

## Happy October!

It seems our summer flew by! Looking forward to some sun and good weather in October for walking on the Mill Pond Way Trail! Wolcott's picturesque trail will surely put a smile on your face and a skip in your step! You may even find some hidden gems along the paths. Many towns are a part of the "Kindness Rock Project". Look for specially painted rocks or rocks with inspirational quotes along the way. These rocks are painted by Wolcott residents and others, young and old and are placed along the paths of the trail for some lucky person to find. You can join "Wolcott Rocks" on Facebook and see pictures of these beautifully crafted rocks and pictures of the lucky people who have found them! Join in the fun of creating a treasure for someone to find. Make their day and put a smile on someone's face!

Our senior center is open regular hours from 8:30 AM-3:30 PM Monday-Thursday and close at 12:00 PM on Friday. Regular activities have resumed with in-person exercise classes Monday-Thursday from 10:00 AM to 11:00 AM. We will continue to zoom all exercise classes for seniors who wish to participate in the comfort of their home. Chair Yoga is at 11:00 AM every Thursday. Bingo is every Wednesday, from 12:30 PM-3:00 PM. We will be using disposable paper bingo sheets so please bring your bingo chips and daubers. We have a limited supply of daubers and bingo chips for purchase. Line dancing is every Monday afternoon from 1:30-3:00 PM and setback is every Thursday afternoon from 12:30-3:00 PM along with daily setback games beginning at 9:00 AM.

We are offering "Grab and Go" lunches from New Opportunities every Tuesday and Thursday at 11:30 AM pick up. To qualify, you must be at least 60 years of age and fill out a Form-5 sheet that will be provided. The suggested donation for lunch is \$3.00. Order Friday for Tuesday lunches and Tuesday for Thursday lunches. Call the senior center or stop in to pick up a menu for October.

We are continuing with weekly breakfasts and lunch specials giving a choice to "eat-in" or "take-out". (Coffee will be served for "eat-in" only.) A "BIG THANKS" to all the seniors who have supported all our breakfasts & lunch specials!  
**Call the center to order 203-879-8133**

**October Breakfast Special Menu-\$2.00 pp:** Fri. Oct 8—Bacon, Egg & Cheese on a Toasted Roll & Dessert  
Fri. Oct 22—Belgium Waffles w/ Strawberries & Whipped Topping, Bacon & Dessert  
Wed. Oct 27—Sausage Patti, Egg & Cheese on a Toasted Roll & Dessert

**October Lunch Specials Menu-\$3.00 pp:** Wed. Oct 6—Italian Combo w/ Lettuce on a Sub Roll (Ham, Salami & Provolone Cheese), Chips & Dessert  
Wed. Oct 20—Chicken Salad w/ Lettuce on a Roll, Chips & Dessert  
Wed. Oct 27—Turkey Breast & Cheese w/ Lettuce on a Roll, Chips & Dessert

**Halloween "Pizza" Luncheon- pizza sponsored by State Senator Rob Sampson and State Representative Gale Mastrofrancesco—Thurs. Oct 28, 2021-11:30 AM--\$5.00 pp. Must Call by Tues., Oct. 26 to order lunch. 2 pieces Cheese Pizza, Tossed Salad, Dessert, Candy Treats—Eat In or Take Out—Sign up at the Senior Center**

**Free Driver's Safety Class—Tues. Oct 7—11:00 AM-3:00 PM—Class is limited to 25 participants**  
Lunch break at 11:30 AM-bring your own lunch or sign up for lunch at the senior center--\$3.00 pp  
Auto Insurance discounts for participating insurance companies upon completion of class. Sign up at the Senior Center

**Foot Reflexology w/ Kim Stewart—Tues. Oct 26—11:30 AM-2:00 PM--\$20.00 for 20 minutes of relaxation! Sit back & Relax—Let Kim work her magic! Sign up at the senior center.**

**Bus Trips: Sign up at the Senior Center**

Sun. Oct 3—9:45 AM bus leaves for brunch at Shadows on the Hudson followed by a Cruise on the Hudson River--\$75.00 Includes brunch & cruise.

Tues. Oct 5—11:00 AM Bus leaves for lunch at The Great Taste of China

Thurs. Oct 7—9:00 Bus leaves for shopping at The Christmas Tree Shop

Sun. Oct 10—1:00 PM Bus leaves for Seven Angels Theater for “Nunsense With A Twist”--\$30.00 pp

Tues. Oct 12—9:45 AM Bus leaves for shopping at Boscov’s

Thurs. Oct 14—11:30 AM Bus leaves for lunch at Puerta Vallarta Mexican Restaurant

Tues. Oct 19—11:00 AM Bus leaves for lunch at Staropolska Polish Restaurant

Thurs. Oct 21—9:00 AM Bus leaves for shopping at Lee Massachusetts Outlets

Sun. Oct 24—12:45 PM Bus leaves for Thomaston Opera House for “Kinky Boots” Show--\$26.00 pp  
Dinner to follow at Crabby Al’s Seafood Restaurant

Tues. Oct 26—11:00 AM Bus leaves for lunch at The Blue Colony Diner

Wed. Oct 27—8:00 AM Bus leaves for The Butterfly Museum, Richard’s (Home-Made) Candy Store, Old Deerfield Country Store & Yankee Candle in Deerfield, Massachusetts

Currently, fully vaccinated people have a choice to wear or not to wear a mask while inside the senior center. **Non-vaccinated people must wear a mask inside the senior center.** If you need a disposable mask to wear, they are available at each entrance of the building. We have wall mounted hand sanitizers located on the inside walls at each entrance for you to use as you enter the building and portable sanitizers will be at each table.

**A BIG THANKS TO STERLING SERCURITY SYSTEMS** for donating and installing a new alarm system at our senior center!! We are so grateful for this generous donation!!

**PARKING POLICY: PARKING AT THE SENIOR CENTER IS FOR SENIOR CENTER PARTICIPANTS ONLY. IF YOU ARE WALKING THE TRAIL, PLEASE USE WOODTICK RECREATION PARKING LOT AS WE HAVE LIMITED PARKING SPACES FOR OUR SENIORS.**

Our newsletter is available on the Wolcott website at [www.wolcottct.org](http://www.wolcottct.org) under “Senior Center” along with general information regarding senior center activities, bus trips, and daily bus use of the Wolcott minibus and Dial a Ride bus for shopping or doctor visits.