov 14	St Thomas	8:00a	5:00p
Nov 15	St Maarten	7:00a	4:00p
Nov 16	St Lucia	9:00a	6:00p
Nov 17	Barbados	8:00a	5:00p
Nov 18	Cruising	—	—
Nov 19	Curacao	7:00a	11:00p
Nov 20	Cruising	—	—
Nov 21	Cruising	—	—
Nov 22	Half Moon Cay	7:00a	2:00p
Nov 23	Fort Lauderdale	7:00a	



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**Costs:**

Category L	Inside Stateroom	\$2549.pp twin
Category J	Inside Stateroom	\$2599.pp twin
Category E	Outside Stateroom	\$2949.pp twin
Category D	Outside Stateroom	\$2999.pp twin
Category VD	Veranda Stateroom	\$3499.pp twin
Category VC	Veranda Stateroom	\$3549.pp twin
Category VB	Veranda Stateroom	\$3599.pp twin

Plus Taxes: \$315.pp

**Minimum # required for Motorcoach Transportation and Ship Shop Escort.**

**Included Flights are based on an estimate for 2024 —cost is subject to change until group air is contracted.**

**Deposit:** \$600.pp due with reservation. **Second Deposit:** \$600.pp due by Mar 30, 2024. RESERVATIONS ARE ON A FIRST COME FIRST SERVED BASIS. Space is subject to availability at time of deposit. Check with the Ship Shop at any time for current availability on this sailing.

**Final Payment:** July 28, 2024

**Cancellation Penalty:** If cancelled after deposit and before Jul 28/24 fee of \$150.pp administrative fee; July 29-Aug 18/24 fee of 50% of total fare; Aug 19-Sep 5/24 fee of 75% of total fare; No refunds after Sep 6/24. Air penalties are not included in above and may be additional.

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

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Travel Insured International offers the Worldwide Trip Protection plan with the option to add upgrade benefits (available for additional cost) including CFAR when purchased within 21 days of your initial deposit. Other upgrades include Bed Rest, Electronic Equipment, Event Ticket Fee Protection, Travel Inconvenience. To enroll: <https://www.friendshiptours.net/protection-plan> **Agency #18649**

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

Plan details are available at <https://www.friendshiptours.net/protection-plan>. Call Friendship Tours 860-243-1630 for assistance in enrolling.

This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions. Cruise lines reserve the right to alter itineraries including change or cancellation of ports. These changes will not be considered a material change and will not be considered cause for cancellation or refund by the guest.

**Proof of Citizenship:**

**U.S. Citizens:** Valid Passport required—must be valid 6 months past the return date

**Non U.S. Citizens** are responsible for obtaining proper documentation for travel. If you are non U.S. Citizen, please advise the Ship Shop when making your reservation.

Friendship Tours / The Ship Shop is not responsible for passengers not having proper documentation for travel

**For More Information Contact:** The Ship Shop 860-243-1630 or 800-243-1630 / Mention Cromwell Senior Center



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**THE SHIP SHOP**

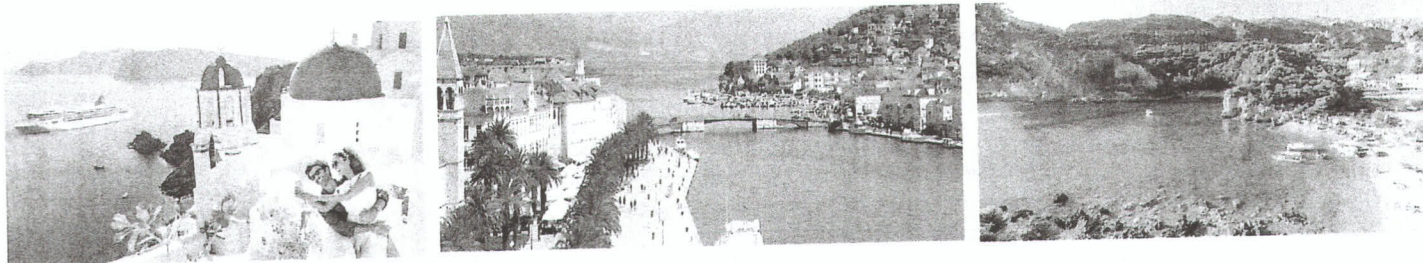
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[www.friendshiptours.net](http://www.friendshiptours.net)



