

# TVCCA SENIOR CAFE MENU DECEMBER 2021

## TUESDAY

## WEDNESDAY

## THURSDAY

<p><b>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</b></p>	<p><b>1</b> <u><b>Birthday Celebration</b></u> Pork Taco "Bowl" Roasted Garlic Rice Mixed Vegetables Medley Birthday Treat Grape Juice</p>	<p><b>2</b> Cheese Pierogis Farro (Wheat Grain w/ Roasted Vegetables) Broccoli Pineapple Tidbits</p>
<p><b>7</b> Pork Sausage &amp; Gravy Tater Tots Squash Mix w/ Carrots &amp; String Beans Fresh Fruit</p>	<p><b>8</b> Stuffed Cod w/ Shellfish Herb Roasted Potatoes Broccoli Mixed Fruit Cup</p>	<p><b>9</b> Beef Chili Loaded Mashed Potatoes Zucchini Corn w/ Peppers &amp; Onions Diced Peaches</p>
<p><b>14</b> Crispy Cod Macaroni &amp; Cheese Zucchini, Peas, &amp; Carrots Applesauce Cup</p>	<p><b>15</b> <u><b>Holiday Celebration Meal</b></u> Herb Roasted Prime Rib Garlic Roasted Potatoes Squash Mix w/ Carrots &amp; String Beans Assorted Holiday Cookies Apple Juice</p>	<p><b>16</b> Western Omelet Sweet Potato Tater Tots Peas &amp; Pearl Onions Mixed Fruit Cup</p>
<p><b>21</b> Chicken Fajita "Bowl" w/ cheddar cheese Spanish Rice Mixed Vegetables Medley Sweet Treat Grape Juice</p>	<p><b>22</b> Salisbury Steak w/gravy Egg Noodles Peas &amp; Pearl Onions Applesauce Cup</p>	<p><b>23</b> Cheese Omelet Home Fries Squash Mix w/ Carrots &amp; String Beans Diced Pears</p>
<p><b>28</b> Braised Beef Tips Mashed Potatoes Corn w/ Peppers &amp; Onions Mixed Fruit Cup</p>	<p><b>29</b> French Style Chicken w/ wine sauce Turnips w/ Herbs Zucchini &amp; Yellow Squash Fresh Orange</p>	<p><b>30</b> Meatballs Marinara Penne Pasta Green &amp; Waxed Beans Pineapple Tidbits</p>

Please make your lunch reservation a week in advance

**TEEG**  
Community \* Faith \* Business

TEEG Senior Service Program is sponsored in part by Senior Resources Agency on Aging with Title III Funds made through the Older Americans Act.

**Medicare's Open Enrollment starts October 15th and runs through December 7th! Call TEEG now to schedule an appointment: (860)923-3458**



Connecticut's State Health Insurance Assistance Program - **CHOICES** – provides free, unbiased one-on-one benefits counseling on all parts of Medicare, including enrollment assistance and plan comparisons for Medicare Advantage Plans and Medicare Prescription Drug Plan. CHOICES Counselors are not insurance agents/brokers and do not charge for services. Contact TEEG today to schedule an appointment with a Certified CHOICES Counselor to discuss your Medicare questions.



### **The Resource Center**

Located in the lower level of the building, you will find the revamped Resource Center. Whatever the source you are looking for, chances are you will find information on it right there in the building from TEEG Programs, to Senior Resources, Choices Counseling, senior home care, Directory, Town programs, Recreation programs, and much more. If you don't see it, just ask us.

# \*\* Pomfret Senior Center December 2021 Calendar\*\*

Tuesday			Wednesday			Thursday		
Time	Upper Level	Lower Level	Time	Upper Level	Lower Level	Time	Upper Level	Lower Level
			1			2		
			9:00-10:00	Walking Club	at Railroad Dr	10:00:00-11:30	Knitting Club & Game Day	
						10:30-11:45		Movie: Mulan
			10:30-11:30		Traditional Yoga			
			11:45-12:45	Lunch		11:45-12:45	Lunch	
			1:00-2:00	Show N' Tell		12:15-1:00		Mulan (cont.)
7			8			9		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-11:30	Knitting Club	
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga	10:00-11:30	Christmas Deco- rating	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00	Craft: Christmas Gnomes	Tech Support	1:00-2:00	Game Day	Chair Massage	1:00-2:00	Birthday Celebra- tion & Trivia	
						1:00-3:00		PCM
14			15				16	
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-11:30	Knitting Club	
10:30-11:30		Chair Yoga	10:30-11:30		Traditional Yoga	10:30-11:30	What Cookin': Christmas Cookies	
11:45-12:45	Lunch		11:45-12:45	Lunch		11:45-12:45	Lunch	
1:00-2:00	Better Life- Memory Lane		1:00-2:00	Game Day		1:00-2:00	Bingo	
1:00-3:00		PCM						
21			22			23		
10:00-10:30	Lunch Pick up		9:00-10:00	Walking Club	at Railroad Dr	10:00-2:00	Christmas Party	
10:30-11:30	Chair Yoga		10:30-11:30		Traditional Yoga			
11:45-12:45	Lunch	<b>NO TECH SUPPORT</b>	11:45-12:45	Lunch		11:45-12:45	Lunch	
12:00-3:00		Holiday Distribution	1:00-2:00	Game Day	Chair Massage	12:45-2:00	Yankee Swap	
28			29			30		
10:00-10:30	Lunch Pick up		<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>
10:30-11:30		Chair Yoga						
11:45-12:45	Lunch							
1:00-2:00	Book Club	Tech Support						
1:00-3:00		PCM						