“August brings the sheaves of corn,
Then the harvest home is born”

Game Time!

Setback, Trivia, Cribbage
Are you ready to test your luck?

Join us each Tuesday at 1pm for Setback.

Wednesday’s we rotate each week between Trivia and Cribbage.

August 4th & 18th meet for Trivia at 10am
Cribbage will be played August 11th & 25th at 1pm

**The 3rd Tuesday of each month Setback will not be played, please feel free to pop in and play a game of choice. Scrabble, Trivial Pursuit, etc. There are many to choose from.**

Card Games provide convenient ways to have fun, either alone or as part of a group. They eradicate boredom, relieve stress and make social engagements easier, more enjoyable and less intimidating. They also help exercise our BRAINS. For some people, playing certain types of games might be beneficial for things like mood memory, concentration, reasoning, and imagination.

Come join us!
Seniors, do you need a ride to a doctor’s appointment, grocery store, bank, senior center activities or interested in taking a day trip? Please call 860-379-3389 we will make it work for you!

The Senior Van continues to run. Please Call Town Hall to schedule your appointment, 860-379-3389.

**Must call in advance if you wish to reserve the van. All medical appointments are first priority.

Blood Pressure Screenings

Joanie from the VNA will be at the New Hartford Senior Center Tuesday, August 8th for Blood Pressure Screenings from 9:45-10:45. She will also be available on September 1st at 9:45.

If anyone is interested in the Foot Clinics, please let me know so arrangements can be made.
Parmesan Squash Zucchini Bake

I know many of you have an abundance of squash and zucchini growing in your gardens. There are so many amazing recipes however this caught my eye. Served as a meal or side dish, it’s sure to be a crowd pleaser!

Parmesan Squash Casserole is a perfect way to use up all that squash and zucchini from the garden. Seasoned with fresh herbs and cheeses, this is a delightful side dish to any meal.

**Ingredients**

- 4 yellow squash and/or zucchini (about 8 cups sliced)
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 tablespoon fresh thyme leaves or 1/2 tsp dried thyme
- 2 tomatoes sliced
- 2 eggs
- 1/3 cup light sour cream
- 1 cup crumbled feta not tightly packed
- 2 tablespoons grated parmesan cheese
- 1 tablespoon lemon juice
- salt and pepper - to taste

**Instructions**

Preheat oven to 375 degrees and spray a large casserole dish with nonstick spray. 
Slice the squash into 1/4” slices. If they are larger squash, cut them down the middle before slicing. 
Heat oil in a large non-stick frying pan.
Add the squash, garlic, and thyme.
Sauté and stir until the squash is just starting to soften. Don't overcook!
Remove from heat and add tomatoes.
Beat together the eggs, sour cream, cheeses, and lemon juice in a medium sized bowl.
Place half of the squash into the bottom of the casserole (you can be fancy and layer it like in the picture or you can just toss it in).
Sprinkle on some salt and pepper then spread 1/2 of the egg mixture over the top.
Repeat with remaining squash and egg mixture.
Top with additional feta and Parmesan if desired.
Bake for 40-45 minutes, until the mixture is bubbling and slightly set.
Serve hot.

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**Let’s Play**

**Mark your calendar for Wednesday, August 18th at 12:00pm**

**Bring your own Brown Bag lunch!** We’ll enjoy some conversation I’m sure a few laughs.

Bingo will be played after lunch. $5.00 per card, $7.50 for three cards. (8 card limit). $1.00 per card after the 3 card limit. Prizes! RSVP by Monday August 16th 860-379-3980
Local Updates

We are teaming up with the Winsted Senior Center

Trips, Trips, Trips

Atlantic City Getaway to Caesars
October 26-28, bus departs at 8am

We are filling up quick. Everyone loves this package...the perks practically pay for themselves. Trip includes: transportation, 2 nights accommodation at the hotel/casino, $50 slot bonus, $50 meal voucher, 2 fantastic shows - “Laughs & Legends” and “Frankie Valli Tribute”, cancellation protection, occupancy taxes, hotel baggage handling and driver gratuities. Pick up a flyer for all the details. Bus returns at approximately 8pm. Cost: $275 per person double, $365 per person single, $255 per person triple

Country Legends at the Log Cabin with Songs of the Grand Ole Opry
Tuesday, new date November 23

Enjoy the beautiful views overlooking Mt. Tom at the elegant Log Cabin, Holyoke, MA Banquet Facility and a delicious lunch of hor d’ouevre’s signature bread, fresh garden salad, baked ham and scrod, chef’s choice potato and vegetable, dessert, coffee and tea. Trip includes: transportation, lunch, show, meal taxes and gratuities. Cost: $88 per person

**For More Information call 860-379-4252 x1

THE BIG E - CONNECTICUT DAY
WEDNESDAY, SEP 22, 2021 COST: $95 pp

Enjoy the day at New England's Great State Fair - The Big E - for Connecticut Day!

**Deluxe Motorcoach **Safe Journeys by Friendship Tours: our commitment to a safe journey protocols will be implemented. **Smaller Groups: Tours will be limited to fewer passengers. **Admission to The Big E for Connecticut Day **Friendship Tours Tour Director **Trip is rain or shine.

Call 860-243-1630 to sign up

By Special Request, it’s time to bring back our Coffee & Chat groups. Each Monday we will meet at 10am with coffee & tea available. Bring your own snack, and if you prefer your own coffee or tea. It’s a great time to get caught up with friends and socialize.

New YOGA class beginning on Thursday evenings in the Senior Center at Town Hall 5:00 pm - 6:00 pm; all ages welcome!

Frances Herman, a certified YOGA instructor, invites you to join her evening YOGA classes to be held in the New Hartford Senior Center from 5:00 pm – 6:00 pm on Thursday evenings, starting May 27. The fee for each class is $10.00 payable by cash or check to New Hartford Recreation. Bring your own mat and join the fun. Attend classes as your schedule permits- no need to register in advance. For additional information, please contact Town Hall at 860-379-3389.

Brodie Summer Concert Series are every Wednesday at 6:30 pm. Join us in front of Berkshire Hall for a relaxing evening of live musical entertainment. Bring a picnic, blanket, lawn chairs and visit with friends and neighbors during these FREE concerts.
**Join Robyn Centrella for In person fitness classes!**

*Class will be held in the Senior Center, on the 3rd floor, Town Hall*

All activities will be posted on our town calendar as they become available. Stay tuned for more updates!