# Cromwell Senior Center Presents: Escorted Mediterranean Cruise

## 11 Nt Cruise aboard Norwegian Pearl

\* Italy \* Slovenia \* Greece \* Montenegro \* Croatia

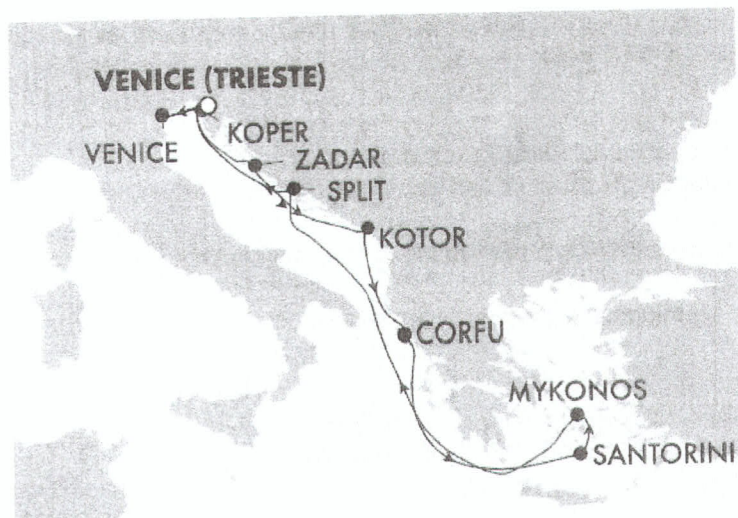


**Sep 5-16, 2024 12 Days/10 Nts Sail Roundtrip Trieste, Italy**

- Roundtrip transportation to Airport (minimum # required)
- Roundtrip Flights to Venice
- 10 Nts onboard the NCL Pearl
- All Meals, onboard daily activities, entertainment
- Full service Spa & Fitness Center onboard
- Professional Ship Shop Escort

**Fr \$3799pp Twin Includes Flights!**

Ask About Free Amenities!



Date	Port	Arrive	Depart
Sep 5	Fly to Venice		
Sep 6	Board Ship in Trieste, Italy	—	—
Sep 7	Venice	6:30a	11:00p
Sep 8	Koper, Slovenia	8:00a	4:00p
Sep 9	Split, Croatia	7:00a	7:00p
Sep 10	Kotor, Montenegro	7:30a	4:30p
Sep 11	Corfu, Greece	7:00a	3:00p
Sep 12	Santorini, Greece	1:30p	10:00p
Sep 13	Mykonos, Greece	7:00a	3:00p
Sep 14	Cruising	—	—
Sep 15	Zadar, Croatia	7:00a	7:00p
Sep 16	Trieste, Italy & Fly Home		

**NCL**  
**NORWEGIAN**  
CRUISE LINE®



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**Costs:**

Category IA	Inside Cabin	\$3799.pp twin
Category OB	Outside Cabin	\$3999.pp twin
Category BA	Balcony Cabin	\$4799.pp twin
Plus Taxes: \$159.pp		



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**Minimum # required for Motorcoach Transportation and Ship Shop Escort.**

**Included Flights are based on an estimate for 2024 —cost is subject to change until group air is contracted.**

**Deposit:** \$600.pp due with reservation. **Second Deposit:** \$600.pp due by Dec 30, 2023. RESERVATIONS ARE ON A FIRST COME FIRST SERVED BASIS. Space is subject to availability at time of deposit. Check with the Ship Shop at any time for current availability on this sailing.

**Final Payment:** April 22, 2024

**Cancellation Penalty:** If cancelled after deposit and before Apr 22/24 fee of \$150.pp administrative fee; Apr 23-May 10/24 fee of 50% of total fare; May 11-Jun 1/24 fee of 75% of total fare; No refunds after Jun 1/24. Air penalties are not included in above and may be additional.

