



QVSCC TIMES INSIDER

OCTOBER 2026 | (860) 774-1243 | MON-FRI 9AM - 2PM

Serving: Brooklyn, Canterbury, Eastford, Killingly, Plainfield, Pomfret, Putnam, Sterling, Thompson, Woodstock

Reminder: Daylight Savings Time ends on Sunday, November 1st. Fall Back!

BIG DINNER: Oktoberfest Celebration!

Join us for our annual Oktoberfest feast. It's a wonderful time to gather with friends and enjoy a traditional, hearty autumn meal and great live music.

Menu Includes:

Marble Rye with Butter
Roast Pork with Sauerkraut
Warm German Potato Salad
Marinated Cucumber & Onion Salad
Spiced Carrot Cake

Event Details:

Date: **Friday, October 23rd**
Doors Open: **9:30 AM**
Entertainment: **John Banker (10:15 AM)**
Dinner Served: **11:15 AM**
Cost: **\$15 Members / \$20 Non-Members**

Please R.S.V.P. by October 15th. You must pay at the time of sign-up. Thank you!

Annual Christmas Bazaar

Saturday, November 14th | 8:00 AM to 12:00 PM

Our bazaar is right around the corner! We will have breakfast, French Pies, baked goods for sale, and a special visit from Santa with the Elves. We have lots of seasonal items for sale—you're sure to find that special treasure.

Donations & Baskets: We are looking for Christmas-themed items and general donations. If you wish to donate one of our famous beautiful raffle baskets, we would be extremely grateful.

We are always looking for volunteers. This is our biggest fundraiser of the year, and we hope you will support us!

Medicare Open Enrollment

October 15th – December 7th

Annually, this is the time to review your Medicare choices. Maybe your needs have changed, or the insurance company has made changes to your coverage for 2027. This is your opportunity to make adjustments if you need to.

Please call us at (860) 774-1243 to set up an appointment to review your coverages.

Note: Counseling during this period is strictly by appointment only. Thank you!

Health, Wellness & Assistance

Day Kimball Health at Home Presents: Fall Prevention

Wednesday, October 28th | 9:30 AM to 10:30 AM

For all of you who attended our last Fall Prevention class in April, or if you are new to the program, this will be an important class. Preventing and reducing our risk for falls is key to promoting and maintaining good health.

This is a one-day educational and interactive exercise group that encourages active participation, however, participants can attend just to watch and learn. The focus is providing tips and demonstrating safe balance and stability exercises designed to be performed at home.

The purpose is to show what one might expect from performing exercises safely at home, taking a community exercise class, or receiving Physical Therapy services. *Please call to register for this class.*

Medicare Savings Program & Low Income Subsidy

We have Choices Trained Counselors available at the center who can help determine if you might be eligible for these money-saving programs. Enrollment for the Medicare Savings program is always open.

Since assets don't count, you may be eligible and automatically qualify for the Low Income Subsidy. If eligible, your Part B cost of \$202.90 would no longer be deducted from your social security check. Additionally, your premium for any Part D "benchmark" prescription plan would be paid in full, and you will pay only \$5.10 for generic drugs and \$12.65 for brand-name drugs.

Income Limits: Single: \$3,272.00 | Married Combined: \$4,437.00 (Work income is calculated at 50%). Even if you are near these guidelines, consider scheduling an appointment. We can help with the application process!

- **Gordon Schies:** Thursdays 10:00 AM - 1:00 PM
- **Sophie Charron:** Various availability

Healthy Nutrition for Aging

Tuesday, September 29th
12:00 PM - 1:00 PM

Putnam Town Hall
200 School Street Road
Putnam, CT 06260

Join us for a free informative discussion on nutrition and healthy aging led by Day Kimball Health nutrition expert Caitlyn Sward. Discover practical strategies for maintaining a healthy lifestyle, supporting cardiac health, and maximizing nutrition as you age.

The presentation concludes with a Q&A session with the expert.

AARP Safe Driving Class

Friday, October 2nd
9:30 AM to 1:30 PM

Refresh your driving skills and potentially lower your auto insurance. Please bring your AARP card to class.

Cost: AARP Members
\$20.00 / Non-Members
\$25.00.

Cash or check payable to AARP.

Please call to register.

