WHALING CITY EVENTS

NEW LONDON SENIOR CENTER
120 Broad Street
New London, CT 06320
860-447-5232
Hours of Operation:
Monday - Friday 8:00 a.m. - 3:30 p.m.

May 2021

Need help with food, housing, healthcare, unemployment or anything else due to COVID-19?
Please contact New London Human Service Department:

HUMANITARIAN EMERGENCY LIFELINE PROGRAM:
(860) 437 - 6394

SENIOR AFFAIRS COMMISSION MEETING: Thursday, May 27, 2021, 4pm.
Please contact Karen Paul: 860-447-9887 for details.

View the upcoming AARP virtual programs:
www.aarp.org/ctevents

Tax Preparation Assistance:

Please call TVCCA us to schedule your appointment:
(860) 444-0006

RENTERS' REBATE PROGRAM
May 1– October 1, 2021
Please call us for more information about this program.

New London Veterans Affairs Office is now located inside our Senior Center!
(860) 440 - 6691

Sliver Threads Boutique
Our thrift shop is closed at this time.

OUR TRANSPORTATION SERVICES

Reservations required: **860-447-5232**

At this time, we are offering Escort Medical Transport:
Monday—Friday 8:30am - 2:30pm.
Transportation to and from the senior center, and to grocery stores is suspended until further notice due to COVID-19 pandemic.

OTHER TRANSPORTATION SERVICES

Eastern Connecticut Transportation Consortium provides transportation to medical destinations and at times not covered by Senior Center Escort Services. Come into the Senior Center and fill out an application, obtain an E.C.T.C. brochure for additional information. 860-848-5910 http://ectcinc.com/

Focus on Veterans is a free transportation service that will drive a Veteran to a medical facility free of charge to some locations in CT, MA, and RI. Call for more information and to schedule your ride: 860-317-1025. Call in advance!
http://www.focusonvet.org/free-medical-transportation.html

Southeast Area Transit District (SEAT) Bus: (860) 886-2631

Taxi Services: Curtis Livery: (860) 443 - 1655

STAFF: SENIOR CITIZENS COORDINATOR/MUNICIPAL AGENT: *Marina Vracevic*
SECRETARY: *Dawn Tucker* **- SENIOR DRIVER:** *Rikki Woodward* **- CUSTODIAN:** *Rinaldo Drayton*

THRIFT SHOP

Senior Center members: Are you missing the Thrift Boutique?

News flash, indoor Flea Market at 133 Bank St., the Senior Affairs Commission is staffing a booth on the weekends (Fri & Sat 10-5 and Sun 12-5). All proceeds from the senior center booth come back to the center for activities, when we reopen. Drop in and check us out. **Also, SAC is helping to deliver meals in New London from N.L. Schools Chef Tomm and the Whalers Helping me Whalers program!** For further information or to share ideas, concerns or ask a "senior" question text; karenan-nepaul@gmail.com or call 860-857-3682. See ya all soon!

Thames Valley Council for Community Action, Inc.
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RSVP Lend extra Experience

Neighbors Helping Neighbors!

Now more than ever community support is so important and impactful! The Retired and Senior Volunteer Program (RSVP) offers the support someone needs to remain living at home either with grocery shopping needs or phone reassurance. If you are 55+ contact us to hear how your help may improve the quality of life of an elderly or disabled person by volunteering around your schedule to help a neighbor in your community. We are here to engage, enlighten, and inspire each other. Please contact:

GEORGIA L JAMES, PROGRAM COORDINATOR 860-425-6608 **gjames@tvcca.org**
GINA KING, DIRECTOR 860-425-6617 **gking@tvcca.org**

Senior Foot Care Clinic: New London Senior Center and Visiting Nurses Association are partnering to provide free foot care to New London seniors once per month. Please check back with us later on for the clinic re-opening date.

Benefits Check Up Program: Please call Senior Resources Office directly for an appointment (1-800-690-6998 or 860-887-3561).

Senior Resources AGENCY ON AGING

Food Pantry for Seniors - Our food pantry program, Commodity Supplemental Food Program (CSFP), is for persons 60 years of age and older and has an income limit requirement. The food is delivered to our senior center once per month. **Please call Marina for details: (860) 437-6339.**

CONNECTICUT FOOD BANK

Gemma E. Moran United Way/Labor Food Center AFL-CIO

The Community Health Center's - Senior Dental Program - 1 Shaws Cove, New London- Phone: (860) 447-8304

For assistive medical devices such as **wheel chairs, walkers, canes or crutches**, please contact: **Chelsea Foundation** in Groton (860) 448—2263.

TVCCA COMMUNITY ACTION PEOPLE HELPING PEOPLE

Regular **meals** are served daily. Monthly menu can be found on page 3 of this newsletter. Please remember to make your reservation for the days you will be visiting the Center. Invite a friend or family member to come join you at the Bistro meals on Mondays!

TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, MPH, RD/LDN.

