

W I N S T E D Active Aging S E N I O R C E N T E R

Happy, Healthy, Curious & Safe Adults Age 55+

September 2025

Labor Day Luncheon

Wednesday, August 27, 11:30am

Celebrate the contributions that workers have made for the strength, prosperity, laws and well-being of our country. Enjoy a delicious lunch including a bacon cheeseburger, cuke salad, pasta salad and special dessert. Afterward, Jim Moore will entertain us with country music favorites. **Purchase your ticket at the office until August 22. Cost: \$7**

Fall Fun Brain Games

Wednesdays, September 10, October 8, November 12, 12:30pm

Keeping our brains active is so important! Each class, the group plays a fun "brain game" because just like any muscle in our body that keeps us strong and active, the brain needs a good workout to stay healthy. Enjoy some socializing while you are at it. Thanks to Geer Village. **To register, please call 860-379-4252 x1.**

Tips for Managing Your Weight

Thursdays, September 11, October 9, November 13, December 11, 12:30pm

Did you know...our brain influences what we crave? Did you know...when it comes to weight loss, calories in and calories out is not the whole picture? Did you know...what we eat today influences what we will want to eat tomorrow? Join us for this 4-part series and learn to optimize your brain's response to food for better weight management and to optimize your wellbeing. You are welcome to come to one or all of the classes. **To register, please call 860-379-4252 x1.**



59th WSC Anniversary Party

Thursday, September 18, 11:30am

Green Woods Country Club, 300 Torrington Street, Winsted



Let's gather together to celebrate our special day. Enjoy arugula salad with apples, cranberries, goat cheese & maple balsamic vinaigrette, rolls & butter, your choice of roast beef with mushroom demi or stuffed chicken with spinach, roasted peppers & brie, for dessert apple mixed berry crisp with ice cream and coffee & tea. Afterward, tap your foot, sing along or dance to Jen DiSapio's collection of great songs. **Cost: \$24 per person for members, \$30 per person for non-members** (Tickets available until Sept.11). **50/50 tickets will be available at the party and the September drawing will be at the party.**

Get the Most From Your Medicare Benefits

Wednesday, September 24, 12:30pm

Knowledge is power. Discover how to take full advantage of your Medicare plan benefits including using preventive coverage, appropriate prescriptive drug coverage, in-network services and more. With Medicare Enrollment period starting October 15th, you can be sure you will start seeing confusing ads on tv and in your mail. Be informed and confident this year, attend this presentation. Thanks to Kerri Anderson, Oak Solutions, 860-806-9591. **To register, please call 860-379-4252 x1.**

Tent-tember

until Tuesday, September 30

Make a difference by donating a new or clean, used tent or sleeping bag or funds toward purchasing them for our neighbors who are unsheltered. Please drop items in the bin at the Senior Center or at Social Services @ the Winsted Town Hall office (3rd floor) and we will make sure they get to the men, women and children who need them in our community.

Our Farmers Market at the Center

Thursdays, 10-11am

Enjoy fresh seasonal vegetables from NW Corner Farm for purchase or use your State of CT Farmers Market Card here at the Center...**Please bring your own bag.** If you haven't received a Farmers Market Card and you qualify, just ask us.

SAVE
THE DATES

Anniversary Lunch - Sept. 18
at Greenwoods Country Club

Oktoberfest Lunch - Oct. 1

Flu Shot Clinic - Oct. 10

Halloween Lunch - Oct. 31

Neighborhood Health Clinic-Nov.4

Veteran's Lunch - Nov. 5

Thanksgiving Lunch - Nov. 20

Holiday Lunch - Dec. 4

at Greenwoods Country Club

Holiday Lunch - Dec. 10
at the Center

New Years Lunch - Dec. 31

Phone Number
860-379-4252

Hours
Monday thru Friday, 8am to 3pm
(with exception of holidays)

