



Happy, Healthy, Curious & Safe Adults Age 55+

October 2025

## CT Legal Services—What We Do?

Thursday, October 2, 12:30pm

Everyone has basic needs from stable affordable housing to medical treatment to food security. Sometimes, legal problems prevent people from meeting those basic needs. CT Legal Services provides civil legal and advocacy to help secure stable housing, financial security, physical safety, healthcare, education, and personal autonomy. Don't miss this opportunity to learn about what CLS does and ask your questions. *To register, please call 860-379-4252 x1.*

## Fall Fun Brain Games

Wednesdays, 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.*

## Octoberfest Lunch

Thursday, October 9, 11:45am

What the heck is Oktoberfest? It is an annual festival held in Munich, Bavaria, Germany originating as a party to celebrate a royal marriage. We aren't invited to a royal marriage but we can enjoy bratwurst, roasted potatoes, red cabbage, apples, special dessert together. *Make your reservation by calling 860-379-4252 x2. Cost: \$4*

## Tips for Managing Your Weight

Thursdays, 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 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.*

## Flu Vaccine Clinic

Friday, October 10th, from 11am to 1pm

Please complete the form available at the Center office and bring it to the clinic. Walk-ins are welcome. For information about other Flu Clinics in our area, call 860-379-8561. Thanks to Visiting Nurse & Hospice of Litchfield County.

## Halloween Lunch with BINGO

Friday, October 31, 11:45

Ghouls just want to have fun...get-together to socialize then enjoy some Spooky spaghetti, monster meatballs, goulash green beans, a batty breadstick and special Halloween dessert. Afterward play BINGO with the gang and wicked fun awaits with Halloween treats for prizes. Wear a costume if you dare. *Purchase your ticket at the office until 10/26. Cost: \$6*

## WHAT'S GOING ON IN OUR TOWN

### Trunk-or-Treat Candy Drop-Off at WSC

until Friday, October 24

Let's donate candy to help load up the trunks for the kids. Trunk-or-Treat is when people deck out the trunk of their car and load it up with candy for the kids.

### Early Voting for the Municipal Election

Town Hall, 338 Main Street Registrar of Voters, Room 203, October 20-30 & November 1-2, 10:00am to 6:00pm and same day voter registration on November 4th. If you have any questions, please call 860-379-2714.

### Breast Cancer Fund Raising Event

Sunday, October 5, 3-6pm, Green Woods Country Club

Celebrate "In Full Bloom", annual event for CHH Pink Rose Fund. Enjoy cocktails, mocktails and small bites, music by Brian Mattiello, silent auction and more. Tickets \$25. For more information call Jess at 860-806-1825.

**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* - Debra Wuori, Sylvia Landi, Sally Mangione, Karen & Sharry Warner  
*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	<b>McCall Behavioral Health Network</b>	9am-4pm
Tuesday	<b>HHC Housing Navigator</b>	9am-4pm
Wednesday	<b>Western CT Area Agency on Aging</b> <i>(by appointment)</i>	9am-4pm
Thursday	<b>New Opportunities</b> <b>Youth Service Bureau</b>	9am-noon noon-6pm
Friday	<b>Greenwoods Counseling</b> <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](http://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 Active Aging Senior Center**

