

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+

November 2025

AARP Smart Driving Class

Tuesday, November 4, 11:00am-3:00pm

After finishing the class, participants receive a certificate of completion, which may be used for a discount on auto insurance. Bring a bag lunch to eat during break. **Cost: \$20 for AARP members and \$25 for nonmembers.** On the day of the class, bring your AARP membership card and check payable to AARP. **To register, please call 860-379-4252 x1.**

Veterans Lunch

Wednesday, November 5, 11:45am

Attention all Veterans...your lunch is FREE, make your reservation at the office. Thank you to all our veterans for all they sacrificed for our freedom. Enjoy chicken parmesan, garlic rotini, tossed salad, Italian bread and a special dessert. After lunch, we will have a guest presentation. **Make your reservation at the office or call 860-379-4252 x1 until 10/31.**

Cost: \$5, Veterans are FREE

HHC Neighborhood Health Clinic

Thursdays, November 6, 11am-3pm

Covid and Flu Shots will be available. The clinic offers evaluation and management of urgent care needs, medical screenings, lab tests, referrals, follow-up care, immunizations and vaccines. Walk-ins are welcome. On-site financial assistance is available, insurance is accepted but not required.

Fall Fun Brain Games

Wednesdays, November 12, 12:30pm

Keeping our brains active is so important! Play 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.**

Reasons Behind What We Eat

Thursdays, 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? Learn to optimize your brain's response to food for better weight management. **To register, please call 860-379-4252 x1.**

Stronger Body & Mind, Sharper You

Wednesday, November 19, 12:30pm

Dr. Gardner, Geriatrician from HHC, and Jessica Tessman, from Alzheimer's Association will talk with us about a recent study that proved healthy habits including physical exercise; healthy nutrition; social and cognitive engagement; and health monitoring - improves cognitive function for all of us. **Register by calling 860-379-4252 x1 or stop by the office.**

Friendsgiving Lunch with Karaoke

Thursday, November 20, 11:45am

Friendsgiving is the day when friends get together to appreciate each other so let's get together and enjoy roasted turkey with gravy, stuffing, green beans, cranberry sauce, a dinner roll and a special dessert. Then have list all the songs ready to sing along to. **Make your reservation at the office by 11/14. Cost: \$6**

Holiday Lunch at Green Woods Country Club

Thursday, December 4, 11:30am

Let's treat ourselves and gather to celebrate the holiday season. Enjoy salad with poached pears, gorgonzola cheese & honey pomegranate vinaigrette; your choice of red wine braised short ribs or chicken cordon bleu; both served with asiago mashed potatoes and vegetable, rolls with butter; chocolate mousse cake with raspberry glaze for dessert, coffee or tea and cash bar. Afterward, put on your dancing shoes or sing along with **Elvis, yes Elvis.** After the entertainment, we will have a Gift Raffle. For the gifts, please donate a new, unused, item that you would be happy to receive. Please bring gifts with you to the party. 8 people per table, please arrange to purchase tickets with your friends, so you can sit together. **Tickets available until 11/26 or while they last. Cost: \$30 per person**

Holiday Lunch at the Center

Wednesday, December 11, 11:30am

Come together with friends to celebrate the holidays with a delicious lunch and entertainment at the Center today. **Make your reservation at the office until 12/5. Cost: \$6**

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 Assistants - Craig Closson, Ann Sears & Dee Williams

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

A4TD Trainee - Dawn Powell

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

Volunteers

Bingo - Debra Wuori, Sylvia Landi, Sally Mangione, & Karen

Line Dancing - Kathy Asselin, Fran Cooper, Sandy Muckle, Kathy Sobol

Office Assistants - Sherry Warner

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.

Club Meeting

Wednesday, November 5, 1pm

(after the Veteran's Lunch)

If you are a member and would like to help plan club programs and events at our Center please join us.

Please register at the office or call 860-379-4252 x1.

