Valentine’s Lunch at the Center with Entertainment
Tuesday, February 14, 11:30am
Celebrate your all of your sweethearts with a delicious lunch of chicken supreme, mashed potatoes, broccoli & cauliflower, dinner roll and a special dessert. After lunch, sit back and enjoy favorite 50s and 60s music performed by Winsted’s own Bill Panagakos.
Cost: $6 per person, tickets must be purchased at the office by February 10, 11:30am and let us know Grab & Go or Sit-Down.

“Love Your Heart” Heart Health Presentation
Thursday, February 16, 12:30-1:30am
Attend a presentation by Michelle Jose, RN from Community Health & Wellness Center and learn ways to love your heart by practicing a heart healthy lifestyle. We will learn about diet, exercise and blood pressure management and leave with a few new recipes that your heart and stomach are sure to fall in love with.
Register today by calling 860-379-4252 x1.

Free Income Tax Prep at Winsted Senior Center!
Starting February 15
We will be preparing tax returns both in-person (by appointment), by mail or dropped in our lock box at the Chestnut Street entrance. You must provide us with the proper VITA Intake form which is available at the office and your necessary documents and proof of identity (even if you have done so in the past). This includes a copy of your Social Security card for you and for anyone else included on your return and a picture ID. Call 860-379-4252 x1 for an appointment. Intake form must be completed before appointment.

Save $$ on Your Energy Bills
We can help you change your supplier
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, you will need to bring a current Eversource bill.

CT Elderly & Disabled Tax Relief Program
February 1 through May 15, applications are being accepted for the State of CT Elderly and Disabled Tax Relief Program. To qualify for this program you must be age 65 or older or be permanently disabled and meet State income requirements. For information call Rebecca, the Town Assessor, at 860-370-5461 x339 or visit www.townofwinchester.org/entities/asseror-e

Smart Phone & iPad Class
Mondays, 11am-noon
Questions about your device? Stop by and get some help. Also, the Center has a limited number iPads available that you can learn about and use at the Center. Walk-ins welcome.

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. Please arrange to purchase tickets with your friends, so you can sit together.
Cost: $25 includes tax and tip, tickets must be purchased at the WSC office by March 9th.
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 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 - 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.

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

Reservations must be made by 11:30am the day before. 860-379-4252 x2

Suggested Donation $4.00 per Meal

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>(1) Vegetable Soup Crackers Macaroni &amp; Cheese Stewed Tomatoes Dinner Roll Pound Cake w/ Berries</td>
<td>(2) Turkey w/ Gravy Mashed Potatoes Butternut Squash Wheat Bread Fresh Fruit</td>
<td>(3) Ravioli w/ Sauce Italian Sausage Cauliflower Broccoli Italian Bread Pineapple</td>
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<tr>
<td>(6)</td>
<td>(7)</td>
<td>(8) Pork Roast w/ Gravy Mashed Potatoes Collard Greens Dinner Roll Fresh Fruit</td>
<td>(9) Lasagna Roll Garden Salad w/ Tomatoes, Cucumbers &amp; Black Olives Dressing Italian Bread Applesauce</td>
<td>(10) Mushroom Barley Soup Crackers Cheese Quiche Stewed Tomatoes Wheat Bread Sugar Cookie</td>
</tr>
<tr>
<td>(13)</td>
<td>(14) Tickets Required</td>
<td>(15) Valentine’s Lunch Chicken Supreme Mashed Potatoes Broccoli &amp; Cauliflower Dinner Roll Special Dessert</td>
<td>(16) Assorted Fruit Juice Turkey w/ Gravy Mashed Potatoes Broccoli Florets Dinner Roll Chocolate Pudding</td>
<td>(17) BBQ Pork Corn Baked Beans Wheat Bread Fresh Fruit</td>
</tr>
<tr>
<td>Sweet &amp; Sour Pork Rice Oriental Blend Veggies Pineapple</td>
<td>(18) Assorted Fruit Juice Turkey w/ Gravy Mashed Potatoes Broccoli Florets Dinner Roll Chocolate Pudding</td>
<td>(19) Chicken Piccata Seasoned Orzo Carrots Rye Bread Sugar Cookie</td>
<td>(20) BBQ Pork Corn Baked Beans Wheat Bread Fresh Fruit</td>
<td>(21) Vegetable Barley Soup Crackers Grilled Cheese on Wheat Bread Veggie Pasta Salad Fruit Cocktail</td>
</tr>
</tbody>
</table>