**Town of Winchester/Winsted, CT**

**Winsted CT Neighbors Helping Neighbors**

Meal includes margarine  
milk & coffee or tea

# October

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

**860-379-4252x2**

**Suggested Donation is \$5.00 per Meal**

**ALL MEALS ARE SUBJECT TO CHANGE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>The lunches provide 1/3 of the balanced mix of foods for an adult</b>  <b>When placing your reservation, please let us know if you have a food allergy</b>		(1) Cheeseburger with Lettuce & Tomato Cucumber Salad Hamburger Roll Ketchup Fresh Fruit	(2) Chicken Parmesan Penne Pasta with Sauce Spinach Wheat Dinner Roll Applesauce	(3) Mushroom Barley Soup Cobb Salad with Lettuce, Tomatoes, Cucumbers, Turkey Bacon, Egg & Cheddar Cheese Ranch Dressing Multigrain Bread Oatmeal Cookie
(6) Assorted Fruit Juice Honey Balsamic Chicken Breast Confetti Brown Rice Brussel Sprouts White Bread Fresh Baked Cookie	(7) Meatloaf w/Gravy Mashed Potatoes Cauliflower Rye Bread Fresh Fruit	(8) Chicken Marsala Sweet Potato Casserole Glazed Beets Multigrain Bread Tropical Fruit	(9) <b>Oktoberfest Lunch</b> Bratwurst Roasted Potatoes Red Cabbage & Apples Double Chocolate Cake	(10) Florentine Soup Crackers Cheese Baked Ziti Sausage Link Green Peas Breadstick Applesauce
(13) <b>CLOSED Columbus Day</b>	(14) Cheese Ravioli with Meatballs Tomato Sauce Tossed Salad Black Olives, Chickpeas & Croutons Ranch Dressing Dinner Roll Fresh Fruit	(15) Potato Soup Crackers BBQ Pork Rib Patty With Onions & Pickles Coleslaw Chips Grinder Roll Pineapple Tidbits	(16) Citrus Mojo Chicken Breast Cilantro Lime Rice Mexican Corn Flour Tortilla Fresh Fruit	(17) Assorted Fruit Juice Potato Crusted Fish Garlic Mashed Potatoes Carrots Whole Wheat Bread Tartar Sauce Fresh Baked Cookie
(20) BBQ Chicken Leg Quarter Cheesy Rice Casserole Broccoli Cornbread Muffin Fresh Fruit	(21) Cheese Omelet Slice of Ham Potato Tots Peppers & Onions Blueberry Muffin Ketchup Fresh Fruit	(22) California Vegetable Soup Crackers Penne Pasta & Meatballs with Marinara Sauce White Bread Fudge Crème Cookie	(23) Turkey Reuben on Rye with Sauerkraut, Swiss Cheese and Thousand Island Dressing Pasta Salad Chips & Pickle Diced Peaches	(24) "Taco Salad" Ground Beef, Lettuce Tomato, Shredded Cheese, Sour Cream & Salsa Spanish Rice Tortilla Chips Pineapple Tidbits
(27) Cheeseburger Crinkle Cut Fries Three Bean Salad Hamburger Roll Ketchup Fresh Fruit	(28) Chicken Strips Penne Alfredo with Garlic Red Pepper Penne Tossed Salad with Cucumbers, Tomatoes Italian Dressing Multigrain Bread Mixed Fruit	(29) Corn Chowder Crackers Bourbon Pork Ranch Beans Mixed Greens Rye Bread Peaches	(30) Assorted Fruit Juice Turkey Breast with Gravy Mashed Potatoes Green Peas Dinner Roll Fudge Brownie	(31) <b>Halloween Lunch</b> Spooky Spaghetti Monster Meatballs Ghoulish Green Bean Batty Breadstick Special Halloween Dessert

**SAVE  
THE DATE**

**Oktoberfest Lunch** - Oct. 9  
**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 Bazaar** - Dec. 5  
*by our Senior Enrichment*  
**Holiday Lunch** - Dec. 10  
*at the Center*  
**New Years Lunch** - Dec. 31

## 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, (No class October 17 & 20)**

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, (No class October 17 & 20)**

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. New Tai Ji Quon class starting November 3 (*details on page 6*)

### 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, 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.*

### Flu Vaccine Clinic

**Friday, October 10th, from 11am to 1pm**

Please complete the form available at the Center office and bring it to the clinic. Walk-ins are welcome. For information about other Flu Clinics in our area, call 860-379-8561. Thanks to Visiting Nurse & Hospice of Litchfield County.

### Arts & Craft Class

**Thursday, October 16 at 12:30pm**

Leaves are falling, autumn is calling. Grab a friend and come to the class, and make a fall themed project to create a cozy vibe. 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, October 14 & 28 at noon**

**119 North Main Street, NCCC Greenwood 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, October 16, 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, Greenwood 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 Helen Archer was last month's winner.

### Social Services @ the Winsted Town Hall

**3<sup>rd</sup> Floor, 338 Main Street, Social Services Office, visit [townofwinchester.org](http://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)

### Wait What?

CaptionCall can help. CaptionCall is a captioning service telephone that lets you hear and read what someone is saying on the phone. There's no cost for people with hearing loss that need this service. Call 833-691-1600 today.

## TRIPS, TRIPS, TRIPS

### Boscov's Department Store

Tuesday, October 14, 9am

Enjoy a morning of shopping at Boscov's, the largest family-owned department store in the U.S. then choose a place for lunch at the Mall from options like Johnny Rockets, Buffalo Wild Wings, Chipotle or Dave & Buster's. WSC member only trip. **Cost: \$15 per transportation, shopping, tip and lunch on you**

### 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.**

***We are starting to plan for 2026 and would love to hear your suggestions for trips!***

#### 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](http://www.travelconfident.com).

## NEW FITNESS CLASS & PROGRAMS

### CT Legal Services—What We Do?

Thursday, October 2, 12:30pm

Everyone has basic needs from stable affordable housing to medical treatment to food security. Sometimes, legal problems prevent people from meeting those basic needs. CT Legal Services provides civil legal and advocacy to help secure stable housing, financial security, physical safety, healthcare, education, and personal autonomy. Don't miss this opportunity to learn about what CLS does and ask your questions. **To register, please call 860-379-4252 x1.**



### Tai-Ji Quon

Starting November 3, Mondays & Fridays, 10:15am

Learn warm-ups and gentle flowing movements to strengthen the body, relax the mind and help reduce the risk of falling. Movements can be done on a chair or standing. This class meets 2x week for 24 weeks. **To register, please call 860-379-4252 x1.**

80 Holabird Avenue  
Winsted, CT 06098

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**

## Halloween Jokes

**Why didn't the skeleton go to the party?** *Because he had no body to go with*

**What do ghosts eat for dinner?** *Spook-ghetti*

**Why are vampires so easy to fool?** *Because they're suckers*

**What's a witch's favorite subject in school?** *Spelling*

**Why don't witches ride their brooms when they're angry?**  
*They're afraid of flying off the handle*

**What do you get when you drop a pumpkin?** *Squash*

**Why was the jack-o'-lantern afraid to cross the road?** *It had no guts*

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.