



May 2026

Active Aging

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



Mother's Day Lunch & Karaoke

Wednesday, May 6, 11:30am

Celebrate your mother...enjoy chicken marsala, scalloped potatoes, green beans, dinner roll and special Mother's Day dessert. After lunch, sit back or join in, Kelly will be back to provide lots of sing along karaoke fun. Make your lunch reservation at the office by May 1. Cost: \$6

Matter of Balance Fitness Class

4 Weeks, Tuesday & Thursdays, starting May 19, 8:30 to 10am

Join the group discussion and learn about the importance of exercise, preventing falls and home safety starting at 8:30am. Afterward participate in our "Strong & Stretched" fitness class which helps to improve the quality of your life by lifting weights which helps rebuild the muscle and stretching which helps improve flexibility, balance and range of motion. The class uses hand weights, fitness bands and bounce balls. Please register by calling 860-379-4252 x1.

Memorial Day Lunch & Music BINGO

Wednesday, May 20 at 11:45am

Together, let's honor our friends and loved ones who made the ultimate sacrifice for our country and enjoy McWinsted Cheeseburger with the fixings, potato salad, chips and apple pie for dessert. After lunch, sing along, and win. Purchase your lunch ticket at the office by May 16. Cost: \$5 lunch, BINGO card \$5.

Music BINGO starting at 12:30pm: Cost for BINGO card is \$5, and all funds will be distributed as prizes, so invite your friends. If you do not have lunch with us, please enter through the sunroom and purchase card at the office.

State of CT Farm Market Cards

Are you age 60 or older or are you disabled individual, under age 60, living in a housing facility? If yes, you may be eligible for a Farm Market Card valued at \$50. Please complete the Intake form (available at the office) and we will let you know when you can pick up your card. The card may be used to purchase CT Grown fruits, vegetables, eggs, fresh cut herbs (not plants), eggs and honey only from certified Dept. of Agriculture farm markets. The list of local markets is available.

2024 Renter's Rebate Application Time

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.

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.

Our 60th Anniversary is in September

We are looking for suggestions and help to plan a celebration! Please see or 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.

May

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

Suggested Donation \$5.00 per Meal

ALL MEALS ARE SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mother's Day Lunch & Kelly's Karaoke Kelly will be back to provide lots of sing along karaoke fun! Don't miss it!</p> <p>Memorial Day Lunch & Music BINGO After lunch, sing along, and win. Cost: \$5 for lunch & \$5 for BINGO card</p>				(1) Turkey Reuben on Rye with Sauerkraut, Swiss Cheese and Thousand Island Chips Coleslaw Fresh Fruit
(4) Glazed Ham Mashed Yams Zucchini Multigrain Bread Mixed Fruit	(5) Beef Burgundy Bow Tie Pasta Cabbage with Carrots Dinner Roll Tropical Fruit	(6) Mother's Day Menu Chicken Marsala Scalloped Potatoes Herbed Green Beans Dinner Roll Special Mother's Day Dessert	(7) Lentil Soup BBQ Shredded Pork Sauteed Mixed Greens Hamburger Roll Chocolate Chip Cookie	(8) Stuffed Shells Tomato Basil Sauce Italian Sausage Link Tossed Salad with Chickpeas & Tomatoes Italian Dressing Dinner Roll Fresh Fruit
(11) Cheese Ravioli Marinara Sauce Tossed Salad with Chickpeas & Cucumbers Ranch Dressing Italian Bread Fresh Fruit	(12) Chili Garlic Meatballs Bow Tie Pasta Green Beans White Bread Mixed Fruit	(13) Roasted Chicken Quarter Scalloped Potatoes Tuscany Vegetables Dinner Roll Applesauce	(14) Assorted Fruit Juice Split Pea Soup Teriyaki Pork Loin Confetti Brown Rice Wheat Bread Oatmeal Crème Cookie	(15) Potato Crusted Pollock Sweet Potato Tots Vinaigrette Coleslaw Dinner Roll Tartar Sauce Ketchup Fresh Fruit
(18) Salisbury Steak with Mushroom Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Diced Pears	(19) Assorted Fruit Juice Lemon Scarpariello Chicken Thigh Garlic Red Pepper Penne Zucchini Dinner Roll Vanilla Pudding	(20) Memorial Day Lunch "McWinsted" Cheeseburger with Shredded Lettuce, Tomato, Pickles, Onion, Thousand Island Potato Salad & Chips Sesame Seed Bun Apple Pie	(21) Corn Chowder Cheeseburger with Lettuce & Tomato Potato Salad Oven Roasted Potatoes Hamburger Roll Fresh Fruit	(22) "Tuna Melt" Tuna and American Cheese on Rye Veggie Pasta Salad Chips Tropical Fruit
(25) CLOSED Memorial Day 	(26) Spaghetti & Meatballs with Sauce Tossed Salad with Tomatoes, Cucumbers and Croutons Italian Dressing Mixed Fruit	(27) Chicken Thigh with Dijonnaise Sauce Garlic Mashed Potatoes Mixed Vegetables Dinner Roll Peaches	(28) Assorted Fruit Juice California Vegetable Soup Turkey with Gravy Roasted Sweet Potatoes & Peas Italian Bread Fudge Crème Cookie	(29) "Taco Bowl" with Taco Meat, Spanish Rice, Shredded Lettuce, Cheddar Cheese, Salsa, Sour Cream Tortilla Chips Diced Peaches

Coloring Crew Creative Masterpiece Posse

Starting May 4

Join the fun as we all color, that's right, color a big masterpiece to hang on the wall in the sunroom.

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.

Matter of Balance

4 Weeks, Tuesday & Thursdays, starting May 19, 8:30 to 10am

Join the group discussion and learn about the importance of exercise, preventing falls and home safety starting at 8:30am. Please register for Matter of Balance by calling 860-379-4252 x1.

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, May 8, 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.

Community Programs

CT FoodShare Mobile Pantry

Tuesdays, May 12 & 26 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, May 21, 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)

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

Mohegan Sun Casino

May 18, 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

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

Spring Jokes

What did the tree say to spring? What a re-leaf
Why couldn't the flower ride a bike on the first day of spring? Because it didn't have petals yet
How do you know it's getting warmer outside? Because people start walking with a spring in their step
What did the grass say to the lawn mower? Cut it out
Why couldn't the flower ride a bike on the first day of spring? Because it didn't have petals yet
What kind of socks does a gardener wear? Garden hose
What did the big flower say to the little one? You're really growing, bud



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.