

Happy, Healthy, Curious & Safe Adults Age 55+

March 2023

May you have all the happiness and luck that your life can hold and at the end of your rainbows, may you find a pot of gold. –Old Irish Blessing

St. Pat's Lunch & BINGO at Crystal Peak

Wednesday, March 15, starting at 11am

Let's join together with Barkhamsted, Colebrook and New Hartford Senior Center members for some socializing, a delicious lunch including braised corn beef brisket, cabbage, carrots, potatoes, Irish soda bread and a cupcake for dessert then an afternoon of BINGO with new friends from neighboring towns. Please arrange to purchase tickets with your friends, so you can sit together. **BINGO cards are \$1 each and there will be a 50/50 Raffle too.**
Cost: \$25 includes tax and tip, tickets must be purchased at the WSC office by March 9th.



Invite your family and friends

Fraud & Medicare Presentation

Wednesday, March 8, 12:30-1:30am

Audrey Cole, from WCAA's SMP Dept., will be here with information about Medicare fraud, abuse and errors and who to contact to if you suspect them. Amanda Halle, from WCAA's CHOICES Dept., is a certified Medicare Counselor who will be able to answer Medicare and Medicare Savings Program questions.

"Covid's Ugly Head" Presentation

Wednesday, March 22, 12:30-1:30am

Covid-19 is still in our community. Michelle Jose RN, Director of Nursing, at CHWC, will be our guest speaker. Learn how to best protect yourself, your family and friends from the Covid-19 infection. Leave with a Covid-19 Care Kit with supplies to help you stay healthy and a few items to help make recuperating easier should you get sick. **Register today by calling 860-379-4252 x1.**

AARP Drivers Safety Class

Thursday, April 27, 11am - 3pm

After finishing the course, participants receive a certificate of completion, which may be used for a discount on auto insurance. Bring a bag lunch to eat during break. **Cost: \$15 for AARP members and \$20 for nonmembers, registration is required by May 13.** On the day of the class, bring your AARP membership card and check payable to AARP.

Free Income Tax Prep at Winsted Senior Center!

We will be preparing tax returns both in-person (by appointment), by mail or dropped in our lock box at the Chestnut Street entrance. You must provide us with the proper VITA Intake form which is available at the office and your necessary documents and proof of identity (even if you have done so in the past). This includes a copy of your Social Security card for you and for anyone else included on your return and a picture ID. Call 860-379-4252 x1 for an appointment. Intake form must be completed before appointment.

CT Elderly & Disabled Tax Relief Program

Applications are being accepted through May 15, for the State of CT Elderly and Disabled Tax Relief Program. To qualify for this program you must be age 65 or older or be permanently disabled and meet State income requirements. For information call Rebecca, the Town Assessor, at 860-370-5461 x339 or visit www.townofwinchester.org/entities/assessor-e

Smart Phone & iPad Class

Mondays, 11am-noon

Questions about your device? Stop by and get some help. Also, the Center has a limited number iPads available that you can learn about and use at the Center. Walk-ins welcome. Birdsong users are welcome to come to this class because it will no longer be meeting two Wednesdays a month.

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 & Dana Horvath**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 - Susan Jasch**Program Aide - Caycee Williams***Nutrition Program Staff***Kitchen Manager - Don Gregory**Kitchen Assistant - Andrew Cox*

*Volunteers - Christine Brown, Helen Dombrowski,
Alan Marek, Bruce Margelot & April White*

Volunteers*Bingo - Sylvia Landi, Sally Mangione & DeLyce (Dee)**BirdSong Tablet Instructors - Jay Trevorow & Candy Perez**Line Dancing - Fran Cooper**Friendly Hands Food Bag Distribution - Sylvia Landi & Jim Troise*

Volunteers don't get paid, not because they are worthless,
but because they are priceless. Sherry Anderson

Special Thanks

Thank you to the members of the Senior Enrichment Program and the Winsted Girl Scout Troop 40076 for creating the beautiful Valentines cards that were distributed to people who receive Meals on Wheels.

