New Year’s Lunch
Tuesday, January 3, 11:30am
Ring in the New Year with friends and enjoy chicken florentine, bow tie pasta, green beans, garlic bread sticks and a special dessert. After lunch, put on your thinking cap and join the group in a Team Trivia Game with prizes. Thank you to Valerie Manor for the take home treats for the party. Cost: $4 per person (tickets available at the office until December 29).

Fraud, Fraud & More Fraud Program
Wednesday, January 18, 12:30pm
Attend a presentation by Audrey Cole, WCAA SMP Director, and Thomas Faeth, NW Community Bank, Asst. VP Security Officer and understand how to protect your confidential banking information and health care accounts and learn to detect and report suspected improper behaviors.

- Learn about common banking and Medicare scams?
- Learn to protect yourself from financial exploitation?
- How is a Medicare fraud, abuse or error defined?
- Know who to contact to report suspected frauds & scams?

Invite you family and friends. Refreshments will be served. Register today by calling 860-379-4252 x1.

Save $$ on Your Energy Bills
We can help you change your supplier
It has been announced that Eversource energy costs will jump by roughly 50% in January. Using EnergizeCT, you can choose a cheaper supplier and make the change and lock in the rate for up to 36 months. Eversource will still deliver your energy over their wires and be responsible for emergencies and service interruptions. Your bill will look the same, it will just reflect the new supplier. If you don’t have a computer we can help you research and make the change. For an appointment, call 860-379-4252 x1.

Live Well with Chronic Health Conditions
Fridays, January 6-February 17, 10am to noon
Zoom workshop for adults with ongoing health conditions such as arthritis, high blood pressure, heart disease, diabetes or any other ongoing condition. You will learn better ways to manage challenges, healthy eating, physical activity and exercise, dealing with difficult emotions, action planning and more. Books are provided and there will be prizes if you complete 4 of the 6 sessions. Must have a tablet or computer to participate.

New! Smart Phone & iPad Class
Mondays, 11am-noon, starting January 23
Welcome Susan, who will be available to answer your questions about your device or the Center has a limited number iPads available that you can use at the Center. Walk-ins welcome.

It’s Membership Renewal Time!
WSC membership is $6 for the year and if you are age 85+, your membership is free
The cost to have the WSC Newsletter mailed to your home is an additional $7 per year

APPLICATION FOR WSC MEMBERSHIP
Name ________________________________________ Phone _____________________ Date of Birth ________________
Street _________________________________________ Town __________________________ State_____Zip_________

Mail to or drop off: Winsted Senior Center, 80 Holabird Avenue, Winsted, CT 06098
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

Bad Weather Closing
If Winchester schools are closed due to a winter storm, the Center is also closed. If schools dismiss early or open late, we usually follow that schedule, but we make a decision on a storm by storm basis. If in doubt, call the office.

Senior Center Staff
Director/Municipal Agent - Jennifer Kelley
Office Assistant - Craig Closson & Alexandria Barrington
Van Driver - Leron Murray

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 - Caycee Williams

Nutrition Program Staff
Kitchen Manager - Donald Gregory
Kitchen Assistant - Andrew Cox
Volunteers - Christine Brown, Helen Dombrowski, Darlene Eifes, Alan Marek & Bruce Margelot

Volunteers
Bingo - Sylvia Landi, Sally Mangione & Joann Weiler
BirdSong Tablet Instructors - Jay Trevorrow & Candy Perez
Line Dancing - Fran Cooper
Friendly Hands Food Bag Distribution - Sylvia Landi & Jim Troise

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. The deceased person’s name will be listed in the Memorial Book displayed in the Center along with the donor’s name. Checks can be made out to the Winsted Senior Center.

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 and masks 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. Driver will tell you when he will be back to pick you up. You must be there at that time and place. Drivers do 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 $7 for one year.

From the Internet Newsletter
Visit the Senior Center page at www.townofwinchester.org, and click on the Newsletter tab.

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

Want to be on the WSC Planning Team
If you are interested, call Jen 860-379-4252 x4 or stop in.
All meals include margarine & milk

