

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+

December 2025

Holiday Lunch at Green Woods Country Club

Thursday, December 4, 11:30am

Let's treat ourselves and gather to celebrate the holiday season. Choose from red wine braised short ribs or chicken cordon bleu, and delicious sides and 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**

1st Annual Senior Enrichment Program Holiday Fair

Friday, December 5, 11:00am to 2pm

Be sure to jingle, mingle and shop for handmade holiday items for gifts for friends and gifts for yourself created by our Senior Enrichment Program elves. Before you leave, treat yourself at the Holiday Snack Shack and bring home favorite homemade baked goods.

Bake Sale - We need volunteers to bake so if you like to bake, please let us know by calling 860-379-4252 x1 and bring your favorite holiday baked goods to the Center before 11am but if you don't like to bake, please come and buy the baked goods.

Holiday Lunch at the Center

Wednesday, December 10, 11:30am

Come together with friends to celebrate the holidays with a delicious lunch at the Center and after join in and sing along or dance to favorite classic holiday songs with Tom Hanford. **Make your reservation at the office until 12/5. Cost: \$6**

Reasons Behind What We Eat Class

Thursday, 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.**

Teaching Kitchen Class

Tuesday, December 30 at 12:30pm

Let's learn, cook and enjoy some tasty, nutritious pre-New Year's Eve treats together. Good nutrition is essential to keeping a healthy mind and body. Thanks to Geer Village for these classes. **Registration is required and limited. Cost: Free**

New Year's Resolution—Five Wishes Class

Wednesday, January 21, 12:30pm

Let your final wishes be known by preparing your own "living will with heart and soul". This program guides you to make your own personal, emotional and spiritual wishes known for end of life. Thanks to Geer Village. **To register, please call 860-379-4252 x1.**

New Activity Center

Upper Level Bulletin Board

Do you like word searches, crossword puzzles, mazes and more? Check out our new Activity Center bulletin board in the dining room. And while your at it, check out the Santa Jokes on the last page of this newsletter.

Art Gallery

Upper Level Walls

Check out our new Art Gallery display shelves throughout the Center. You will be surprised by our members special talents. If you are an artist and would like to be featured next month, let us know.

It's Membership Renewal Time!

WSC membership is \$6 for 2026 and if you are age 85+, your membership is free

PLEASE COMPLETE A NEW GREEN EMERGENCY CONTACT FORM

The cost to have the WSC Newsletter mailed to your home is an additional \$9 per year or have it emailed for free

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 - Cheri Cianciolo**Program Aide - Trinity***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.

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,

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

**Suggested donation is
\$5 per meal**



December

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

860-379-4252 x2

ALL MEALS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1) Cheeseburger Crinkle Cut Fries Three Bean Salad Hamburger Roll Ketchup Fresh Fruit	(2) Chicken Strips Penne Alfredo with Garlic Red Pepper Penne Tossed Salad Cukes, Tomatoes & Italian Dressing Multigrain Bread Mixed Fruit	(3) Corn Chowder Crackers Bourbon Pork Ranch Beans Mixed Greens Rye Bread Peaches	(4) Lunch Will Not be Served (Greenwoods Luncheon)	(5) "Baked Potato Bar" Beef and Bean Chili Whole Baked Potato Cheddar Cheese Broccoli Sour Cream Butterscotch Pudding
(8) Potato Crusted Fish Confetti Brown Rice Stewed Tomatoes Marble Rye Bread Tartar Sauce Fresh Fruit	(9) Cream of Broccoli Soup Grilled Ham & Cheese on Marble Rye Potato Salad Pickle Mustard Mandarin Oranges	(10) Holiday Lunch Assorted Fruit Juice Turkey with Gravy Twice Mashed Potatoes Peas & Pearl Onions Dinner Roll Special Christmas Dessert	(11) Assorted Fruit Juice Swedish Meatballs with Stroganoff Gravy Bow Tie Pasta Cauliflower Dinner Roll Fresh Baked Cookie	(12) Beef Lasagna Tossed Salad with Black Olives, Chickpeas and Croutons Italian Dressing Breadstick Fresh Fruit
(15) Assorted Fruit Juice Honey Balsamic Chicken Breast Confetti Brown Rice Brussel Sprouts White Bread Fresh Baked Cookie	(16) Meatloaf with Gravy Mashed Potatoes Cauliflower Rye Bread Fresh Fruit	(17) Chicken Marsala Sweet Potato Casserole Glazed Beets Multigrain Bread Tropical Fruit	(18) Cheeseburger with Lettuce and Tomato Chips Pickle Hamburger Roll Ketchup Fresh Fruit	(19) Florentine Soup Crackers Cheese Baked Ziti Sausage Link Green Peas Breadstick Applesauce
(22) Salisbury Steak with Gravy Twice Mashed Potatoes Mixed Vegetables Multigrain Bread Mixed Fruit	(23) Cheese Ravioli Meatballs Sauce Tossed Salad Black Olives & Chickpeas Ranch Dressing Dinner Roll Fresh Fruit	(24) CLOSED Christmas	(25) CLOSED Christmas	(26) Lunch Will Not be Served
(29) BBQ Chicken Leg Quarter Cheesy Rice Casserole Broccoli Cornbread Muffin Fresh Fruit	(30) Cheese Omelet Slice of Ham Potato Tots Peppers & Onions Blueberry Muffin Ketchup Fresh Fruit	(31) Assorted Fruit Juice California Vegetable Soup Penne Pasta & Meatballs with Marinara Sauce White Bread Fudge Crème Cookie	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	