Also, thank you to our special friend Izzy Skilton for the beautiful lap blankets that she made. They will be cherished.

Memorial Donations

The Center has a Memorial Fund for people wishing to make a donation in memory of a friend or relative. The deceased person's name will be listed in the Memorial Book displayed in the Center along with the donor's name. Checks can be made out to the Winsted Senior Center.

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 and masks 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. Driver will tell you when he will be back to pick you up. You must be there at that time and place. Drivers do 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 \$7 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 Senior Page

Town of Winchester/Winsted, CT

Winsted CT Neighbors Helping Neighbors

Want to be on the WSC Planning Team

If you are interested, call Jen 860-379-4252 x4 or stop in.

All meals include margarine & milk

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

March

860-379-4252 x2**Suggested Donation \$4.00 per Meal****ALL MEALS ARE SUBJECT TO CHANGE**

Monday	Tuesday	Wednesday	Thursday	Friday
				
(6)	(7)	(8)	(9)	(10)
Baked Ham Au Gratin Potatoes Peas Wheat Bread Chocolate Chip Cookie	Teriyaki Chicken Brown Rice Green Beans Rye Bread Pears	Vegetable Soup Crackers Macaroni & Cheese Stewed Tomatoes Dinner Roll Pound Cake w/Berries	Turkey w/Gravy Mashed Potatoes Butternut Squash Wheat Bread Fresh Fruit	Ravioli w/Sauce Italian Sausage Cauliflower Broccoli Italian Bread Pineapple
(13)	(14)	(15)	(16)	(17)
Swedish Meatballs w/Stroganoff Gravy Bow Tie Pasta Carrots Rye Bread Peaches	Florentine Chicken Rice Green Beans Garlic Breadstick Mandarin Oranges	Lunch will not be served in Winsted	St. Pat's Day Lunch Corned Beef Cabbage Boiled Potatoes Carrots Rye Bread Special Dessert	Mushroom Barley Soup Crackers Cheese Quiche Stewed Tomatoes Wheat Bread Sugar Cookie
(20)	(21)	(22)	(23)	(24)
Sweet & Sour Pork Rice Oriental Blend Veggies Pineapple	Meatloaf w/Gravy Mashed Potatoes Cauliflower Wheat Roll Applesauce	Assorted Fruit Juice Chicken Parmesan Penne Pasta Spinach Garlic Breadstick Vanilla Pudding	Cream of Broccoli Soup Crackers Pollock Nuggets Tartar Sauce Tater Tots Ketchup Pears	Grilled Ham & Cheese on Rye Bread Chips Coleslaw Pickles Fresh Fruit
(27)	(28)	(29)	(30)	(31)
Spaghetti & Meatballs w/Marinara Sauce Green Peas Italian Bread Diced Peaches	Assorted Fruit Juice Turkey w/Gravy Mashed Potatoes Broccoli Florets Dinner Roll Chocolate Pudding	Chicken Piccata Seasoned Orzo Carrots Rye Bread Sugar Cookie	BBQ Pork Baked Beans Corn Wheat Bread Fresh Fruit	Vegetable Barley Soup Crackers Grilled Cheese on Wheat Bread Veggie Pasta Salad Fruit Cocktail

When you place your reservation,
please specify if you are going
Sit Down to eat your lunch at the Center
or **Grab & Go** to eat at home

CLASSES, CLUBS, GAMES & ACTIVITIES

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

Qigong & Tai-Chi

Mondays & Fridays at 10:15am

Get started...learn to improve your balance and flexibility, prevent joint injuries, protect your heart, increase focus and reduce stress and anxiety by following these traditional Chinese healing practices.

Smart Phone & iPad Class

Mondays, 11am-noon

Welcome Susan, who will be available to answer your questions about your device or the Center has a limited number iPads available that you can use at the Center. Walk-ins welcome.