On occasions, we may be closed early because of staffing

Senior Center Staff

Director/Municipal Agent - Jennifer Kelley
Office Assistants - Craig Closson, Keith Greene & Ann Sears
Van Driver - Leron Williams

Senior Enrichment Program Staff

Program Director - Robin Bardino
Program Aide - Linda Moore
Program Aide - Tammy Kent
Program Aide - Concetto Marino
Program Aide - Enit Guaraca
Program Aide - Susan Jasch
Program Aide - Cheri Cianciolo

Nutrition Program Staff

Kitchen Manager - Tina Puckett
Volunteers - Helen Dombrowski, Sheila Jackson, Alan Marek,
 Irma Puckett & Roni Trotto

Volunteers

Bingo - DeLyce (Dee), Debra Wuori, Sylvia Landi &
 Sally Mangione & Karen
Line Dancing - Kathy Asselin, Fran Cooper, Sandy Muckle,
 Kathy Sobol

Volunteers don't get paid, not because they are worthless,
 but because they are priceless. Sherry Anderson

Memorial Donations

The Center has a Memorial Fund for people wishing to make
 a donation in memory of a friend or relative. Please make
 checks out to the Winsted Senior Center.

Suggestion Box

Have an idea or suggestion, we now have a box located
 on the table in the Sunroom.

Senior Citizen's Commission

If you would like to help the older adults in our community
 maintain their independence, by providing peer support
 and information, please call Jen at 860-379-4252 x4.

Social Service @ Winsted Town Hall

(3rd floor Social Service office)

Monday	McCall Behavioral Health Network	9am-4pm
Tuesday	HHC Housing Navigator	9am-4pm
Wednesday	Western CT Area Agency on Aging <i>(by appointment)</i>	9am-4pm
Thursday	New Opportunities Youth Service Bureau	9am-noon noon-6pm
Friday	Greenwoods Counseling <i>(and at the Soup Kitchen 11:15-12:30pm)</i>	9am-11am

(More info. On page 5)

Center Van Rides

Winsted Senior Center's Van is for residents of Winchester
 and Winsted, age 55 or older and people with disabilities,
 for travel in Winchester and Winsted only. To make
 a reservation, call the office, 860-379-4252 x1, at
 least 24 hours in advance. Seatbelts are required.

Medical Appointments

Please make medical appointments between 9:00
 and 11:00am and please call your doctor's office to
 confirm appointment.

Shopping or Errands

Limit of 4 bags per person. The driver will tell you when
 he will be back to pick you up. You must be there at
 that time and place. The driver does not have time to
 wait or to look for you.

Remember...one stop per ride and please be patient.
 The drivers are very busy. We try our best to be on
 time, but you may have to wait a short time. There
 may be times when we cannot give you a ride, or we
 may have to pick you up early for an appointment.

The suggested donation per ride is \$1.

**We have a list of all the public transportations
 options that are available in our area, just ask...**

Printed Newsletter

The printed newsletter is available at the Center and many
 locations around Town for free. To get it delivered by mail
 to your home, cost is \$9 for one year.

From the Internet Newsletter

Visit the Senior Center page at
www.townofwinchester.org/entities/senior-center

Emailed Newsletter

Please share your email address with us and abracadabra
 the newsletter will be emailed to you before it is printed.
 You will be the first to know what is going on and you will
 receive updates during the month!

Facebook Pages

Check out

Winsted Senior Page

Town of Winchester/Winsted, CT

Winsted CT Neighbors Helping Neighbors

All meals include margarine, milk
& coffee or tea

September

Reservations must be made by
11:30am the day before

860-379-4252 x2

The lunches provide 1/3 of the balanced mix of foods for an adult
When placing your reservation, please let us know if you have a food allergy