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This package is subject to our full Terms & Conditions including our Tour Policies and Responsibilities which can be found on our website at <https://www.friendshiptours.net/tour-policies>. Paper copies are available upon request. It is your responsibility to read these Terms & Conditions. By signing up and making payment on a tour, you agree to be bound to these Terms & Conditions. Cruise lines reserve the right to alter itineraries including change or cancellation of ports. These changes will not be considered a material change and will not be considered cause for cancellation or refund by the guest.

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**For More Information Contact:** The Ship Shop 860-243-1630 or 800-243-1630 / Mention Cromwell Sr Ctr

**Amenity Choices:**

**Inside Cabins Pick 2 Choices from Group A or B (1 specialty dinner)**  
**Balcony Cabins Pick 4 Choices from Group A or B (2 specialty dinners)**  
**(Please note: You cannot mix and match)**

**Group A:**

- Beverage Package (gratuities add'l \$218)
- 1 or 2 Specialty Dinners (gratuities add'l \$10 or \$17.80)
- 150 Minute per person Internet Package
- \$50 per cabin discount off Shore Excursions

**Group B:**

- 150 Minute per person Internet Package
- \$50 per cabin off Shore Excursions
- 10 Photo Package (per cabin)
- \$100 Onboard Credit (per cabin)

**Bonus! Each cabin will be receiving \$100 onboard credit automatically!**



**Cromwell Senior Center Presents:**

**Escorted - San Antonio Holiday**  
**December 4 - 8, 2024 5 days / 4 nights**  
**Includes air flights from Hartford!**



**Welcome to the "American Venice." Historic missions, River Walk restaurants, Spanish architecture and a beautiful river centerpiece make this a truly remarkable city. The sights and sounds of the holiday celebrations are sure to immerse you in the spirit of the season as you stroll along the San Antonio River, illuminated by festive decorations.**

Day 1: Motorcoach to Hartford/Bradley Airport for our flights to San Antonio. This evening, get to know your fellow travelers at a welcome reception.

Day 2: Your day begins with a fascinating tour of San Antonio with a local guide. History and culture abound with a visit to **two UNESCO World Heritage sites**. Visit the **Mission San José**, the second mission established by Fray Antonio Margil de Jesus in 1720. Then it's on to visit one of America's most historic sites, **the Alamo**, which played a critical role in the Texas Revolution. People worldwide continue to remember the Alamo as a heroic struggle against impossible odds – a place where men made the ultimate sacrifice for freedom. Next, browse for one-of-a-kind goods at **El Mercado, the Mexican Marketplace**. This afternoon, get acquainted with the River Walk or spend more time exploring the Alamo at your leisure. This evening, enjoy the local flavors of **Texas during dinner in the King William Historic District at a restored convent**. (B, D)

Day 3: Journey to the heart of the rural Hill Country and the **German settlement of Fredericksburg** for a visit to the **National Museum of the Pacific War**, dedicated to teaching and preserving this chapter of U.S. history. The old-

time Southwest will surround you as you take time to independently explore the quaint shops. Enjoy the evening at leisure to explore San Antonio's beautiful River Walk. (B)

Day 4: This morning, it's your choice! Visit the **South Texas Heritage Center at the Witte Museum**, an interactive museum dedicated to sharing the stories of San Antonio's people and the land that has shaped their lives -OR- explore the 33-acre grounds of the **San Antonio Botanical Gardens** with expansive rose gardens, conservatory with tropical vegetation, and the Texas Native Trail showcasing ecosystems from the diverse regions of the state. Next, explore the **historic Pearl District**, a revitalized, cultural hub full of unique eateries and shops. The rest of the afternoon is at leisure. This evening, enjoy a **Farewell Dinner** with your travel companions at a local restaurant. After dinner, you'll be surrounded by holiday cheer during a **riverboat ride on the Paseo del Rio**. Gaze up at the towering cypress trees adorned with millions of twinkling lights as the narrated cruise takes you along the San Antonio River Walk. (B, D)

Day 5: Transfer to the San Antonio Airport for your departure home. Motorcoach to greet you back at Hartford/Bradley Airport.