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

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.

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, no class December 25

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, no class December 25

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, no class December 24

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, no class December 24

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

Blood Pressure Clinic

Friday, December 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, December 18 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.

Cabin Fever Brain Games

Wednesdays, February 18, March 18 & April 15, 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.**

COMMUNITY PROGRAMS & SERVICES

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

CT FoodShare Mobile Pantry

Tuesdays, December 9 & 23 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, December 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, 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 Gary Marek 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

99 Restaurant & Tour de Torrington Holiday Lights

Monday, December 15, 4:30pm

"The Nines" is a casual dining establishment known for hearty American comfort food and a welcoming, neighborhood-style atmosphere. After enjoying a holiday dinner with friends, get in the holiday spirit touring the beautiful holiday lights and displays. WSC member only trip. Cost: \$8 per transportation, tip and meal on you

Tropicana Atlantic City

March 30-April 1 (details to come)

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.

SLOW DOWN, ENJOY OUR TOWN

Whiting Mills Open Artist's Studios

100 Whiting Street

Open Studios Weekend, December 6 & 7, 10am-4pm

Enjoy a holiday stroll and meet the local craftspeople, painters, photographers and specialty shop owners in their studio space during this annual events.

Winsted Recreation's Holiday Event

Saturday, December 13

2pm Rowley Street Playground Building, 3:30pm East End Park

Lots of festive fun and festivities for everyone, including pictures with Santa and the Grinch, decorating an ornament and more. Then walk over to East End Park with Santa and enjoy hot cocoa, smores, and caroling and the tree lighting at 4:30pm.

Winsted Lions Club Holiday Party at Crystal Peak

Sunday, December 14, starting at 4:30pm

This event welcomes Lion's Club members from other Towns as well as non-members. The party plans were not finalized at the time of publication, so please call Carol at 860-984-6021 for details.

Winsted Fire Department Holiday Gator Parade

Saturday, December 20, starting at 5pm

Twinkling lights and holiday decor will fill the streets as trucks are decked out for Winsted's annual Holiday Fire Truck Parade. The trucks will be decked out for Winsted's annual holiday fire truck parade will step off from Meadow Street at 5pm.

Let's Help Fill the Food Pantry Shelves

Donation Bins Available in the Center

The small act of donating non-perishable food and hygiene items can make a big difference in the lives of our neighbors. Please drop items in the bin at the Center and we will get them to The Salvation Army Food Pantry to make sure it gets to the men, women and children who need support in our community.

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

Santa Jokes

What do you call Santa when he takes a break? *Santa Pause*

Why did Santa go to music school? *Because he wanted to improve his "wrap" skills*

What do you get if you cross Santa with a detective? *Santa Clues*

Why doesn't Santa use social media? *He's too busy checking his list — twice*

What's Santa's favorite kind of candy? *Jolly Ranchers*

How does Santa keep his suits wrinkle-free? *He uses Claus-tarch*

What do elves learn in school? *The elf-abet*

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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.