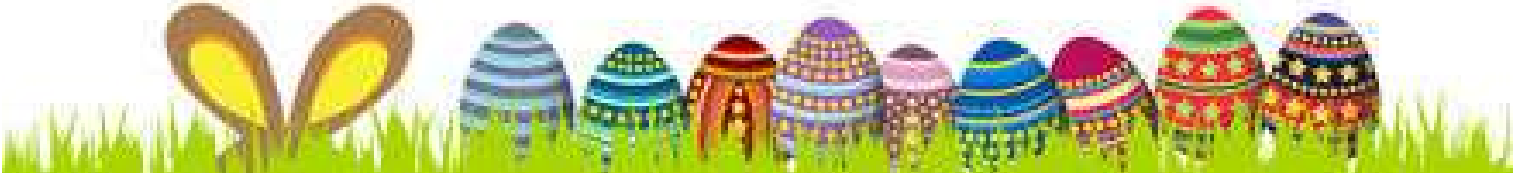




April 2026

Active Aging

Winsted Active Aging Senior Center 80 Holabird Avenue, Winsted, CT 860-379-4252



Easter Lunch & Bunny Hop Trivia

Wednesday, April 1, 11:30am

Easter is a time to be thankful...let's get together and enjoy yummy glazed ham, scalloped potatoes, herbed green beans, dinner roll and a special dessert. After lunch, chick-out the fun and share your easter trivia skills with your team. There will be prizes for winning team! Purchase your ticket at the office until 3/27. Cost: \$6

Cabin Fever Brain Games

Wednesday, 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.

Stay Safe at Home Services

Thursday, April 23, 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.

Spring Activity Center

Upper Level Bulletin Board

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

Member Art Gallery

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

2024 Renter's Rebate Application Time

We will start accepting documents April 15

Did you pay rent in Winsted? Are you age 65 or older and receive Social Security benefits? Are you under age 65 and receive Social Security Disability benefits? If your answer is yes and your income for 2025 was \$46,300 or less for a single person or \$56,500 or less for a married couple, you may be eligible for a Renters Rebate from the State of Connecticut. Please complete the Intake Form, available at the office, and return it along with the required documentation after April 15. Call 860-379-4252 x1, if you have questions.

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

Senior Center Staff

Director/Municipal Agent - Jennifer Kelley
Office Assistants - Craig Closson, Ann Sears & Dee Williams
Van Driver - Leron Williams & Tom Cianciolo

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
Program Aide - Emily Cianciolo

Nutrition Program Staff

Kitchen Manager - Tina Puckett
A4TD Trainee - Dawn Powell
Volunteers - Sheila Jackson, Alan Marek & Jean Reems

Volunteers

Bingo - Debra Wuori, Sylvia Landi, Sally Mangione, & Karen
Line Dancing - Kathy Asselin, Fran Cooper, Sandy Muckle & Kathy Sobol
VITA Tax Preparers - Jerry Cibalskis & Sharon Gaynor
Office Assistant - Sherry Warner
Volunteers don't get paid, not because they are worthless, but because they are priceless...S. 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. **The suggested donation per ride is \$1.**

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.

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

Winsted Active Aging Senior Center
Town of Winchester/Winsted, CT
Winsted CT Neighbors Helping Neighbors

All meals include margarine, milk, coffee or tea.