Suggested Donation $4.00

Reservations must be made by 11:30am the day before
860-379-4252 x1

ALL MEALS ARE SUBJECT TO CHANGE

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>(2)</td>
<td>(3)</td>
<td>(4)</td>
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<tr>
<td>CLOSED</td>
<td>New Year Luncheon</td>
<td>Pork Roast w/Gravy Mashed Potatoes Collard Greens Dinner Roll Fresh Fruit</td>
<td>Lasagna Roll Garden Salad w/Tomatoes, Cucumbers &amp; Black Olives Dressing Italian Bread Applesauce</td>
<td>Mushroom Barley Soup Crackers Cheese Quiche Stewed Tomatoes Wheat Bread Sugar Cookie</td>
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<td>Sweet &amp; Sour Pork Rice Oriental Blend Veggies Pineapple</td>
<td>Meatloaf w/Gravy Mashed Potatoes Cauliflower Wheat Roll Applesauce</td>
<td>Assorted Fruit Juice Chicken Parmesan Penne Noodles Spinach Garlic Breadstick Vanilla Pudding</td>
<td>Cream of Broccoli Soup Pollock Nuggets Tartar Sauce Tater Tots Ketchup Pears</td>
<td>Grilled Ham &amp; Cheese on Rye Bread Chips Coleslaw Pickles Fresh Fruit</td>
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<tr>
<td>CLOSED</td>
<td>Martin Luther King Jr. Day</td>
<td>Assorted Fruit Juice Turkey w/Gravy Mashed Potatoes Broccoli Florets Dinner Roll Chocolate Pudding</td>
<td>Chicken Piccata Seasoned Orzo Carrots Rye Bread Sugar Cookie</td>
<td>BBQ Pork Baked Beans Corn Wheat Bread Fresh Fruit</td>
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<tr>
<td>Herbed Chicken Quarter Baked Sweet Potatoes California Blend Veggies Dinner Roll Pineapple</td>
<td>Cheese Baked Ziti Garden Salad with Tomatoes, Cucumbers and Chickpeas Dressing Italian Bread Peaches</td>
<td>Lentil Soup Crackers Cheeseburger Chips Pickle Ketchup Hamburger Roll Vanilla Pudding</td>
<td>Chicken Stir Fry Lo Mein Noodles Broccoli White Bread Mandarin Oranges</td>
<td>Baked Fish Paprika Potatoes Mixed Vegetables Broccoli White Bread Fresh Fruit</td>
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<tr>
<td>Baked Ham Au Gratin Potatoes Peas Wheat Bread Chocolate Chip Cookie</td>
<td>Teriyaki Chicken Brown Rice Green Beans Rye Bread Pears</td>
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<td>When you place your reservation, please specify if you are going Sit Down to eat your lunch at the Center or Grab &amp; Go to eat at home</td>
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</tbody>
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**Live Well with Chronic Health Conditions**

Fridays, January 6-February 17, 10am to noon

Zoom workshop for adults with ongoing health conditions such as arthritis, high blood pressure, heart disease, diabetes or any other ongoing condition. You will learn better ways to manage challenges, healthy eating, physical activity and exercise, dealing with difficult emotions, action planning and more. Books are provided and there will be prizes if you complete 4 or the 6 sessions. Must have a tablet or computer to participate.
## CLASSES, CLUBS, GAMES & ACTIVITIES

### Chair Yoga
**Mondays & Fridays at 9:00am, no class January 2 or January 16**
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=Si8veUtsVytwcEiWMVRmWS9DbGVhZz09 Meeting ID: 326 155 172 Passcode: Winsted

### Qigong & Tai-Chi
**Mondays & Fridays at 10:15am, no class January 2 or January 16**
Get started...learn to improve your balance and flexibility, prevent joint injuries, protect your heart, increase focus and reduce stress and anxiety by following these traditional Chinese healing practices.

### Smart Phone & iPad Class
**Mondays, 11am-noon, starting January 23**
Welcome Susan, who will be available to answer your questions about your device or the Center has a limited number iPads available that you can use at the Center. Walk-ins welcome.

### Drumming Circle
**Mondays at 1pm, no class January 2 or January 16**
Give it a try! Drumming leads to increased focus, upper body coordination, connectedness, relaxation, boosts the immune system and will make you happy. No musical experience is necessary.

### Stretch Your Body & Mind
**Tuesdays & Thursdays at 9:00am**
Improve your flexibility, balance, range of motion and strength at whatever level you are comfortable with as well as focus on mindfulness to improve the quality of your life. Movements can be done on a chair or standing.

### Mindfulness & Relaxation Class
**Tuesdays & Thursdays at 10am**
Discover the benefits of guided mindfulness and relaxation including self-compassion, happiness, optimism and less anxiety and depression. You can sit in a chair or lay down on a yoga mat.

### Dancercize
**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.

### Healthy Cooking Matters Class
**Thursday, January 19 at 1pm**
Come to the Center the second Thursday of the month to taste healthy and creative foods and beverages, collect recipes and also learn about nutrition because healthy cooking matters!

### BINGO!
**Fridays, 12:45 to 2:30pm**
Enter through the sunroom, tickets available at 12:30pm. 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.

### Save $$ on Your Energy Bills
**We can help you change your supplier**
It has been announced that Eversource energy costs will jump by roughly 50% in January. Using EnergizeCT, you can choose a cheaper supplier and make the change and lock in the rate for up to 36 months. Eversource will still deliver your energy over their wires and be responsible for emergencies and service interruptions. Your bill will look the same, it will just reflect the new supplier. If you don’t have a computer we can help you research and make the change. For an appointment, call 860-379-4252 x1.
### HHC Neighborhood Health Clinic
**January 5, 11am-3pm, 1st Thursday of the month**
The Hartford HealthCare Neighborhood Clinic offers evaluation and management of urgent care needs, medical screenings, lab tests, referrals, follow-up care, immunizations and Covid vaccines. Walk-ins are welcome. On-site financial assistance is available, insurance is excepted but not required.

### Friendly Hands Food Bags
**January 19, pick-up at 10:30, 3rd Thursday of the month**
To participate, you must complete Friendly Hand’s Intake form which is available at the Center by December 9. Forms are available at the office, 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.