Center Activities & Services

Day of the Week	Scheduled Activities & Programs	
Mondays	9:00 AM	Knitting & Crocheting (until 11am)
	9:30 AM	Medicare Choices Counseling (until 12:30pm)
	10:00 AM	Fitness Over Fifty Exercise
	10:45 AM	Mah Jong
	11:30 AM	Lunch (TVCCA Café - RSVP 48hrs)
	12:00 PM	PO-KEE-NO (until 2pm)
Tuesdays	9:00 AM	Quilting - All Levels Welcome (until 12pm)
	11:30 AM	Lunch (TVCCA Café - RSVP 48hrs)
	1:00 PM	Bridge Group (until 4pm)
Wednesdays	11:30 AM	Lunch (TVCCA Café - RSVP 48hrs)
	1:00 PM	Rummikube
Thursdays	9:00 AM	Fitness Over Fifty Exercise (until 10am)
	9:30 AM	Medicare Choices Counseling (until 12:30pm)
	10:30 AM	Big Y Bread Donation
	11:30 AM	Lunch (TVCCA Café - RSVP 48hrs)
Fridays	9:00 AM	Pitch/Setback Card Games
	11:30 AM	Lunch (TVCCA Café - RSVP 48hrs)

News & Special Events

- **Trivia Anyone?** Wednesday, Oct 21st (1:00 - 2:00 PM). Bob & Wayne are back by popular demand! General trivia, cinema, music, and baby boomer fun. Call to register.
- **Book Club:** Meets Wednesday, Oct 14th at 1:00 PM. This month's book is *The Book Thief* by Markus Zusak. New members welcome!
- **Barber Services:** Jennifer Houle will be here Wednesday, Oct 28th (9:00 AM - 1:00 PM). Simple haircuts for men and women are \$15. Call to register.
- **Chair Yoga:** We have an instructor looking to start a weekly program in October. Please call to express your interest so we can finalize details!

Center Reminders

- **Gramma's Attic:** Stop and shop! Open to everyone. We accept clean, unbroken donations (Mon-Fri 9-2). No curtains, bedspreads, or pillows, please.
- **2027 Membership Dues:** If you haven't paid, please stop in. Dues are now \$15.00 per year.
- **Payment Policy:** When paying for dinners or activities, please write a separate check for each event, or pay with cash. This reduces confusion.
- **Watch Batteries:** See Sophie to get your watch battery replaced for \$5.00.
- **Medical Equipment:** Call us if you need walkers, canes, shower chairs, etc. We also accept donations.
- **Bunco:** Note, there will be NO Bunco played in October.

Community News & Resources

Food Pantries

Mobile Food Pantry: Central Assembly of God, 350 Putnam Rd. Wauregan. Every other Thursday (9:45-10:45 AM). Dates: Oct 1, 15, 29, Nov 12. Bring your own bags.

Veterans Base Camp: 108 England Rd, Chaplin. Weds (12-4 PM) & 1st/3rd Saturdays (11 AM-2 PM). Bring your own bags!

Access Food Pantry: Canterbury Town Hall. 1st Wednesday of each month (1:30-2:00 PM). All are welcome.

Support & Assistance

CT Energy Assistance: Taking applications for 2026-2027. Benefits \$355-\$705. Apply in person at Access Agency, 231 Broad St., Danielson, or call (860) 412-1600.

Caregiver Support Group: Caring for someone with Alzheimer's/Dementia. Meets 2nd Thursday (Oct 8, Nov 12). Call Kathy Demers: (860) 377-6416.

Veterans: Free medical rides in CT & RI. Call (860) 317-1025. Veterans meet at QVSCC Friday Oct 2 & 16 at 9:00 AM.

Farmers' Market Vouchers: Deadline for e-card app activation is 9/30/2026. Must be 60+ and income eligible.

American Red Cross Blood Drive

Wednesday, December 23rd | 12:00 PM to 5:00 PM

Thank you for your tremendous support of our September drive! Blood supplies remain low. Give the gift of life this holiday season. Register at redcross.org or call Sophie at (860) 774-1243.

Center Directory & Board of Directors

Center Director (Sophie Charron)	860-774-1243	Energy Assistance	860-412-1600
Medicare Choices Counseling	860-774-1243	Meals on Wheels	800-560-5015
Northeast Transit	860-774-3902	Social Security	877-405-0488
TVCCA Café	860-774-1243	United Services	860-774-2020
Veterans Service Officer (Bob Kelly)	860-729-9673	Info Line	211

Board of Directors: Harry Adams, Diane Allen, Pauline Beauregard, Amy Brosnan, Leo Chatelle, Joan Duggan, Eunice Goodman, Carolyn Logee. Alternate: Yvette Zahansky.

Next Board Meeting: Thursday, October 29th at 10:15 AM. Note: The Center will be CLOSED on Monday, October 12th for Columbus Day.

Quinebaug Valley Senior Citizens Center

69 South Main Street
Brooklyn, CT 06234
Director@QVSCC.org

Presorted Standard
PAID
Permit No. 59
Non-Profit Organization