**Includes: Motorcoach to Hartford/Bradley Airport, Round trip air flights from Hartford/Bradley, Deluxe Motorcoach in San Antonio, 4 nights hotel accommodations, 3 Breakfasts, 2 dinners, Sightseeing & admissions per itinerary, Friendship Tours Escort**



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**COST: \$2799 pp double**  
**INCLUDING AIR FROM HARTFORD/BRADLEY!**

Price will increase \$100 per person after 5/1/2024

Transportation to the airport based on minimum # of passengers  
& based on current air rates and schedules



**DEPOSIT:** \$1000 pp with reservation to secure your space. Space is subject to availability at the time of reservation. Remember Tour Price Increases 5/1/2024!

**FINAL PAYMENT:** Sept 4, 2024

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

**CANCELLATION POLICY:** If a passenger cancels from deposit date to June 3, 2024 the cancellation fee is \$400 pp; June 4, 2024 to Sept 4, 2024 the cancellation fee is \$900 pp; no refunds if cancelled after September 4, 2024. All cancellation fees are plus any non-refundable airline fees.

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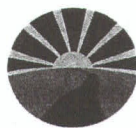
To enroll: <https://nta.aontravelprotect.com> **Tour Operator Location #076068**  
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**Responsibility:** This package is subject to our full terms and conditions which can be found on our website at [www.friendshiptours.net/tour-policies](http://www.friendshiptours.net/tour-policies). Paper copies are available upon request. By signing up to participate in the tour, you are agreeing to be bound to these terms and conditions. Therefore, you must read the terms and conditions in their entirety. By signing up for the tour, making a payment and continuing to use our services, you are agreeing to be bound by the Terms and Conditions. Should you disagree with any of the terms you must speak with us before signing up for a tour.



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## Free Printable Word Search Puzzles

### Valentine's Day

Find and circle all of the words that are hidden in the grid.  
The remaining letters spell a popular Valentine's Day item.

P I H S D N E I R F D I P U C A L  
V D H S U R C A C F B A L E N D O  
N Y N T I A E A S O L C T O Y M V  
S R N E N S N L Y E H O I E R I E  
T L E D I D S F A O N T W S A R B  
R E Y S L R R E C T C T L E U E I  
A W S E R I F O N A I A I C R R R  
E E S E E E L L R D S O O M B S D  
H J C N S A V T R O N U N T E D S  
T G D N T O T O P I P O A S F N A  
E N Y E A A R O L L G C F E H I T  
E I S D U M R B E L O V E D B I G  
W L O D R P O A F F E C T I O N P  
S R E M A L F R R E N T R A P A R  
E A Y C N A F O R E V E R L I K E  
R D R O T I U S D N O I T O V E D

ADMIRER	COUPLE	FLOWERS	LOVERS
ADORE	CRUSH	FONDNESS	PARTNER
AFFECTION	CUPID	FOREVER	PROPOSAL
ATTRACTION	DARLING	FRIENDSHIP	RELATIONSHIP
BEAU	DATE	GIFT	RESTAURANT
BELOVED	DEAR	GIRLFRIEND	ROMANCE
BOYFRIEND	DEVOTION	HEARTS	ROSES
CANDLES	FANCY	JEWELRY	SENTIMENT
CANDY	FEBRUARY	LIKE	SUITOR
CHOCOLATES	FLAME	LOVEBIRDS	SWEETHEART