Suggested Donation is \$5.00 per Meal

ALL MEALS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1)	(2)	(3)	(4)	(5)
CLOSED LABOR DAY	Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Pineapple Tidbits	Vegetable Soup Crackers Grilled Ham & Cheese on Rye Bread Chips Pickle Fresh Fruit	Assorted Fruit Juice Bourbon Pork Potato Salad Sauteed Mixed Greens Wheat Bread Vanilla Pudding	Greek Chicken Salad with Mixed Greens, Tomatoes, Olives, Feta Cheese Kidney Bean Salad Italian Bread Fresh Fruit
(8)	(9)	(10)	(11)	(12)
Penne Pasta with Meatballs and Sauce Tomato Cucumber Salad Italian Bread Mixed Fruit	King Ranch Chicken Quarter Brown Rice Green Beans Wheat Dinner Roll Fresh Fruit	Spinach Quiche Roasted Potatoes Tossed Salad with Chickpeas & Black Olives Italian Dressing Wheat Bread Applesauce	Taco Salad With Ground Beef, Lettuce, Tomato, Cheese, Sour Cream, Salsa & Black Bean Corn Salad Tortilla Chips Pineapple Tidbits	Assorted Fruit Juice Minestrone Soup Turkey Reuben with Sauerkraut, Swiss Cheese and Thousand Island Chips & Pickle Fudge Brownie
(15)	(16)	(17)	(18)	(19)
Cheeseburger Crinkle Cut Fries Broccoli Florets Hamburger Roll Ketchup Fresh Fruit	Tropical Glazed Chicken Breast Confetti Brown Rice Green Beans Wheat Bread Lorna Doones	Spaghetti & Meatballs with Sauce Tossed Salad with Cucumbers, Tomatoes & Croutons Italian Dressing Breadstick Fresh Fruit	59th Anniversary Luncheon at Green Woods Country Club	BBQ Chicken Quarter Macaroni & Cheese Coleslaw Wheat Dinner Roll Applesauce
(22)	(23)	(24)	(25)	(26)
Potato Crusted Fish Tater Tots Broccoli Florets Tartar Sauce Wheat Bread Ketchup Pineapple Tidbits	Mediterranean Puttanesca Chicken Breast Lemon Orzo Zucchini Italian Bread Fresh Fruit	Pork Ribette with BBQ Sauce Baked Pinto Beans Confetti Coleslaw Grinder Roll Fresh Fruit	California Vegetable Soup Salisbury Steak with Gravy Mashed Potatoes Green Beans Wheat Bread Chocolate Chip Cookie	Chicken Fajitas with Cheddar Cheese Salsa & Sour Cream Cilantro Lime Rice Mexican Corn Flour Tortilla Mandarin Oranges
(29)	(30)			
"McWinsted Chicken Sandwich" Breaded Chicken Breast, Cheddar Cheese, Lettuce & Tomato Corn Chips Pickle Vanilla Pudding	¼ lb All Beef Hot Dog Macaroni and Cheese Coleslaw Hot Dog Roll Mustard Diced Pears			



59th WSC Anniversary Party

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Green Woods Country Club, 300 Tarringford Street, Winsted

Let's gather together to celebrate our special day with a delicious lunch. Afterward, tap your foot, sing along or dance to Jen DiSapio's collection of great songs. **Cost: \$24 per person for members, \$30 per person for non-members** (Tickets available until Sept.11).

CLASSES, CLUBS, GAMES & ACTIVITIES



That's right! To participate, you must be a current Winsted Senior Center member, cost is only \$6, complete paperwork and you must sign-in for each class.

Chair Yoga

Mondays & Fridays at 9:00am

Practice gentle weight bearing movements that strengthen your body and improve your balance to help reduce the risk of falling. Movements can be done on a chair or standing. Classes are offered in-person or by Zoom.

Zoom link: <https://us02web.zoom.us/j/326155172?pwd=Si8veUtsVytwcElWMVRmWS9DbGVhZz09>

Meeting ID: 326 155 172

Passcode: Winsted

Tai-Chi

Mondays & Fridays at 10:15am

Learn to improve your balance and flexibility, prevent joint injuries, protect your heart, increase focus and reduce stress and anxiety by following this traditional Chinese healing practice.

