



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+

March 2026

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 860-379-4252 x1 to register.**

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**



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.*

Easter Lunch

Wednesday, April 1 at 11:45am

Easter is a time to be thankful. Please join us for our Easter Lunch (more details to come).



Buy-A-Wheel & Support MOW

Just \$1

Please help support Meals on Wheels that helps homebound seniors stay independent in their own home, by purchasing a wheel for only \$1. For more information about the Meals on Wheels program, please call Nicole at 860-482-4151.

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

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).

TRIPS, TRIPS, TRIPS

March	March 4	Red Lobster	June	June 1-4	Ocean City Maryland
	March 10	St. Pat's at Log Cabin		TBD	Cheesecake Factory
	March 26	Olive Garden	July	July 15	Log Cabin - Fleetwood Mac & Twin Lobster
	March 30-April 1	Atlantic City at Tropicana Resort		TBD	Olive Garden
April	TBD	Crackerbarrel	August	TBD	Foxwoods Casino
	May	Aqua Turf - Linda Ronstadt Show		TBD	Crackerbarrel
	TBD	Boscov's	September	September 23	Lakeside Turkey Train at Lake Winnepesaukee

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
Suggested Donation \$5.00
 The lunches provide 1/3 of the balanced mix of foods for an adult

March

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(2) Chicken Piccata Garlic Penne Pasta Brussel Sprouts Multigrain Bread Mandarin Oranges	(3) Cream of Broccoli Soup Meatloaf with Gravy Mashed Potatoes Capri Vegetables Rye Bread Diced Peaches	(4) Assorted Fruit Juice Chicken Tenders Ranch Beans Corn O'Brien Dinner Roll BBQ Sauce Chocolate Chip Cookie	(5) "Taco Bowl" Shredded Lettuce Spanish Rice Cheddar Cheese Salsa & Sour Cream Flour Tortilla Fresh Fruit	(6) Cheese Baked Ziti Meatballs with Sauce Tossed Salad with Cherry Tomatoes Chickpeas Italian Bread Mixed Fruit
(9) Meatloaf with Vegetable Gravy Mashed Potatoes Sauteed Cabbage with Carrots Multigrain Bread Diced Peaches	(10) Northern Bean Soup Crackers Herbed Chicken Quarter Capri Vegetables Rye Bread Diced Pears	(11) St. Pat's Lunch Assorted Fruit Juice Corned Beef & Cabbage Red Bliss Potatoes Glazed Carrots Rye Bread Special Dessert	(12) Turkey Reuben on Rye with Sauerkraut Swiss Cheese and Thousand Island Dressing Chips Pasta Salad Mixed Fruit	(13) Ravioli with Pesto Italian Sausage Link Tossed Salad with Cucks and Tomatoes Italian Dressing Italian Bread Chocolate Fudge Brownie
(16) Sweet and Sour Chicken Confetti Brown Rice Broccoli Rye Bread Pineapple Tidbits	(17) Spaghetti and Meatballs With Sauce Green Beans Dinner Roll Fresh Fruit	(18) Florentine Soup Crackers Chicken Cacciatore Steamed Rice Multigrain Bread Tropical Fruit	(19) Assorted Fruit Juice BBQ Pulled Pork Delmonico Potatoes Mixed Greens Hamburger Roll Lorna Doone Cookies	(20) Stuffed Shells with Alfredo Sauce Italian Sausage Link Broccoli Italian Bread Applesauce
(23) Build your own Fajita Mexican Chicken Cilantro Lime Rice Onions and Peppers Flour Tortilla Cheddar Cheese Salsa & Sour Cream Fresh Fruit	(24) Philly Cheesesteak Crinkle Cut Fries Broccoli Slaw Grinder Roll Ketchup Diced Peaches	(25) California Vegetable Soup Crackers Chicken Parmesan Garlic Rotini Italian Bread Pineapple Tidbits	(26) Assorted Fruit Juice "Deconstructed Shepherd's Pie" with Ground Beef, Gravy, Mashed Potatoes & Corn Multigrain Bread Fudge Crème Cookie	(27) Potato Crusted Fish Buttered Parsley Rice Green Peas Dinner Roll Tartar Sauce Diced Pears
(30) Grilled Chicken Caesar Salad with Romaine Lettuce, Parmesan Cheese Caesar Dressing Cucumber Salad Breadstick Butterscotch Pudding	(31) Cheeseburger Sweet Potato Tots Coleslaw Hamburger Roll Ketchup Fresh Fruit			

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Buy-A-Wheel & Support Meals on Wheels

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CLASSES, CLUBS, GAMES & ACTIVITIES



FREE

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

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 djembe 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.

Dancercise

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, March 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

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COMMUNITY PROGRAMS & SERVICES

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

CT FoodShare Mobile Pantry

Tuesdays, March 3 & 17 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, March 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, 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

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

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.

Helping Hands Service

Homemaker-Companion, Personal Care & Medical Transportation Services

If you, a family member, a friend or a neighbor need quality, affordable and local homecare services to help to stay safe and independent at home, contact Helping Hands to learn more. Call Irene at 860-379-4900.

TRIPS, TRIPS, TRIPS

Red Lobster & Canton Creamery

Wednesday, March 4, 10am

Enjoy their famous and delicious affordable, seafood dishes. On the way home, bus will stop at Canton Creamery so you can treat yourself to some locally made ice cream. 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.**

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**

Olive Garden & Munson's

Thursday, March 19, 10:45am

Enjoy their classic Italian-American dishes including unlimited breadsticks & salad, pasta, chicken and seafood. 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.**

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**

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

Leprechaun Jokes

What is a nuahcerpel? *Leprechaun spelled backward*

What do you call an Irishman bouncing off the walls? *Rick O'Shay*

What's green and sings? *Elvis Parsley*

What does it mean if you find a four-leaf clover? *That you have too much time on your hands*

What did the Irish referee say at the end of the soccer match? *Game clover*

How do you pay for soft drinks on Saint Patty's Day? *With soda bread*

What do you call a leprechaun prank? *A saint pat-trick*



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.