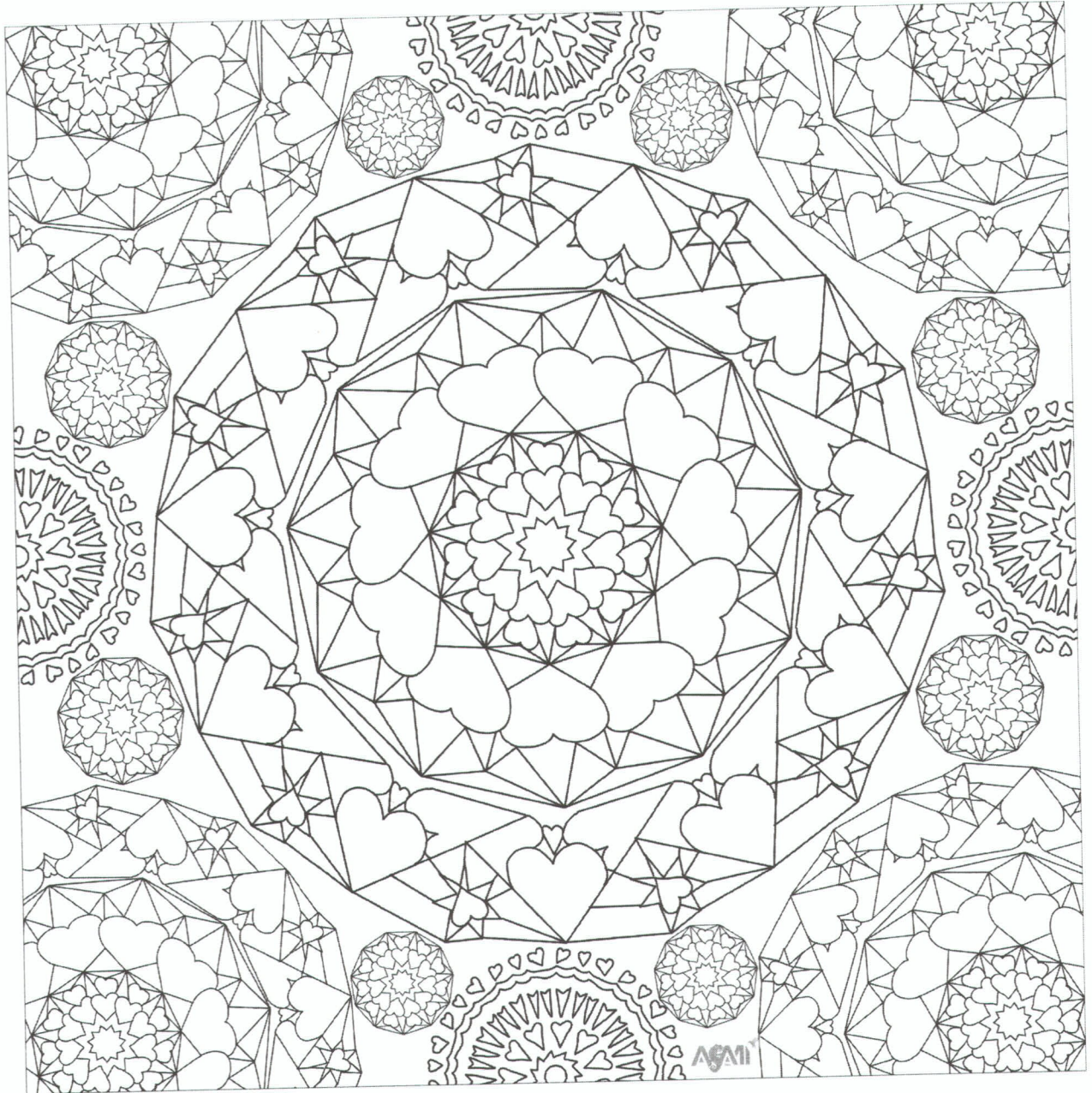
Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>

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## Free Printable Word Search Puzzles

### Tools

Find and circle all of the Tools that are hidden in the grid.  
The remaining letters spell a secret message - a Henry David Thoreau quotation

M C R O W B A R E M K T A B L E S A W  
R I W A S L L O R C S L W A S D N A H  
T E T H S U R B U S Q U A R E U E T R  
W E H E X K E Y S P N B L H G H I A R  
R A H S R F O D A D R A A Y C N S E T  
P E S C I B I A E C T O A N S P D A V  
L R D G T L O L M H E R T N D N P B H  
I E R N N A O X E I P E I R I S R C A  
E T I E I I R P P S O P S F A E A M M  
R U L E V R P T A E S T D N P C H W M  
E O L R E I G O T L A U D I T O T O E  
F R P O E L R R C P T D L S H E R O R  
F S R C O D E D L S I A K O C S E D R  
U T E F L D I E W E C P N C N R T R R  
B E S T N A G V S E H U I K E O N U A  
E L S A I U M R I I R N F E R H I L B  
T L S E N A L P O D V C E T W W O E Y  
R A B G N I K C E R W H S S O A J L R  
S M B O L T C U T T E R J I G S A W P