CLOSED President’s Day

(27) Herbed Chicken Quarter Baked Sweet Potatoes California Blend Veggies Dinner Roll Pineapple

(28) Cheese Baked Ziti Garden Salad with Tomatoes, Cucumbers and Chickpeas Dressing Italian Bread Peaches

When you place your reservation, please specify if you are going Sit Down to eat your lunch at the Center or Grab & Go to eat at home

“Love Your Heart” Heart Health Presentation

Thursday, February 16, 12:30-1:30am

Invite your family and friends

Attend a presentation by Michelle Jose, RN from Community Health & Wellness Center and learn ways to love your heart by practicing a heart healthy lifestyle. We will learn about diet, exercise and blood pressure management and leave with a few new recipes that your heart and stomach are sure to fall in love with. Register today by calling 860-379-4252 x1.
# CLASSES, CLUBS, GAMES & ACTIVITIES

## Chair Yoga
**Mondays & Fridays at 9:00am, no class February 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=Si8veUtsVytwcEIWMVRmWS9DbGVhZz09
Meeting ID: 326 155 172  
Passcode: Winsted

## Qigong & Tai-Chi
**Mondays & Fridays at 10:15am, no class February 20**
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, no class February 20**
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 February 20**
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, no class February 2**
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, February 8 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 x4.
HHC Neighborhood Health Clinic
February 2, 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
February 16, 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
February 7 & 21 (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 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.

Stress?
Stress can take many forms. Are you a caregiver? Do you have an adult child living with you? Have you struggled to navigate complicated medical systems? Stress can be all these things and which can take a toll on your overall health. For more information, please contact Greenwoods Counseling and Referrals at 860-567-4437.
**TRIPS, TRIPS, TRIPS**

**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

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**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.

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**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.

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**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. tickets **must** be purchased at the WSC office by March 9th.

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**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.

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**Other Trips That We Have Planned**

- **Log Cabin The Andrew Sisters Show** May 24. **Cost:** $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

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**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 for 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

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Ambulance</td>
<td>860-738-9267</td>
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<tr>
<td>Beardsley Library</td>
<td>860-379-6043</td>
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<tr>
<td>Emergency</td>
<td>911</td>
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<tr>
<td>Fire Department</td>
<td>860-379-5155</td>
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<tr>
<td>Meals on Wheels</td>
<td>860-482-4151</td>
</tr>
<tr>
<td>N.W. Transit</td>
<td>860-489-2535</td>
</tr>
<tr>
<td>Poison Control</td>
<td>800-222-1222</td>
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<tr>
<td>Police Department</td>
<td>860-379-2721</td>
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<tr>
<td>Post Office</td>
<td>860-379-6675</td>
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<tr>
<td>Senior Center</td>
<td>860-379-4252</td>
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<tr>
<td>Tax Collector</td>
<td>860-379-4474</td>
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<tr>
<td>Tax Office</td>
<td>860-379-5461</td>
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<tr>
<td>Town Clerk</td>
<td>860-738-6963</td>
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<tr>
<td>Town Manager</td>
<td>860-738-6962</td>
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<tr>
<td>WCAAA</td>
<td>203-757-5449</td>
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<tr>
<td>(Western CT Area Agency on Aging)</td>
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<tr>
<td>TownofWinchester.org</td>
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Valentine’s Jokes

What do you call the world’s smallest Valentine’s Day card? A valen-teeny
What did the stamp say to the envelope on Valentine’s Day? I’m stuck on you
What did one volcano say to the other? I lava you
What did the cucumber say to the pickle? You mean a great dill to me
What did the one sheep say to the other? I love ewe
And how did the other sheep respond? You’re not so baaaaaaa-d yourself
What did the farmer give his wife for Valentine’s Day? Hogs and kisses
What did one light bulb say to the other light bulb on Valentine’s Day? I wuv you watts and watts
What do you say to an octopus on Valentine’s Day? I want to hold your hand, hand, hand, hand, hand, hand, hand
What do you call a ghost’s true love? Their ghoul-friend
What do you write in a slug’s Valentine’s Day card? Be my Valen-slime

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.