



Family of Friends

January 2026 Newsletter

Teaching Kitchen

Tuesday, December 30, 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 this class. *Registration is required and limited, 860-379-4252 x1.*

Let's Talk Energy

Understanding Your EverSource Bill

Wednesday, January 14, 12:30pm

During this class you will learn about the main points of your EverSource bill including available discounts, and payment plans, energy efficiency programs and how to avoid scams.

Five Wishes

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 for this class. *To register, please call 860-379-4252 x1.*

Peace of Mind

Money Management Tips

Wednesday, January 28 at 12:30pm

In today's world, managing your money is not easy. Learn skills to use everyday to make important, informed decisions about your personal finances. Thanks to Candy Perez and NCOA for this class. *To register, please call 860-379-4252 x1.*

Peace of Mind

Benefiting From Benefits

Wednesday, February 4 at 12:30pm

You may qualify for help. Learn about benefits and supports that may be available to you to free up income, reduce expenses and grow your peace of mind. Thanks to Candy Perez and NCOA for this class. *To register, please call 860-379-4252 x1.*

Cabin Fever Brain Games

Wednesday, February 18, 12:30pm

Keeping our brains active is so important! Play fun "brain games" 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.*

Membership Renewal Time!

WSC membership is \$6 for 2026

and if you are age 85+, your membership is free

PLEASE COMPLETE A NEW 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

SAVY SENIORS Series of Classes

Get smarter in 2026

Our new Savy Seniors Series is a set of engaging educational classes designed to empower older adults to make confident, informed decisions about their lives. These classes focus on building knowledge, encouraging thoughtful discussion, and ensuring that participants understand their options and feel comfortable expressing their choices. By providing clear information and practical tools, Savy Seniors classes support older adults in taking an active role in decisions that affect their well-being, independence, and peace of mind. You are encouraged to attend all of the classes to get the most benefit.

To register, please call 860-379-4252 x1.

Savy Seniors Classes include:

Let's Talk Energy, Understanding Your Energy Bill, Jan. 14 at 12:30

Five Wishes, Let Your Final Wishes Be Known on Jan. 21 at 12:30

Peace of Mind, Money Management Tips on Jan. 28 at 12:30

Peace of Mind, Benefiting From Benefits on Feb. 4 at 12:30

Cabin Fever Brain Games on Feb. 18

And More:

Security & Scams; Maximize Your Medicare; Legacy Box; CT Array RX digital discount card; Yellow Dot Program; & Veterans Benefits

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 Gaudette

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 Assistant - 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

January

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

860-379-4252 x2

SUGGESTED DONATION \$5.00

ALL MEALS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			(1)	(2)
			CLOSED New Year's Day	Lunch will not be served
(5) "McSullivan Chicken Sandwich" with Chicken Breast Cheese, Lettuce & Tomato Sandwich Roll Chips Coleslaw Pineapple Tidbits	(6) Spaghetti and Meatballs with Sauce Tossed Salad with Tomatoes, Cucumbers & Italian Dressing Breadstick Fresh Fruit	(7) Florentine Soup Crackers Chicken Cacciatore Steamed Rice Multigrain Bread Tropical Fruit	(8) Assorted Fruit Juice BBQ Pulled Pork Delmonico Potatoes Mixed Greens Hamburger Roll Lorna Doone Cookies	(9) Stuffed Shells with Alfredo Sauce Italian Sausage Link Broccoli Italian Bread Applesauce
(12) "Build your own Fajitas" Mexican Chicken Cilantro Lime Rice Onions and Peppers Flour Tortilla Cheddar Cheese Salsa & Sour Cream Fresh Fruit	(13) Philly Cheesesteak Crinkle Cut Fries Broccoli Slaw Grinder Roll Ketchup Diced Peaches	(14) California Vegetable Soup Crackers Chicken Parmesan Garlic Rotini Italian Bread Pineapple Tidbits	(15) Assorted Fruit Juice "Deconstructed Shepherd's Pie" with Ground Beef Gravy, Mashed Potatoes & Corn Multigrain Bread Fudge Crème Cookie	(16) Potato Crusted Fish Buttered Parsley Rice Green Peas Dinner Roll Tartar Sauce Diced Pears
(19) CLOSED Martin Luther King Day	(20) Cheeseburger Sweet Potato Tots Coleslaw Hamburger Roll Ketchup Fresh Fruit	(21) Roasted Turkey with Gravy Stuffing Glazed Beets Cranberry Sauce Biscuit Mixed Fruit	(22) Potato Soup Crackers Grilled Ham & Cheese on Rye Chips Three Bean Salad Mustard Tropical Fruit	(23) Cheese Quiche Roasted Potatoes Mixed Greens White Bread Diced Pears
(26) Chicken Piccata Garlic Penne Pasta Brussel Sprouts Multigrain Bread Mandarin Oranges	(27) Cream of Broccoli Soup Crackers Meatloaf with Gravy Mashed Potatoes Capri Vegetables Rye Bread Diced Peaches	(28) Assorted Fruit Juice Chicken Tenders Ranch Beans Corn O'Brien Dinner Roll BBQ Sauce Chocolate Chip Cookie	(29) "Taco Bowl" with Taco Meat Shredded Lettuce Spanish Rice Cheddar Cheese Salsa Sour Cream Flour Tortilla Fresh Fruit	(30) Cheese Baked Ziti Meatballs w/Sauce Tossed Salad with Chickpeas, Cherry Tomatoes and Croutons Ranch Dressing Italian Bread Mixed Fruit

