



NEWSLETTER

Happy, Healthy, Curious & Safe Adults Age 55+

April 2023

Happy spring, happy Easter, happy sunshine! It feels like warmer and brighter days. I hope this newsletter finds you safe and healthy.

Special Easter Lunch

Wednesday, April 5, 11:45pm

Easter is a time to be thankful, please enjoy sliced ham with pineapple, au gratin potatoes, carrot coins, a dinner roll and a special Easter dessert. After lunch, sit back and enjoy favorite 50s and 60s music performed by Winsted's own Bill Panagakos. When you make your reservation, specify Sit-Down or Grab & Go, 860-379-4252 x2. Cost: \$6

Well Being Presentation

Wednesday, April 12, 12:30-1:30am

It is estimated that 20% of people age 55 years or older experience some type of mental health concern. The most common are anxiety and depression. Learn how to identify mental health concerns in yourself and others and ways to address these concerns. Please join Licensed Clinical Social Worker, Jamie Campenella for a discussion on mental health and aging.

Blood Pressure Clinic

Friday, April 8, 11:00 to noon

Nurse Joni, from Foothills Visiting Nurse and Home Care, will be here to take everyone's blood pressure in the sunroom. Walk-ins are welcome.

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 April 20. On the day of the class, bring your AARP membership card and check payable to AARP.

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.

2022 Renter's Rebate Application Time

Please complete the intake form inserted in this newsletter and return it along with the required documentation by mail, dropped in our lock box or call 860-379-4252 x1 for an appointment starting April 15. Extra intake forms will be available at the office.

Mohegan Sun Trip

Monday, May 15, departs 8am

We have a trip planned! Invite your friends and family and make your reserve your seat, the bus will fill up quickly! Unfortunately, meal and betting coupons are no longer available for bus trips. Cost: \$38 per person

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 & 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 - Tina Puckett**Volunteers - Christine Brown, Helen Dombrowski, Debbie**Insolia, Sheila Jackson, Alan Marek, Bruce Margelot &**April White***Volunteers***Bingo - Sylvia Landi, Sally Mangione & DeLyce (Dee)**BirdSong Tablet Support - Jay Trevorrow & 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 our special friend Mrs. Hughes 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 op-
tions 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](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**

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.

Meals include margarine & milk

April

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

860-379-4252 x2

Suggested Donation \$4.00

ALL MEALS ARE SUBJECT TO

CHANGE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| (3) Herbed Chicken Quarter Confetti Rice California Blend Veggies Wheat Dinner Roll Applesauce | (4) Meatloaf w/Gravy Mashed Potatoes Green Beans Rye Bread Fresh Fruit | (5) Easter Lunch Sliced Ham with Pineapple Glaze Au Gratin Potatoes Carrot Coins Dinner Roll Special Easter Dessert | (6) BBQ Pork Roast Rice and Cheddar Casserole Broccoli Cornbread Muffin Peaches | (7) CLOSED GOOD FRIDAY |
| (10) Swedish Meatballs w/Stroganoff Gravy Egg Noodles Mixed Vegetables Dinner Roll Peaches | (11) Baked Ham Macaroni and Cheese Cauliflower Italian Bread Applesauce | (12) Apple Juice Cheeseburger Steak Fries Carrot Raisin Salad Pickles Ketchup Hamburger Roll Chocolate Chip Cookie | (13) Chicken Parmesan Penne Pasta Garden Salad with Tomatoes, Cucumbers & Olives Balsamic Vinaigrette Dressing Garlic Breadstick Mixed Fruit | (14) Minestrone Soup Crackers Grilled Turkey and Swiss on Rye Bread Chips Pickle Mustard Fresh Fruit |
| (17) Spaghetti and Meatballs w/Sauce Garden Salad with Tomatoes, Cucumbers, Chickpeas and Croutons Italian Dressing Garlic Breadstick Fresh Fruit | (18) BBQ Pork Rib Patty Corn O'Brien Collard Greens Hamburger Roll Pears | (19) Chicken Caesar Salad With Grilled Chicken, Romaine Lettuce, Parmesan Cheese & Croutons Caesar Dressing Three Bean Salad Breadstick Fresh Fruit | (20) Turkey w/ Gravy Mashed Potatoes Zucchini Biscuit Pineapple | (21) Assorted Fruit Juice Philly Cheese Steak w/Peppers and Onions Tater Tots Grinder Roll Ketchup Vanilla Pudding |
| (24) Assorted Fruit Juice Pollock Fish Nuggets Confetti Rice Green Beans Tartar Sauce White Bread Brownie | (25) Beef and Bean Chili Whole Baked Potato Broccoli Cheddar Cheese Sour Cream Cornbread Muffin Pears | (26) Bourbon Pork Loin Garlic Mashed Potatoes Mixed Vegetables Wheat Dinner Roll Fresh Fruit | (27) General Tso's Chicken Brown Rice Carrots Multigrain Bread Pineapple | (28) Cheese Baked Ziti Italian Sausage Zucchini Italian Bread Applesauce |