BAND SAW	FILE	POLISHER	SPRAY GUN
BOLT CUTTER	GRINDER	PROTRACTOR	SQUARE
BRUSH	HAMMER	PRY BAR	STAPLE GUN
BUFFER	HAND SAW	PUNCH	STUD FINDER
CALIPER	HEX KEY	RASP	TABLE SAW
CHALK	JIG SAW	RATCHET	TAPE MEASURE
CHISEL	JOINTER	ROUTER	TAPS AND DIES
CLAMP	KNIFE	SANDER	TINSNIPS
COPING SAW	LATHE	SAWHORSE	WISE
CROWBAR	MALLET	SCREWDRIVER	WOOD RULE
DADO	MITER BOX	SCROLL SAW	WRECKING BAR
DIVIDER	PLANE	SOCKETS	WRENCH
DRILL PRESS	PLIER		

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>



## Free Printable Sudoku Puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

**Sudoku #1541 (Medium)**

8				5		6		
		1	4	8	3		9	
			7	9				
		7				3		
						8		7
			1			9		
	1	9	3					6
4		3	5				1	
		8		1		5		9

**Sudoku #1542 (Medium)**

	7		8		9			
								5
		2	5		6	7	8	
				9				
	2	4	6		3			
		3	2		4		6	
		7		6		5	3	
8	4		3		5	2		
		9			7			

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <https://www.puzzles.ca/sudoku>



## Free Printable Sudoku Puzzles

These are the solutions to the puzzles located [here](#)

### Sudoku #1541 (Medium)

8	9	4	2	5	1	6	7	3
6	7	1	4	8	3	2	9	5
2	3	5	7	9	6	1	8	4
9	5	7	8	6	2	3	4	1
1	4	2	9	3	5	8	6	7
3	8	6	1	4	7	9	5	2
5	1	9	3	7	8	4	2	6
4	6	3	5	2	9	7	1	8
7	2	8	6	1	4	5	3	9

### Sudoku #1542 (Medium)

5	7	1	8	3	9	6	4	2
4	6	8	1	7	2	3	9	5
9	3	2	5	4	6	7	8	1
6	8	5	7	9	1	4	2	3
1	2	4	6	8	3	9	5	7
7	9	3	2	5	4	1	6	8
2	1	7	9	6	8	5	3	4
8	4	6	3	1	5	2	7	9
3	5	9	4	2	7	8	1	6

Additional Sudoku puzzles as well as the solution to these two puzzles can be found at the following web page: <https://www.puzzles.ca/sudoku>



# VALENTINE CRYPTOGRAM PUZZLES

Cryptogram puzzles are sentences or paragraphs that are encrypted with a letter substitution. In this case each of these puzzles is related to information about Valentine's Day. Each puzzle uses different letter substitutions. An example of a letter substitution encryption may be: The word CARD could be encoded to XPQM if C=X, A=P, R=Q, D=M. Find the right letter substitutes to solve these printable cryptogram puzzles.

## FIRST CARD

BAV PMHEB QUYFU KRTVUBMUV XRHN FRE EVUB WO XARHTVE, BAV NSQV YP  
YHTVRUE, BY AME FMPV MU PYSHBVVU PMPBVVU. AV EVUB MB PHYL AME  
IHMEYU XVTT MU BAV BYFVH YP TYUNYU. BAME XRHN ME EBMTT YU NMEITRO  
MU RU VUZTMEA LSEVSL.

## BIGGEST GIVERS AND RECEIVERS

ANRDQNKM KNDNUWN AQN LXMA WRSNJAUN DRKFM, PXSSXENF YI DQUSFKNJ,  
LXAQNKM, EUWNM, RJF PUJRSSI MENNAQNRKAM. DQUSFKNJ RCNF MUB AX ANJ  
RKN AQN YUCCNMA WRSNJAUN DRKF CUWNKM.

## BIRD MATCHMAKERS

KI PGV LEMJ QJBKJUJA IRGI AKNNJFJEI QKFAV NBXKEO LUJFRJGA KEAKMGIJA  
PRL G PLZGE PLYBA ZGFFX. G FLQKE ZJGEI VRJ PLYBA ZGFFX G VGKBLF, G  
VTGFFLP ZJGEI VRJ'A ZGFFX G TLLF ZGE QYI PKBB QJ RGTTX, GEA G OLBANKEMR  
KEAKMGIJA G ZKBBKLEGKFJ.



