



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+

February 2026

### How Many Hearts Raffle?

Guess how many candies are in the jar

Now through February 11, guess how many heart candies are in the jar for your chance to WIN the whole jar of candy and \$10 cash. **Cost: \$1 each ticket**

### Peace of Mind, Money Management

Wednesday, January 28 at 12:30pm

Learn skills to use everyday to make important, informed decisions about your personal finances. Thanks to Candy Perez and Pam Dean from NW Community Bank for this class. **Please call to register 860-379-4252 x1.**

### Peace of Mind, Benefit From Benefits

Wednesday, February 4 at 12:30pm

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. **Please call to register 860-379-4252 x1.**

### Hearty Party Lunch

Wednesday, February 11, 11:30am

Get together with friends to celebrate Valentines with a delicious lunch including chicken cordon bleu with supreme sauce, scalloped potatoes, green beans, dinner roll and special dessert. After join in and sing along or dance to your favorite country love songs with Jim Moore. **Make your reservation at the office until 2/6. Cost: \$6, get 1 free raffle ticket**

### Let Your Final Wishes Be Known

Wednesday, February 18, 12:30pm

Prepare 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.**

### Stay Safe at Home Services

Wednesday, February 25, 12:30pm

Do you—or a friend or neighbor—need help staying safe and comfortable at home? Whether it's personal care, meal preparation, housekeeping, or transportation, WCAAA (Western Connecticut Area Agency on Aging) offers programs to help older adults remain independent at home. Program coordinators will be available to share information and answer your questions. **Please call to register.**

### CT Elderly & Disabled Tax Relief

February 1 through May 15, applications are being accepted for the Elderly and Disabled Tax Relief Program. To qualify for this program, you must own a home in Winchester, be age 65 or older or be permanently disabled and meet State income requirements. For information call Rebecca, Town Assessor, 860-379-5461. Also, February 1 through October 1, Veterans, can apply for "Additional Veterans Exemption".

### Income Tax Prep

Starting February 16

We will be preparing tax returns both in-person (by appointment) or drop-off this year. Complete the Intake form, available at the office, and drop it with your tax documents and proof of identity (this includes a copy of your Social Security card for yourself and for anyone included on your return and a picture ID).

## 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:*

**Peace of Mind, Money Management**

**Tips** on Jan. 28 at 12:30

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

**Five Wishes, Let Your Final Wishes Be Known** on Feb. 18 at 12:30

**Stay Safe at Home, Services Available From WCAAA**, on February 25 at 12:30

*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](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**

All meals include margarine, milk & coffee or tea  
 The lunches provide 1/3 of the balanced mix of foods for an adult  
**Suggested Donation \$5.00**

# February

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

**860-379-4252 x2**

All Meals Are Subject to Change

When placing your reservation, please let us know if you have a food allergy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(2) Beef Jardiniere Mashed Potatoes Sauteed Cabbage with Carrots Multigrain Bread Diced Peaches	(3) Northern Bean Soup Crackers Herbed Chicken Quarter Capri Vegetables Rye Bread Diced Pears	(4) BBQ Pork Ribette with Onions & Pickles Hawaiian Baked Beans Coleslaw Grinder Roll Fresh Fruit	(5) Turkey Reuben on Rye with Sauerkraut, Swiss Cheese and Thousand Island Dressing Chips Pasta Salad Mixed Fruit	(6) Ravioli with Pesto Sauce Italian Sausage Link Tossed Salad with Cukes & Tomatoes Italian Bread Chocolate Fudge Brownie
(9) "McWinsted Chicken Sandwich" with Cheese, Lettuce & Tomato Chips Coleslaw Thousand Island Dressing Pineapple Tidbits	(10) Spaghetti and Meatballs With Sauce Tossed Salad with Tomatoes, Cucumbers & Croutons Italian Dressing Breadstick Fresh Fruit	(11) <b>Hearty Party</b> Chicken Cordon Bleu with Supreme Sauce Scalloped Potatoes Green Beans Dinner Roll Special Valentine's Dessert	(12) BBQ Pulled Pork Delmonico Potatoes Mixed Greens Hamburger Roll Lorna Doone Cookies	(13) Stuffed Shells with Alfredo Sauce Italian Sausage Link Broccoli Italian Bread Applesauce
(16) <b>CLOSED Presidents' Day</b>	(17) Philly Cheesesteak Crinkle Cut Fries Broccoli Slaw Grinder Roll Ketchup Diced Peaches	(18) <b>Ash Wednesday</b> Cheese Manicotti with Marinara Sauce Green Beans Carrots Italian Bread Applesauce	(19) "Deconstructed Shepherd's Pie" With Ground Beef, Gravy, Mashed Potatoes & Corn Multigrain Bread Fudge Crème Cookie	(20) Potato Crusted Fish Buttered Parsley Rice Green Peas Dinner Roll Tartar Sauce Diced Pears
(23) Grilled Chicken Caesar Salad with Romaine Lettuce, Parmesan Cheese & Croutons Caesar Dressing Cucumber Salad Breadstick Butterscotch Pudding	(24) Cheeseburger Sweet Potato Tots Coleslaw Hamburger Roll Ketchup Fresh Fruit	(25) Roasted Turkey with Gravy Stuffing Glazed Beets Cranberry Sauce Biscuit Mixed Fruit	(26) Potato Soup Crackers Grilled Ham and Cheese on Rye Chips Three Bean Salad Mustard Tropical Fruit	(27) Cheese Quiche Roasted Potatoes Mixed Greens White Bread Diced Pears