Drumming Circle

Mondays at 1pm

Drumming leads to increased focus, upper body coordination, connectedness, relaxation, boosts the immune system and will make you happy using djembe African drums and other percussion instruments. No musical experience is necessary.

Strong & Stretched

Tuesdays & Thursdays at 9:00am

Improve the quality of your life by lifting weights which helps rebuild the muscle that is lost as we age and stretching which helps improve flexibility, balance and range of motion. Class uses hand weights, fitness bands and bounce balls.

Noodle Fit

Tuesdays & Thursdays at 10:00am

With great music and movement our new class will get your blood flowing to improve your circulation, blood pressure and cognitive skills as well. Noodle Fit is a great physical activity and a whole lot of fun.

Dancercise

Wednesdays at 9:00am

Always fun! Workout along to easy-to-follow dance and exercise moves in fun combinations to popular and classic music. No experience required, give it a try.

Line Dancing

Wednesdays at 10:00am

Join the gang and learn all the steps, shuffles and movements of this popular dance style. Newbies always welcome.

Fall Fun Brain Games

Wednesdays, September 10, October 8, November 12, 12:30pm

Keeping our brains active is so important! Each class, the group plays a fun "brain game" because just like any muscle in our body that keeps us strong and active, the brain needs a good workout to stay healthy. Enjoy some socializing while you are at it. Thanks to Geer Village. **To register, please call 860-379-4252 x1.**

Blood Pressure Clinic

Friday, September 12, 11:15 to noon

Nurse Joni, from Visiting Nurse and Hospice of Litchfield County, will be here to take everyone's blood pressure in the sunroom. Walk-ins are welcome. For information and an appointment for her foot clinic, please call 860-379-8561.

Arts & Craft Class

Thursday, September 25 at 12:30pm

Let's capture the last days of summer in a sun catcher. Grab a friend and come to the class to try it, you can learn how to create a beautiful suncatcher to catch the sunlight and reflect it inward all year. Make a gift for yourself or a friend and enjoy some socializing while you are at it. **To register, please call 860-379-4252 x1.**

BINGO!

Fridays, 12:45pm

Enter through the sunroom, cards available at 12:40pm. Pay for your cards at the office window. Each card is 50 cents. We suggest that you bring your own BINGO chips, but we will have some for you to borrow.

COMMUNITY PROGRAMS & SERVICES

For information about these programs call 860-379-4252 or stop by the office...

CT FoodShare Mobile Pantry

Tuesdays, September 2, 16, 30 at noon

119 North Main Street, NCCC Greenwoods Hall, Winsted

The mobile food pantry is open to any community member who is in need of fresh produce and other food. Please bring bags for your food. **For schedule updates, text foodshare to 85511.** If you need other with help, call 211.

Friendly Hands Food Bags

Thursday, September 18, 10:30am

To participate, you must complete Friendly Hand's Intake form which is available at the office and you must be a current WSC member to participate. This is a great opportunity, so don't miss out! *Please note: If you live at Chestnut Grove, Greenwoods Gardens, Laurel Commons, Carriage Maker Place, The Glenn or Susan B. Perry, please get a Friendly Hands Form from your site manager or RSC and your food bag will be delivered to your housing site.*

FOOD Matters!

Do you worry that you will run out of food and not have money to buy more? *(The conversation will be confidential)*

Briona Ritone, The Salvation Army Food Pantry Coordinator, 860-379-8444

Jennifer Kelley, Winsted Senior Center Director, 860-379-4252 x4

New Opportunities

State of CT Energy Assistance Program

You may qualify for the CT Energy Assistance Program if you are a CT resident and your annual income falls below \$45,505 for a single and \$59,507 for a couple. Please call Alta at 860-738-9138 for an appointment, her office is located at The Salvation Army office, 716 Main Street.

Case Management Program

If you meet the income guidelines and depending on your needs, a case manager can link you to appropriate community resources through information and referral services. Please call Olivia at 860-482-9749 x602 for an appointment, her office is located at The Salvation Army office, 716 Main Street.