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

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.

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, April 13 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.

2022 Renter's Rebate Application Time

Please complete the intake form inserted in this newsletter and return it along with the required documentation by mail, dropped in our lock box or call 860-379-4252 x1 for an appointment starting April 15.

COMMUNITY PROGRAMS & SERVICES

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

HHC Neighborhood Health Clinic

April 6, 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

April 20, 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 April 13. 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, Greenwood's 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

April 4 & 18 (every other Tuesday), delivery at noon

119 North Main Street, NCCC Greenwood's 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 Alan Marek last month's winner.

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.

Well Being Presentation

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SLOW DOWN, ENJOY OUR TOWN

Whiting Mills Creative Day

Saturday, April 1, 9am to 5pm

It's a full day of creativity and exploration and it's free. That's right, Over 18 artists will participate offering 25 different demonstrations, workshops and classes. Visit www.whitingmills.com for more information or ask Tina.

Rooted Market

Located at 406 Main Street

Have you stopped by their new shop? They offer a large variety of products including vitamins & supplements, fresh fruit, local produce, grass fed meats, vegan, gluten free options and very personal service to help every one find their healthy!

Auxilliary Thrift Shop

Located at 120 Willow Street

Around 1900 a group of women organized themselves and started up a thrift shop, collecting unwanted items, cleaning them up and reselling them. The bylaws of the group mandated that every penny earned by the thrift shop must go back into the community...so when you are minimalizing, spring cleaning and clearing out your stuff, consider donating locally. Thank you for our AED (Automated External Defibrillator) purchased with Auxilliary Thrift Shop grant funding and thankyou to Jamie , Town of Winchester Fire Chief, for inspecting it.

TRIPS, TRIPS, TRIPS

Cheesecake Factory, West Hartford

Tuesday, April 4, 9:30am

I guess you have to choose one of their lunch items but be sure to save room for cheesecake unless you plan to bring a slice home. **Cost: \$7 per person, lunch and cheesecake are on your own.**

Chili's Restaurant & Sonic Drive-in

Wednesday, May 10, 10:30am

Get your friends together...Choose from either Chili's favorite creations to satisfy your cravings or Sonic's made to order American classics and signature items. **Cost: \$7 per person, lunch is on your own.**

Mohegan Sun Trip

Monday, May 15, departs 8am

We have a trip planned! Invite your friends and family and make your reserve your seat, the bus will fill up quickly! Unfortunately, meal and betting coupons are no longer available for bus trips. **Cost: \$38 per person**

Other Trips That We Have Planned

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 |
| Social Services | 860-379-2714 |
| 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

Does February like March? *No, but April May*

What did the tree say to spring? *What a re-leaf!*

When do monkeys fall from the sky? *During APE-ril showers*

What's a baby chick's favorite plant? *Egg-plants!*

What season is it best to go on a trampoline? *Spring time*

What do you call a rabbit with flees? *Bugs Bunny*

What goes up when the rain goes down? *Umbrellas*

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.