## Hearty Party Lunch

with Jim Moore to entertain us

Wednesday, February 11, 11:30am

Get together with friends to celebrate your favorite valentine with a delicious lunch including chicken cordon bleu with supreme sauce, scalloped potatoes, green beans, dinner roll and special dessert. After join in and sing along or dance to your favorite country love songs with Jim Moore. **Make your reservation at the office until 2/6. Cost: \$6, get 1 free Heart Candy raffle ticket**

## Lepre-Party Lunch

with Luck o' the Irish Family Feud Game

Wednesday, March 11, 11:30am

Get a team together to celebrate St. Patrick's Day with a delicious corned beef lunch and a little friendly competition! Thanks to Keystone Place for the special dessert, great prizes and Family Feud Game. **Make your reservation at the office until 3/5. Cost: \$6, don't forget, there will be great prizes**

## CLASSES, CLUBS, GAMES & ACTIVITIES



To participate, you must be a current Winsted Active Aging 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 February 16)**

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=Si8veUtsVytwcElWMVVRmWS9DbGVhZz09>**

**Meeting ID: 326 155 172**

**Passcode: Winsted**

### Tai-Ji Quan

**Mondays & Fridays at 10:15am (no class February 16)**

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 (no class February 16)**

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 February 9 & 12)**

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.

### Blood Pressure Clinic

**Friday, February 13, 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.

### 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, 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...

### HHC Neighborhood Health Clinic

Thursday, February 5, 11am-2pm

The Hartford HealthCare Neighborhood 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 excepted but not required.

### CT FoodShare Mobile Pantry

Tuesdays, February 3 & 17 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, February 19, 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

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. Please mail donations 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.

### 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. For more information, ask Jen 860-379-4252 x4. There's no cost for people with hearing loss that need this service. Call 833-691-1600 today.

## TRIPS, TRIPS, TRIPS

### Red Lobster & Munson's

Tuesday, February 10, 10am

Invite your Valentine for lunch at Red Lobster's and enjoy their famous and delicious affordable, seafood dishes. On the way home, bus will stop at Munson's Chocolates to treat yourself to their famous, fine handcrafted chocolates. Because of the limited number of seats on the bus, you must be a 2026 member to go on this trip. **Cost: \$15 per person, lunch is on your own.**

### Mohegan Sun Casino

Tuesday, February 24, 8:30am

This trip will fill up fast, enjoy a day out-of-town with friends to gamble, shop and eat some delicious food. Because of the limited number of seats on the bus, you must be a 2026 member to go on this trip. **Cost: \$40 per person**

### St. Patrick'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 bair taitneamh as (delight in) an Irish Celebration featuring a musical journey of classic Irish songs, traditional country tunes and world class Irish dancers. **Cost: \$136 pp**

### 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 accommodations, \$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.**

### Linda Ronstadt Tribute at the Aqua Turf

Tuesday, May 5

The trip includes a delicious family style luncheon including homemade soup, baked scrod, chicken parmesan, vegetables, potato, fresh rolls, dessert and coffee or tea. Then enjoy an unforgettable, classic Linda Ronstadt tribute performance by American Idol finalist Tristan McIntosh. **Cost: \$142 pp**

### Ocean City Maryland Excursion

June 1-4

Visit to the famed Assateague Island to see the wild ponies, Ocean Downes Casino, a sightseeing Dolphin Watch Cruise and many more sites. Trip includes: motor coach transportation, 3 nights accommodations, 3 breakfasts, 3 dinners and taxes, gratuities and baggage handling. **Cost: \$670 pp double, \$847 pp single, \$100 deposit required at sign up, final payment 4/15/26. Travel insurance is available [www.seniorexcursions.com](http://www.seniorexcursions.com)**

#### 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](http://TownofWinchester.org)

## Valentines Jokes

**Why is Valentine's Day a great day for a party?** *Because you can party hearty*

**What did the stamp say to the envelope on Valentine's Day?** *I'm stuck on you*

**What do you call the world's smallest Valentine?** *A valen-teeny*

**What flowers give the most kisses on Valentine's Day?** *Tu-lips*

**How does cupid deliver Valentine's all over the world?** *On an arrow-plane*

**What did the stamp say to the envelope on Valentine's Day?** *I'm stuck on you*

**Why did the banana go out with the prune?** *Because he couldn't get a date*

**What did the cucumber say to the pickle?** *You mean a great dill to me*



**Winsted Active Aging Senior Center 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.