TVCCA MEALS-ON-WHEELS MENU ~~ MAY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 **Ethnic Celebration** Steak Fajita "Bowl" Yellow Rice & Black Beans Broccoli Tropical Fruit Cup	4 Stuffed Chicken Cordon Bleu Pasta Shells w/ Herbs Green Beans Mandarin Oranges	5 Whole Grain Fish Sticks Tater Tots Broccoli, Peppers, & Mushrooms Applesauce Cup	6 Sweet & Sour Pork Steamed Rice Brussels Sprouts Diced Peaches	7 Salisbury Steak w/ gravy Garlic Mashed Potatoes Green & Yellow Squash Fresh Fruit
10 Chicken Parmesan Farfalle Pasta w/ marinara Green & Waxed Beans Pineapple Tidbits	11 Pork Sausage & gravy Tater Tots Squash Mix w/ Carrots & String Beans Tropical Fruit Cup	12 Meatballs Marinara Penne Pasta Brussels Sprouts Fresh Fruit	13 Cod w/ Lemon Dill Sauce Parsley Potatoes Corn w/ Onions & Peppers Mandarin Oranges	14 **Frozen Meal** Beef Hot Dog w/ Bun Baked Beans Broccoli Mixed Fruit Cup ***TVCCA Employee Appreciation*** **Senior Nutrition Program Closed**
17 Cheese Omelet Home Fries Mixed Vegetables Medley Fruit Cocktail	18 Swedish Meatballs Egg Noodles Peas & Pearl Onions Fresh Orange	19 Teriyaki Chicken w/ Broccoli Steamed Rice Corn w/ Onions & Peppers Mixed Fruit Cup	20 Italian Pork Sausage & Peppers Penne Pasta Zucchini, Peas, & Carrots Applesauce Cup	21 **Birthday Celebration** Creamy Dijon Chicken Herb Roasted Potatoes Squash Mix w/ Carrots & String Beans Birthday Treat Orange Juice
24 Crispy Cod Macaroni & Cheese Peas & Carrots Fresh Orange	25 Philly Cheesesteak w/ roll Sweet Potato Tater Tots Mixed Vegetables Medley Fruit Cocktail	26 Cheese Pierogis Kasha (Wheat Berries w/ Roasted Vegetables) Broccoli Diced Peaches	27 Country Style Chicken Buttermilk Mashed Potatoes Green & Waxed Beans Pineapple Tidbits	28 Shrimp Stir-Fry Steamed Rice Japanese Vegetable Blend Pears w/ Mandarin Oranges
31 **Frozen Meal** BBQ Pulled Pork w/ bun Baked Beans Green & Yellow Squash Pineapple Tidbits ***Memorial Day Holiday*** **Senior Nutrition Program Closed**			***1% milk and whole grain bread are served with each meal. Menu is subject to change without notice***	**TO CANCEL A MEAL** **Please Call:** **Meals-on-Wheels Office** **860-934-1006** 72 hours notice is appreciated (24hr voice mail available)

Mother's Day Trivia

Name _____ Correct Answers _____

1. When Mother's Day was made an official U.S. holiday?

A. 1908
B. 1914
C. 1966
D. 1972

2. Who created the American tradition of Mother's Day?

A. Susan B. Anthony
B. Louisa May Alcott
C. Anna Jarvis
D. Florence Nightingale

3. How does Mother's Day rank among U.S. holidays with the largest number of greeting cards exchanged?

A. 7th
B. 3rd
C. 5th
D. 2nd

4. "Mama's Song" is a song recorded by American country music singer...

A. Johnny Cash
B. Miranda Lambert
C. Carrie Underwood
D. Dolly Parton

5. Who is not part of the cast from drama comedy movie from 2010 "The Kids Are All Right"?

A. Daryl Hannah
B. Annette Bening
C. Julianne Moore
D. Mia Wasikowska

6. During which month are most babies born?

A. June
B. August
C. September
D. November

7. Which U.S. President made Mother's Day a permanent national holiday?

A. Lyndon B. Johnson
B. Richard Nixon
C. Woodrow Wilson
D. Calvin Coolidge

8. What is the official Mother's Day flower?

A. Roses
B. Tulips
C. Carnations
D. Lilies

9. In which country Mothers Day is not celebrated on same day as in U.S.?

A. Ireland
B. Brazil
C. Italy
D. China

10. What's the record for most children born to one mother?

A. 19
B. 23
C. 41
D. 69

11. In what years Hallmark Cards and other companies started selling Mother's Day cards?

A. 1910s
B. 1920s
C. 1930s
D. 1940s

12. What did mom Anna Lee Fisher achieve distinction for?

A. First Mom of septuplets
B. First Mom in space
C. First Mom who circumnavigated the globe
D. First Mom of quintuplets

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ANSWERS: 1) b 2) c 3) b 4) c 5) a 6) c 7) c 8) c 9) a 10) d 11) b 12) b

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