# POLAR BEAR CRYPTOGRAM PUZZLES

Cryptogram puzzles are sentences or paragraphs that are encrypted with a letter substitution. In this case each cryptogram puzzle is related to facts about polar bears. Each puzzle uses different letter substitutions. An example of a letter substitution encryption may be: The word CARD could be encoded to XPQM if C=X, A=P, R=Q, D=M. Find the right letter substitutes to solve these printable cryptogram puzzles.

## ON ICE

MXWVJ SYVJK KMYTE KX RHOV QDRY XT DOY VTE DT QUY GVQYJ QUVQ KXRY  
KODYTQDKQK OXTKDEYJ QUJR QX SY RVJDTY RVRVWVW. MXWVJ SYVJK HKY  
KYV DOY VK V UHTQDTA MWVQZXJR QX OVQOU KYVWK VTE XQUYJ RVJDTY  
RVRVWVW MJYN. GDQUXHQ KYV DOY, QUYN UVBY EDZZDOHWQN RYYQDTA  
QUYDJ EDYQVJN TYYEK.

## SIZE

XSUZ ETUSH YZSHD WSI YZ NBT NT NRHZZ NCXZD USHQZH NRSI PZXSUZD裕IZ TP  
NRZ QHZNZDN JCPPZHIZWZD YZNBZZI DZOZD CI SUU XSXXSUD. NRZ USHQZDN  
HZWTHJZJ ETUSH YZSH BZCQRZJ S BRTEECIQ TIZ NRTKDSIJ SIJ NBT MCUTQHSXD  
(NBT NRTKDSIJ NBT RKIJHZJ SIJ ICIZ UYD.) SIJ XZSDKHZJ NRHZZ ETCIN DZFZI  
XZNHZD (NBZUFZ PN.) UTIQ.

## WHERE THEY LIVE

ZXGFNA IRSCA WXF VXZC LE CPX OLFNQ'I WLNGF YXGFI NRBX RZ VGZGQG.  
FHIIRG, DFXZXNGZQ (QXZJGFM), ZLFOGA, GZQ GNGIMG (H.I.) GFX CPX LCPXF  
ZLFCP WLNX FXDRLZI OPXFX WLNGF YXGFI NRBX. ZL WLNGF YXGFI NRBX RZ  
GZCGFVCRVG GC CPX ILHCP WLNX, CPGC'I OPXFX WXZDHRZI NRBX.



# VALENTINE CRYPTOGRAM PUZZLES: Solutions

## FIRST CARD

The first known Valentine card was sent by Charles, the Duke of Orleans, to his wife in fourteen fifteen. He sent it from his prison cell in the Tower of London. This card is still on display in an English museum.

## BIGGEST GIVERS AND RECEIVERS

Teachers receive the most Valentine cards, followed by children, mothers, wives, and finally sweethearts. Children aged six to ten are the biggest Valentine card givers.

## BIRD MATCHMAKERS

It was once believed that different birds flying overhead indicated who a woman would marry. A robin meant she would marry a sailor, a sparrow meant she'd marry a poor man but will be happy, and a goldfinch indicated a millionaire.

# POLAR BEAR CRYPTOGRAM PUZZLES: Solutions

## ON ICE

Polar bears spend so much time on ice and in the water that some scientists consider them to be marine mammals. Polar bears use sea ice as a hunting platform to catch seals and other marine mammal prey. Without sea ice, they have difficulty meeting their dietary needs.

## SIZE

Male polar bears can be two to three times larger than females—one of the greatest differences between sexes in all mammals. The largest recorded polar bear weighed a whopping one thousand and two kilograms (two thousand two hundred and nine lbs.) and measured three point seven metres (twelve ft.) long.

## WHERE THEY LIVE

Nearly sixty per cent of the world's polar bears live in Canada. Russia, Greenland (Denmark), Norway, and Alaska (U.S.) are the other North Pole regions where polar bears live. No polar bears live in Antarctica at the South Pole, that's where penguins live.