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

Holiday Lunch Schedule

February 11 - Valentines Lunch

March 11 - St. Patrick's Lunch

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 (no class December 26 & January 2)

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 (no class December 26 & January 2)

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 djembe African drums and other percussion instruments. No musical experience is necessary.

Strong & Stretched

Tuesdays & Thursdays at 9:00am (no class December 25 & January 1)

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 & January 1)

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, January 9, 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, January 15 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 (no BINGO December 26)

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

Wednesday, 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, January 6 & 20 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, January 15, 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 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 Please mail donation and written requests to PO Box 241, Winsted, CT 06098.

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

Cheesecake Factory Restaurant

Monday, January 12, 10:30am

Go shopping at the BlueBack Square in West Hartford then discover the delicious menu featuring over 250 dishes made from scratch every day at Cheesecake Factory including salads, pizzas, pastas, steaks, seafood. Be sure to save room for cheesecake unless you plan to bring a slice home. **Cost: \$15 per person, lunch is on your own.**

St. Pat's Day at Log Cabin

Tuesday, March 10

Put on your green and enjoy a family style corned beef lunch and baked scrod including potatoes and vegetables, roll and butter, dessert, coffee and tea. Afterward, sit back and bain taitneamh as (delight in) an Irish Celebration featuring a musical journey of classic Irish songs, traditional country tunes and world class Irish dancers.

Atlantic City at Tropicana Resort Casino

March 30-April 1, 8am

Everyone loves our AC trips and we are already taking reservations...the perks practically pay for the trip. Trip includes: motor coach transportation, 2 nights accommodation, \$50 slot bonus, \$50 meal voucher, 2 fantastic shows - "Country Legends Band" and "Rock Around the Clock 50s & 60s" shows, 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, \$455 pp single, \$75 deposit required at sign up, final payment 2/28/26.**

2026 Trips

Stop by the office for a flyer or if you have any questions...more details to come

February	TBD	Mohegan Sun Casino	July	July 15	Log Cabin - Fleetwood Mac & Twin Lobster
	TBD	Red Lobster			
March	March 10	St. Pat's at Log Cabin		TBD	Olive Garden
	March 30	Atlantic City at Tropicana Resort	August	TBD	Foxwoods Casino
				TBD	Crackerbarrel
	TBD	Olive Garden	September	TBD	Lakeside Turkey Train at Lake Winnepesaukee
April	TBD	Crackerbarrel			
May	May 5	Aqua Turf - Linda Ronstadt Show		TBD	Cheesecake Factory
			October	October 27-29	Atlantic City at Boardwalk
	TBD	Boscov's			
June	June 1-4	Ocean City Maryland		TBD	Boscov's
	TBD	Cheesecake Factory	November	TBD	Crackerbarrel

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 more information about cancellation insurance, ask Craig, 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-

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

New Years Jokes

Why did the New Year's party end early? Because everyone *dropped the ball*

What do you say when you see someone after midnight on New Year's Day? I haven't seen you since last year

What New Year's resolution should a basketball player never make?
To travel more

What is corn's favorite day of the year? New Ear's Day

Why should you put your calendar in the freezer? To start off the new year in a cool way

What does the Easter Bunny say on New Year's Day? Hoppy New Year

What's a cow's favorite night of the year? Moo Year's Eve

What did the farmer give his wife on New Year's Eve? Hogs and kisses



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.