April

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

860-379-4252 x3

Suggested Donation \$5.00 per Meal

ALL MEALS ARE SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
		(1) Easter Menu Assorted Fruit Juice Glazed Ham Scalloped Potatoes Herbed Green Beans Dinner Roll Special Easter Dessert	(2) Potato Soup Crackers Grilled Ham and Cheese on Rye Chips Three Bean Salad Mustard Tropical Fruit	(3) CLOSED Good Friday
(6) Cheese Ravioli with Marinara Sauce Tossed Salad with Chickpeas & Cucumbers Ranch Dressing Italian Bread Fresh Fruit	(7) Chili Garlic Meatballs Bow Tie Pasta Green Beans White Bread Mixed Fruit	(8) Roasted Chicken Quarter Scalloped Potatoes Tuscany Vegetables Dinner Roll Applesauce	(9) Split Pea Soup Crackers Teriyaki Pork Loin Confetti Brown Rice Wheat Bread Oatmeal Crème Cookie	(10) Potato Crusted Pollock Sweet Potato Tots Vinaigrette Coleslaw Dinner Roll Tartar Sauce Ketchup Fresh Fruit
(13) Salisbury Steak with Mushroom Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Diced Pears	(14) Lemon Scarpariello Chicken Thigh Garlic Red Pepper Penne Zucchini Dinner Roll Vanilla Pudding	(15) BBQ Pulled Pork Macaroni and Cheese Collard Greens Hamburger Roll Applesauce	(16) Corn Chowder Cheeseburger with Lettuce & Tomato Potato Salad Hamburger Roll Fresh Fruit	(17) "Tuna Melt" Tuna and American Cheese on Rye Veggie Pasta Salad Chips Tropical Fruit
(20) BBQ Pork Patty With Sliced Onions and Pickles Crinkle Cut Fries Corn O'Brien Grinder Roll Fresh Fruit	(21) Spaghetti & Meatballs with Sauce Tossed Salad with Tomatoes, Cucumbers and Croutons Italian Dressing Mixed Fruit	(22) Chicken Thigh With Dijonnaise Garlic Mashed Potatoes Mixed Vegetables Dinner Roll Peaches	(23) California Vegetable Soup Crackers Turkey with Gravy Roasted Sweet Potatoes Peas Fudge Crème Cookie	(24) "Taco Bowl", Spanish Rice, Shredded Lettuce, Cheddar Cheese, Salsa, Sour Cream Tortilla Chips Diced Peaches
(27) Swedish Meatballs with Mushrooms Egg Noodles Cauliflower White Bread Mixed Fruit	(28) Assorted Fruit Juice Jamaican Jerk Chicken Breast Cilantro Lime Rice Plantains Flour Tortilla Chocolate Fudge Brownie	(29) "Baked Potato Bar" Beef and Bean Chili Whole Baked Potato Broccoli Cheddar Cheese Sour Cream Fresh Fruit	(30) Cream of Mushroom Soup Crackers Chicken Alfredo Parslied Penne Pasta Green Peas Italian Bread Diced Pears	

Our 60th Anniversary is coming in September

We are looking for suggestions and help to plan a celebration!

Please see or call Jen at 860-379-4252 x4

Our Fitness Classes are FREE

To participate, you must be a current Winsted Active Aging Senior Center member (cost is only \$6/year) 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 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 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, April 10, 11am to noon

Nurse Joni, from Visiting Nurse and Hospice of Litchfield County, will be here to take your 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, 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

CT FoodShare Mobile Pantry

Tuesdays, April 14 & 28 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, April 16, 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)

Briana 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.

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. 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

Crackerbarrel Restaurant

Wednesday, April 22, 9am

Enjoy a little shopping and sit down to enjoy the warm welcome and warm comfort food with friends that Crackerbarrel is known for. WSC member only trip. Cost: \$12 per person for transportation, shopping, tip and lunch on you.

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

Lakeside Turkey Train, Lake Winnepesaukee

September 23

Ride the rails while enjoying Harts hot roast turkey dinner carved at your table and marvel at the beautiful scenery. The trip includes: motor coach transportation and a scenic fall foliage ride along the Lake Winnepesaukee shore, turkey dinner carved at your table on board the train, stop at a country store, and driver gratuity.

Atlantic City at Tropicana Resort Casino

October 27-29, 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 - "Amazing Mystery Show" and "Tapestry, the very best of Carol King tribute", hotel baggage handling and taxes and driver gratuities. Pick up a flyer for all the details. Bus returns at approx. 8pm. Cost: \$389 pp double, \$509 pp single, \$50 deposit required at sign up, final payment 9/28/26.

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.



Winsted Active Aging Senior Center
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**

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
NW 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

Easter Bunny Jokes

What did the bunny say to his carrot? *Been nice gnawing you*
How do you know carrots are good for your eyes? *Because you never see rabbits wearing glasses*
How can you tell which rabbits are getting old? *Look for the gray hares*
Why are rabbits so lucky? *They have four rabbit's feet*
How do you catch a unique rabbit? *Unique up on it*
What happens when you cross a frog with a rabbit? *A bunny ribbit*
Why did the rabbit not bother eating their carrot? *No bunny knows*



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.