Drumming Circle

Mondays at 1pm

Give it a try! Drumming leads to increased focus, upper body coordination, connectedness, relaxation, boosts the immune system and will make you happy. No musical experience is necessary.

Stretch Your Body & Mind

Tuesdays & Thursdays at 9:00am

Improve your flexibility, balance, range of motion and strength at whatever level you are comfortable with as well as focus on mindfulness to improve the quality of your life. Movements can be done on a chair or standing.

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.

Healthy Cooking Matters Class

Thursday, March 9 at 1pm

Come to the Center the second Thursday of the month to taste healthy and creative foods and beverages, collect recipes and also learn about nutrition because healthy cooking matters!

BINGO!

Fridays, 12:45 to 2:30pm

Enter through the sunroom, tickets available at 12:30pm. 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.

Free Income Tax Prep at Winsted Senior Center!

We will be preparing tax returns both in-person (by appointment), by mail or dropped in our lock box at the Chestnut Street entrance. You must provide us with the proper VITA Intake form which is available at the office and your necessary documents and proof of identity (even if you have done so in the past). This includes a copy of your Social Security card for you and for anyone else included on your return and a picture ID. Call 860-379-4252 x1 for an appointment. Intake form must be completed before appointment.

COMMUNITY PROGRAMS & SERVICES

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

HHC Neighborhood Health Clinic

March 2, 11am-3pm, 1st Thursday of the month

The Hartford HealthCare Neighborhood Clinic offers evaluation and management of urgent care needs, medical screenings, lab tests, referrals, follow-up care, immunizations and Covid vaccines. Walk-ins are welcome. On-site financial assistance is available, insurance is excepted but not required.

Friendly Hands Food Bags

March 16, pick-up at 10:30, 3rd Thursday of the month

To participate, you must complete Friendly Hand's Intake form which is available at the Center by December 9. Forms are available at the office, 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.

CT FoodShare Mobile Pantry is back

March 7 & 21 (every other Tuesday), delivery 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. Questions, call 860-331-8947 or 860-379-8444. If you need other help, call 211.

FOOD Matters!

Do you worry that your food will run out before you don't have money to buy more? *(The conversation will be confidential)*

Pam Carignan, The Salvation Army Regional Coordinator, 860-379-8444

Katie Vaill, Town of Winchester Social Services Coordinator, 860-853-6601

Jennifer Kelley, Winsted Senior Center Director, 860-379-4252 x4

Monthly 50/50 Raffle

Available now, \$1 raffle tickets will be available at the office with the proceeds being split evenly between the winner and the Center on the first of each month. Congratulations to February's winner Helen Archer.

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.

Are You Looking for a Job?

If you are age 55+, unemployed and want to learn new skills? The Senior Community Service Employment Program (SCSEP) provides paid, part-time training opportunities for eligible, mature workers to develop skills and gain work experience. For more information call 203-833-1422 or visit www.a4td.org.

Winsted Lion's Club

Discover the kindness in our community, if you, a friend or neighbor is in need of hearing aides or new glasses, the Winsted Lions Club may be able to help. Or, if you would like to be part of this global organization located right here in Winsted, please call Pam Wright at 860-921-6459.

Senior Wishes Program

Senior Wishes CT believes that a thriving senior population is an important part of a strong community. If you or a friend, age 65 or older, have a wish that will impact someone's life and bring happiness, they want to hear about it. Applicants income must not exceed \$31,692 for an individual or \$42,864 for a couple. Senior Wishes grants wishes in the \$300 range.

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.

March is Mental Health Awareness Month

It is helpful to occasionally do a mental health check in on yourself

Here are a few questions to ask: Am I getting enough sleep? Am I eating a well-balanced diet? Am I getting enough exercise? Have I connected with friends or someone I love? How am I doing, do I feel happy, sad, worried? If you are concerned about your mental health, please reach out to us at Greenwoods Counseling & Referrals 860-567-4437.