Go Geer! Van Rides

Transportation program between Winsted and Torrington

Go Geer provides on-demand transportation for older adults and disabled individuals for non-emergency medical and basic needs that are unable to be scheduled ahead of time. Pre-registration required and hours are limited. For more information and to register, call 860-453-4800.

Winsted Rides

7 days/week, 6am-10pm

New private, taxi-type, door to door, ride service for trips in Town or out. For more information, call 860-294-5009.

Winsted Lion's Club

Discover the kindness in our community, if you, a friend or neighbor is in need of hearing aides or new glasses, the Winsted Lions Club may be able to help. Or, if you would like to be part of this global organization located right here in Winsted, please call Carol Delutrie Heuschkel at 860-984-6021.

Veterans Honor Flights Network

Honor Flights is a national program that honors our veterans with an all expenses paid trip to the memorials in Washington DC. Veterans from all service areas are eligible who served during wartime, but need not to have served in a combat zone. For more information or help to apply, contact Jen at 860-379-4252 x4.

Monthly 50/50 Raffle

Available now, \$1 raffle tickets will be available at the office with the proceeds being split evenly between the winner and the Center on the first of each month. Congratulations to Alan Marek was last month's winner.

Renter's Rebate Applications

Did you pay rent in Winsted? Are you age 65 or older and receive Social Security benefits? Are you under age 65 and receive Social Security Disability benefits? If your answer is yes and your income qualifies, you may be eligible. Please complete the Intake Form, available at the office, and return it along with the required documentation and we will call you when your application is ready to sign. Call 860-379-4252 x1, if you have questions. (Deadline September 30)

Social Services @ the Winsted Town Hall

3rd Floor, 338 Main Street, Social Services Office, visit townofwinchester.org

The Town of Winchester works proactively to provide coordinated expertise to support individuals and families to help build a safe and healthy community by bringing together social service agencies to work in office space provided at the Town Hall. (See schedule on page 2)

TRIPS, TRIPS, TRIPS

Outback Steak House & Sunnymount Farm

Monday, September 15, 10:30am

Enjoy an expertly crafted steak served "the way it should be" and yummy sides from Outback's great luncheon menu. Save room because on the way home, you can choose freshly picked apples, a homemade pie or a famous apple cider donut from Sunnymount Farm for dessert. Cost: \$13 per person, lunch and dessert on your own.

Cape May, Philadelphia & Atlantic City

September 22-26

The trip includes: motor coach transportation, 4 nights lodging in an Atlantic City hotel, 8 meals, casino bonus, guided tour of Philadelphia, trolley tour of Cape May, tour of a historic Cape May Victorian home, guided tour of 2 lighthouses, free time to enjoy the boardwalk, and lots more. Pick up a flyer for all the details. Cost: \$815 per person double, \$1025 per person single, \$75 deposit required at sign up, final payment now.

Yankees vs. Baltimore Baseball Game at Yankee Stadium

September 27, leaving 75 Rowley Street at 9:30am

Thanks to the Winsted Rec. Dept. for inviting us to this great trip. Includes: motor coach transportation, ticket for game (section 205, right field) and snacks on the bus. Sign-up is through the Winsted Rec at winstedrec.com Cost: \$145 per person.

Lakeside Turkey Train, Lake Winnepesaukee

Monday, September 29

The trip includes: motor coach transportation and a scenic fall foliage ride along the Lake Winnepesaukee shore, turkey dinner carved at your table on board the train, stop at a country store, and driver gratuity.

Atlantic City at Tropicana Resort

October 28-30, 8am

Everyone loves our AC trips and we are already taking reservations...the perks practically pay for the trip. Trip includes: motor coach transportation, 3 nights accommodation at the hotel/casino, \$50 slot bonus, \$50 meal voucher, 2 fantastic shows - "Edward Twins" and "Donna Summer Tribute", "Mystery Matinee" show, hotel baggage handling and taxes and driver gratuities. Pick up a flyer for all the details. Bus returns at approximately 8pm. Cost: \$355 pp double, \$469 pp single, \$75 deposit required at sign up, final payment 9/15/25.

