



June 2026

# Active Aging

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



## **National Day of Joy Memory Book**

Celebrate joy and the simple things in life that don't involve material possessions — nature, family, friendships, and meaningful experiences. Share an anonymous note or drawing about something you are thankful for and add it to our National Day of Joy Memory Book. The completed collection of memories and reflections will be available at the Center for everyone to read and enjoy.

## **Free Yoga at Manor Playground**

**Wednesdays, June 3-July 22, 6:30pm**

Join this 8-week Winsted Rec and Hartford HealthCare sponsored program. Walk-ins are welcome. Bring your own yoga mat, blanket or towel. Questions, call 860-738-6964. (Playground located on the corner of Oakland and Glendale Avenue)

## **Father's Day Lunch & DJ Music**

**Wednesday, June 17, 11:30am**

Celebrate your Father...enjoy an italian sausage grinder with cheese, peppers & onions, baked beans, cole slaw and special Father's Day dessert. After lunch, have your list of favorite songs ready for the DJ to play and sit back be entertained or get energized by all the fun. Make your lunch reservation by June 12. Cost: \$6

## **Fall & Balance Screening**

**Saturday, June 20, by appointment, Sullivan Senior Center**

Thanks to Falls Free CT, participants will receive a series of free fall risk assessments performed by healthcare and wellness professionals qualified to evaluate gait, balance, strength, and mobility using standardized measures. Vital signs, including blood pressure, oxygen saturation, and heart rate, will also be assessed. Registration is limited, call Samantha Seger at 860-806-6195 for your appointment.

## **Meditation In Motion**

**Tuesdays, June 23-July14, 12:30pm**

This guided meditation class is designed to help you develop simple, practical tools you can access anytime to reduce stress and navigate challenges. Each session will include gentle movement to awaken the body and guided meditation to settle the mind. Whether you are new to meditation or returning to your practice, you are warmly welcomed to experience a nurturing approach to mental health and overall wellbeing.

## **State of CT Farm Market Cards**

Please complete the Intake form, available at the office, and we will let you know when you can pick up your card which can be used to purchase CT Grown fruits, vegetables, eggs, fresh cut herbs (not plants), and honey only from certified Dept. of Agriculture farm markets.

## **2024 Renter's Rebate Application Time**

Please complete the Intake Form, available at the office, and return it along with the required documentation and we will let you know when to return to sign your application. 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 - Chad Maccalous*

*A4TD Trainee - Dawn Powell*

*Volunteers - Pamela Delfino, Sheila Jackson, & 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 60<sup>th</sup> Anniversary is September 17**

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.

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**We have a list of all the public transportations options that are available in our area, just ask...**

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**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**

Winsted Active Aging Senior Center

Town of Winchester/Winsted, CT

Winsted CT Neighbors Helping Neighbors

All meals include margarine, milk, coffee or tea.


# June

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
(1) Swedish Meatballs with Mushrooms Egg Noodles Cauliflower White Bread Mixed Fruit	(2) Assorted Fruit Juice Jamaican Jerk Chicken Breast Cilantro Lime Rice Plantains Flour Tortilla Chocolate Fudge Brownie	(3) "Baked Potato Bar" Beef and Bean Chili Whole Baked Potato Broccoli Cheddar Cheese Sour Cream Fresh Fruit	(4) Cream of Mushroom Soup Crackers Chicken Alfredo Parslied Penne Pasta Green Peas Italian Bread Diced Pears	(5) Turkey Reuben on Rye with Sauerkraut, Swiss Cheese and Thousand Island Dressing Chips Coleslaw Fresh Fruit
(8) Glazed Ham Mashed Yams Zucchini Multigrain Bread Mixed Fruit	(9) Beef Burgundy Bow Tie Pasta Cabbage with Carrots Dinner Roll Tropical Fruit	(10) General Tso's Chicken Brown Confetti Rice Japanese Vegetables Oven Baked Spring Roll Fresh Fruit	(11) Assorted Fruit Juice Lentil Soup Crackers BBQ Shredded Pork Sauteed Mixed Greens Hamburger Roll Chocolate Chip Cookie	(12) Stuffed Shells with Tomato Basil Sauce Italian Sausage Link Tossed Salad with Chickpeas & Tomatoes Italian Dressing Dinner Roll Fresh Fruit
(15) Cheese Ravioli Marinara Sauce Tossed Salad with Chickpeas & Cucumbers Croutons Ranch Dressing Italian Bread Fresh Fruit	(16) Chili Garlic Meatballs Bow Tie Pasta Green Beans White Bread Mixed Fruit	(17) <b>Father's Day</b> Italian Sausage Grinder with Cheese, Peppers & Onions Baked Beans Coleslaw Special Dessert	(18) Assorted Fruit Juice Split Pea Soup Crackers Teriyaki Pork Loin Confetti Brown Rice Wheat Bread Oatmeal Crème Cookie	(19) <b>CLOSED Juneteenth</b>
(22) Salisbury Steak with Mushroom Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Diced Pears	(23) Assorted Fruit Juice Lemon Scarpariello Chicken Thigh Garlic Red Pepper Penne Zucchini Dinner Roll Vanilla Pudding	(24) Macaroni and Cheese Baked Beans Collard Greens Cornbread Muffin Applesauce	(25) Corn Chowder Crackers Cheeseburger with Lettuce & Tomato Potato Salad Hamburger Roll Ketchup & Mustard Fresh Fruit	(26) "Tuna Melt" Tuna and American Cheese on Rye Veggie Pasta Salad Chips Tropical Fruit
(29) BBQ Pork Patty w/Sliced Onions and Pickles Crinkle Cut Fries Corn O'Brien Grinder Roll Fresh Fruit	(30) Spaghetti & Meatballs Tomato Sauce Tossed Salad with Tomatoes, Cucumbers and Croutons Italian Dressing Mixed Fruit			

# 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 djembe 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.

## Meditation In Motion

**Tuesdays, June 23-July14, 12:30pm**

Each session will include gentle movement to awaken the body and guided meditation to settle the mind. Whether you are new to meditation or returning to your practice, you are warmly welcomed to experience a nurturing approach to mental health and overall wellbeing.

## 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, June 12, 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, June 9 & 23 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, June 18, 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**

**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.

## **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*

## **Boscov's Department Store**

**Wednesday, June 24, 9am**

Enjoy a morning of shopping at Boscov's, the largest family-owned department store in the U.S. then choose a place for lunch at the Mall from options like Johnny Rockets, Buffalo Wild Wings, Chipotle or Dave & Buster's. WSC member only trip. Cost: \$15 per transportation, shopping, tip and lunch on you

## **Twin Lobsters & Fleetwood Mac Tribute Show**

**Wednesday, July 15, 10am**

Enjoy a delicious lunch at the Log Cabin, including your choice of twin lobsters or prime rib of beef and baked potato, corn, dessert and coffee or tea. Then sit back and enjoy the the music or sing along to the iconic Fleetwood Mac songs like "Landslide", "Chain" and "Sara". Cost: \$146 pp.

## **Lakeside Turkey Train, Lake Winnepesaukee**

**September 23, 8am**

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. Cost: \$164 pp.

## **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**

### Strawberry Jokes

**How does an elephant hide in a strawberry patch?**

He paints his toenails red

**What do you call a sad strawberry?** A blueberry

**What's a scarecrow's favorite food?** Straw-berries

**Why did the strawberry shortcake go to school?** To become a berry smart dessert

**What did the strawberry say to the rude banana?**

You're berry un-peeling

**Why did the strawberry become a detective?** It loved to solve a berry difficult case



**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.