COMMUNITY PROGRAMS & SERVICES

Medicare Savings Programs (MSP)

The State of Connecticut offers financial assistance to eligible Medicare enrollees through the Medicare Savings Programs. These programs may help pay Medicare Part B premiums, deductibles and co-insurance.

If you qualify for one of the three Medicare Savings Programs (depending on your income), DSS will pay your Medicare Part B premium each month. In addition, some enrollees will be covered for Medicare deductibles and co-insurance. Medicare Savings Programs are funded by Medicaid.

Program	Income Limit	Income Limit
QMB	Single \$2390.00	Couple \$3220.00
SLMB	Single \$2617.00	Couple \$3525.00
ALMB	Single \$2786.00	Couple \$3754.00

Please note: If you have any questions about MSP or feel you have been incorrectly removed from the program because of the COLA (Cost of Living Adjustment, 8.7% increase to your Social Security), please contact the CHOICES Dept. at Western CT Area Agency on Aging at 203-757-5449 or visit their website at wcaaa.org

TRIPS, TRIPS, TRIPS

Danbury Mall

Tuesday, March 14, 10am

Get your friends together...so many restaurants to choose from and great shopping too. Cost: \$7 per person, lunch is on your own.

St. Pat's Lunch & BINGO at Crystal Peak

Wednesday, March 15, starting at 11am

Let's join together with Barkhamsted, Colebrook and New Hartford Senior Center members for some socializing, a delicious lunch including braised corn beef brisket, cabbage, carrots, potatoes, Irish soda bread and a cupcake for dessert then an afternoon of BINGO with new friends from neighboring towns. **BINGO cards are \$1 each and there will be a 50/50 Raffle too.** Cost: \$25 includes tax and tip, tickets must be purchased at the WSC office by March 9th.

Washington DC

March 24-28, 8am

This incredible trip to our nation's capital includes guided motor coach transportation, 4 nights lodging, monument and memorial tours and 8 meals. Pick up a flyer for all the details. Cost: \$599 per person double, \$808 per person single.

Other Trips That We Have Planned

Cheesecake Factory, West Hartford April 4. Cost: \$7 and lunch on your own

Log Cabin The Andrew Sisters Show May 24. Cost: \$135

Niagara Falls June 26-30. Cost: \$619 per person double, \$769 per person single

Cape Cod & Martha's Vineyard September 11-15. Cost: \$609 per person double, \$744 per person single

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. If you show up late for a trip, we cannot wait for you and refunds will not be given. At time of sign-up, we ask for the name and cell phone number for an emergency contact person.

Day Trips must be paid for in full. If you must cancel a day trip after we have paid the tour company, we can only refund your money if we have someone to replace you.

Overnight Trips, you must put down a deposit when you sign 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. Ask for the form at the office.



80 Holabird Avenue
Winsted, CT 06098

If you or a friend is in need
of shelter or services
Call 2-1-1

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
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

St. Patty's Day Jokes

Why did the leprechaun climb over the rainbow? *To get to the other side*
How can you spot a jealous shamrock? *It will be green with envy*
What do you call a big Irish spider? *Paddy long legs*
Why do leprechauns prefer dollar bills to coins? *Because they're green*
Why did the leprechaun turn down a bowl of soup? *Because he already had a pot of gold*
Why did the leprechaun walk out of the house? *He wanted to sit on the Paddy O'*
What happens if you cross poison ivy with a four-leaf clover? *You get a rash of good luck*
What happens when a leprechaun falls into a river? *He gets wet*
Why do leprechauns hate running? *They'd rather jig than jog*
Why are so many leprechauns florists? *They have green thumbs*
Why do leprechauns recycle? *They like to go green*

WINSTED *Senior* CENTER

Happy, Healthy & Safe Adults Age 55+

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.