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 Active Aging Senior Center

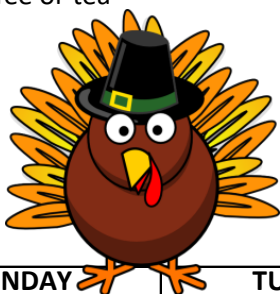
Town of Winchester/Winsted, CT

Winsted CT Neighbors Helping Neighbors

All meals include margarine,
milk & coffee or tea

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

860-379-4252 x2



November

ALL MEALS ARE SUBJECT TO CHANGE
Suggested donation \$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3)	(4)	(5)	(6)	(7)
Potato Crusted Fish Confetti Brown Rice Stewed Tomatoes Marble Rye Bread Tartar Sauce Fresh Fruit	Cream of Broccoli Soup Crackers Grilled Ham & Cheese on Marble Rye Potato Salad Pickle Mandarin Oranges	Veterans Lunch Chicken Parmesan Garlic Rotini Tossed Salad Ranch Dressing Italian Bread Special Dessert	Assorted Fruit Juice Swedish Meatballs with Gravy Bow Tie Pasta Cauliflower Dinner Roll Fresh Baked Cookie	Beef Lasagna Tossed Salad with Black Olives, Chickpeas and Croutons Italian Dressing Breadstick Fresh Fruit
(10)	(11)	(12)	(13)	(14)
Honey Balsamic Chicken Breast Confetti Brown Rice Brussel Sprouts White Bread Fresh Baked Cookie	CLOSED Veteran's Day	Chicken Marsala Sweet Potato Casserole Glazed Beets Multigrain Bread Tropical Fruit	Cheeseburger with Lettuce and Tomato Chips Pickle Hamburger Roll Ketchup Fresh Fruit	Florentine Soup Crackers Cheese Baked Ziti Sausage Link Green Peas Breadstick Applesauce
(17)	(18)	(19)	(20)	(21)
Salisbury Steak with Gravy Mashed Potatoes Mixed Vegetables Multigrain Bread Mixed Fruit	Cheese Ravioli Meatballs with Sauce Tossed Salad Black Olives, Chickpeas & Croutons Ranch Dressing Dinner Roll Fresh Fruit	Potato Soup Crackers BBQ Pork Rib Patty with Onions & Pickles Coleslaw Chips Grinder Roll Pineapple Tidbits	Thanksgiving Lunch Roast Turkey with Gravy, Stuffing Green Bean, Dinner Roll, Cranberry Sauce Special Thanksgiving Dessert	Potato Crusted Fish Garlic Mashed Potatoes Carrots Whole Wheat Bread Tartar Sauce Fresh Baked Cookie
(24)	(25)	(26)	(27)	(28)
BBQ Chicken Leg Quarter Cheesy Rice Casserole Broccoli Cornbread Muffin Fresh Fruit	Cheese Omelet Slice of Ham Potato Tots Peppers & Onions Blueberry Muffin Ketchup Fresh Fruit	Assorted Fruit Juice California Vegetable Soup Penne Pasta & Meatballs with Marinara Sauce White Bread Fudge Crème Cookie	CLOSED Thanksgiving	CLOSED Thanksgiving

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

**SAVE
THE DATES**

AARP Smart Driver Class- Nov. 4

Veteran's Lunch - Nov. 5

Neighborhood Health Clinic - Nov. 6

Fall Fun Brain Games - Nov. 12

Reasons Why We Eat - Nov. 13

Stronger Body & Mind, Sharper You -
Nov. 19

Friendsgiving 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

CLASSES, CLUBS, GAMES & ACTIVITIES



FREE

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-Ji Quan

Mondays & Fridays at 10:15am

New class starting November 6. 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. **Registration required at the office.**

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 dgembe 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.

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.

Hearing Screening or Test, Repairs and Adjustments

Wednesday, November 5, by appointment only

This complementary service by Hearing Care Center offers a comprehensive diagnostic assessment for hearing loss, demo hearing aids, adjustments or repair of existing hearing aids. **For an appointment call 860-379-4252 x1.**

Fall Fun Brain Games

Wednesdays, 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, November 14, 11am 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, November 6 at 12:30pm

It's beginning to look a lot like the holiday season. Grab a friend and come to the class, and make a few holiday themed project to create a celebration 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, November 11 & 25 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, November 20, 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 Edison at 860-482-9749 x602 for an appointment, his 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

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. For more information, ask Jen 860-379-4252 x4.

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

Crackerbarrel Restaurant

Monday, November 10, 9am

Enjoy a little holiday shopping and sit down to enjoy the warm welcome and warm comfort food with friends that Crackerbarrel is known for. WSC member only trip. Cost: \$12 per transportation, shopping, tip and lunch on you

"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 planning 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.

MEDICARE OPEN ENROLLMENT

Ends December 7

During Open Enrollment, you can join or switch your Part D or Medicare Advantage plans

Each year, insurance companies can make changes to Medicare plans that can impact out-of-pocket costs including monthly premiums, deductibles, drug costs and provider or pharmacy networks. Insurance companies can also make changes to plan's formulary (list of covered drugs).

During Open Enrollment, most Medicare recipients find their mailbox and email inbox fill up with offers from the insurance companies which can be very confusing. If you have questions, we recommend that you work with a professional:

CHOICES Counselors from WCAAA 203-757-5449

Ann Bowen, Bowen Agency 860-379-2885

Kerri Anderson, Oak Solutions, 860-806-9591

Daphne Roberson, Roberson Tierney & Associates 860-379-6700

STATE OF CT ENERGY ASSISTANCE PROGRAM

New Opportunities, 716 Main Street, Winsted

860-738-9138, ask for Alta

Appointments available in person and on the phone

You are eligible for the State of CT Energy Assistance Program (CEAP) if you:

- Are a CT Resident
- You receive food stamps (SNAP), SSI, TANF, or other benefits from the Department of Social Services, or
- Your annual household income falls at or below the income levels in the table below (i.e. 60% of the state's median income)

1 person in household yearly income \$45,505

2 person in household yearly income \$59,507

New Opportunities offers access to many community programs and resources featuring a "no wrong door" approach

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

Thanksgiving Trivia

According to a survey, what are people most thankful for on Thanksgiving? Family, health, and life

What did the balloons in the Macy's Thanksgiving Day Parade replace? Live zoo animals

Do turkeys actually gobble? Only male turkeys gobble

What ship brought the Pilgrims to America in 1620? The Mayflower

What food did the Colonists and Native Americans not have on the first Thanksgiving? Turkey, they indulged in foods like deer, lobster, clams and oysters

According to most Americans, what's the best part of Thanksgiving? The leftovers

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.