"Songs Across America" Show & MGM Casino

Wednesday, November 5, 8:15am

Enjoy a delicious lunch at the Carriage House including fresh garden salad, yankee pot roast or baked scrod, potato, vegetable, dessert and coffee or tea and some MGM Casino time. Then travel across America with favorite music styles featuring the music of Jimmy Mazz. This is sure to be a great trip with opportunities to gamble and to sing along. Cost: \$125 pp.

"Rock This Town" Amazing Christmas Show

Monday, December 8

Enjoy a delicious lunch at the lovely Aqua Turf Club in Southington, including homemade soup, yankee pot roast or baked scrod, rolls and butter, potato, vegetable, dessert and coffee or tea. Then sit back and enjoy the classic swinging and holiday music of the 50s and 60s by "Rock This Town". Cost: \$135 pp.

WSC Trip Policy

Sign up for Center trips at the office, Monday thru Friday, 8am-3pm. Phone reservations will not be taken for trips. We will only sign you up at time of payment. When you are interested in a trip, sign up quickly or run the risk of missing out! A trip may be cancelled if we don't have enough people signed up. At time of sign-up, we ask for the name and cell phone number for an emergency contact person. If you show up late for a trip, we cannot wait for you and refunds will not be given. If you must cancel a trip after we have paid the tour company, we can only refund your money if you or we have someone to replace you. Overnight Trips, we require a deposit to sign you up. If cancellation insurance is not included and you wish to purchase it, you are responsible for purchasing it through the tour company, so that you will know what to expect if you need to cancel. For Diamond Tours Travel Insurance, please call 855-376-2037 or visit www.travelconfident.com.

If you or a friend is in need
of shelter or services

Call 2-1-1

or CHH Housing Navigator
Heather 959-261-0675

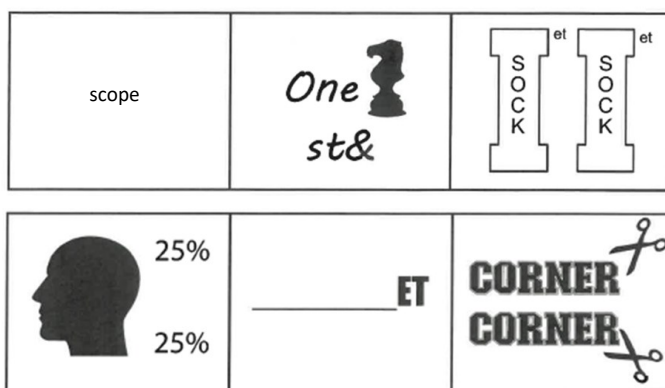
Useful Local Phone Numbers

Ambulance	860-738-9267
Beardsley Library	860-379-6043
Emergency	911
Fire Department	860-379-5155
Meals on Wheels	860-482-4151
New Opportunities	860-738-9138
N.W. Transit	860-489-2535
Poison Control	800-222-1222
Police Department	860-379-2721
Post Office	860-379-6675
Senior Center	860-379-4252
Tax Collector	860-379-4474
Tax Office	860-379-5461
Town Clerk	860-738-6963
Town Manager	860-738-6962
WCAAA	203-757-5449
(Western CT Area Agency on Aging)	

TownofWinchester.org

September Rebus

A rebus is a puzzle that combines pictures with letters to depict words or phrases. Can you solve them all?



W I N S T E D
Active Aging
S E N I O R C E N T E R

860-379-4252

Always in Our Heart

Thank you for the years of dedication of the former Senior Center Directors,
Blanche McCarthy Sewell and Ellen Schroeder for sharing yourselves and
your inspiration to help create the Center we have today.

Rebus Answers: Microscope, One Night Stand, Eye Sockets, Headquarters, Blanket, Cut Corners