### CT FoodShare Mobile Pantry is back
**January 10 & 24 (every other Tuesday), delivery 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. Questions, call 860-331-8947 or 860-379-8444. If you need other help, call 211.

### FOOD Matters!
**Do you worry that your food will run out before you don’t have money to buy more? (The conversation will be confidential)**
Pam Carignan, The Salvation Army Regional Coordinator, 860-379-8444
Katie Vaill, Town of Winchester Social Services Coordinator, 860-853-6601
Jennifer Kelley, Winsted Senior Center Director, 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 December’s winner Gary Marek.

### 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.

### Are You Looking for a Job?
If you are age 55+, unemployed and want to learn new skills? The Senior Community Service Employment Program (SCSEP) provides paid, part-time training opportunities for eligible, mature workers to develop skills and gain work experience. For more information call 203-833-1422 or visit www.a4td.org.

### 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 Pam Wright at 860-921-6459.

### Senior Companion Program
If you are 55 or older and on a fixed income, you can receive a tax free hourly stipend when you become a Senior Companion Volunteer. Call Christy Ahlman, New Opportunities, 860-482-9749 x606, for more information or stop by the Center for an application.

### Senior Wishes Program
Senior Wishes CT believes that a thriving senior population is an important part of a strong community. If you or a friend, age 65 or older, have a wish that will impact someone’s life and bring happiness, they want to hear about it. Applicants income must not exceed $31,692 for an individual or $42,864 for a couple. Senior Wishes grants wishes in the $300 range.

### 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.
**TRIPS, TRIPS, TRIPS**

**Crackerbarrel Restaurant, East Windsor**

**Tuesday, January 17, 10:30am**

Enjoy the best breakfast all-day, lunch, and dinner restaurant around and a visit to their Old Country Store. **Cost:** $7 per person, lunch is on your own.

**UCONN Woman’s vs. South Carolina Basketball Game**

**Sunday, February 5, 10am**

Don’t miss out on watching the game of the season live from great seats, on the lower level section 110 at the XL Center in Hartford. We have a limited number of seats left, so don’t wait. **Cost:** $115 per person

**Red Lobster Restaurant, Wethersfield**

**Tuesday, February 7, 10am**

Wait until you SEA the menu. Get your friends together to celebrate seafood. **Cost:** $7 per person, lunch is on your own.

**Atlantic City at Caesars**

**February 21-23, 8am**

The bus is filing up quickly, everyone loves our AC trips...the perks practically pay for the trip. Trip includes: motor coach transportation, 2 nights accommodation at the hotel/casino, $50 slot bonus, $50 meal voucher, 2 fantastic shows - “Simon & Garfunkel!" and “The Carpenter’s Tribute”, hotel baggage handling and tax and driver gratuities. Pick up a flyer for all the details. Bus returns at approximately 8pm. **Cost:** $295 per person double, $285 per person triple, $395 per person single

**St. Pat’s Lunch & BINGO at Crystal Peak**

**Wednesday, March 15, starting at 11am**

Let’s join together with Barkhamsted, Colebrook and New Hartford Senior Center members for some socializing, a delicious lunch including braised corn beef brisket, cabbage, carrots, potatoes, Irish soda bread and a cupcake for dessert then an afternoon of BINGO with new friends from neighboring towns. **Cost:** $25 includes tax and tip. Get your ticket by March 9th.

**Washington DC**

**March 24-28, 8am**

This incredible trip to our nation’s capital includes guided motor coach transportation, 4 nights lodging, monument and memorial tours and 8 meals. Pick up a flyer for all the details. **Cost:** $599 per person double, $808 per person single

**Other Trips That we Have Planned**

Log Cabin The Andrew Sisters Show  **Cost:** May 24, $135

Niagara Falls  June 26-30,  **Cost:** $619 per person double, $769 per person single

Cape Cod & Martha’s Vineyard  September 11-15,  **Cost:** $609 per person double, $744 per person single

**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. If you show up late for a trip, we cannot wait for you and refunds will not be given. At time of sign-up, we ask for the name and cell phone number for an emergency contact person.

**Day Trips** must be paid in full. If you must cancel a day trip after we have paid the tour company, we can only refund your money if we have someone to replace you.

**Overnight Trips**, you must put down a deposit when you sign 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. Ask for the form at the office.
If you or a friend is in need of shelter or services
Call 2-1-1

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
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

Snowflake Jokes
What do snowmen call their kids? Chill-dren
What did the icy road say to the car? “Want to go for a spin?”
What falls in the winter but never gets hurt? Snow
Why did the girl keep her trumpet out in the snow? She liked playing cool jazz
How do mountains stay warm? They put on their snowcaps
What is a snowman’s favorite snack? Ice krispies treats
Where do snowmen put their money? Snowbanks
What is the best breakfast cereal to eat in the winter? Frosted Flakes!
Where do snowmen love to dance? At a snow ball
What’s a snowman’s favorite drink? Iced tea
What did Jack Frost say to Frosty the Snowman? “Have an ice day!”

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.