April showers bring May flowers and they have also brought exciting activities this month. I hope this newsletter finds you safe and healthy.

**Bring a Plant, Take a Plant, Plant Swap**  
**Monday, May 8, 10am**  
Attention all green thumbs and plant lovers! Expand your collection and get together with other plant parents. You can bring extra plants from your garden, house plants, buy plants or just come and enjoy the fun. Please make sure to label your plants.

**Blood Pressure Clinic**  
**Friday, May 12, 11:00 to noon**  
Nurse Joni, from Visiting Nurse and Hospice of Litchfield County, will be here to take everyone's blood pressure in the sunroom. Walk-ins are welcome.

**Mother’s Day Lunch with Entertainment**  
**Friday, May 12, 11:45pm**  
Celebrate your mother...enjoy lasagna rolette with sauce, italian sausage, cauliflower, garlic bread stick and special dessert. After lunch, sit back and Winsted's own Bill Panagakos will perform favorite 50s and 60s music. Purchase your ticket at the office, specify Sit-Down or Grab & Go, 860-379-4252 x2. **Cost: $6**

**“Covid’s Ugly Head” Presentation**  
**Tuesday, May 16, 12:30pm**  
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 or stop in.

**Memorial Day Lunch and Flag Raising**  
**Thursday, May 25, 11:45pm**  
Enjoy turkey with gravy, mashed potatoes, zucchini, biscuit and special dessert. Then to honor our friends and loved ones who made the ultimate sacrifice for our country, after lunch we will welcome local Veterans for a full color guard flag raising of our new flag. Purchase your ticket at the office, specify Sit-Down or Grab & Go, 860-379-4252 x2. **Cost: $4**

**Soapmaking Class**  
**Thursday, May 18, 12:30pm**  
Let's learn to make soap together! Join us for this beginners class and make your own bar to use or give to a friend. You can add your choice of scent and color. Register today by calling 860-379-4252 x1 or stop in.

**Mohegan Sun Trip**  
**Monday, May 15, departs 8am**  
We have a trip planned! Invite your friends and family and 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**

**State of CT Farmer’s Market Cards**  
We will have the cards this year. For more information, please see the Newsletter insert or call 860-379-4252 x1 or stop in.
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 Trevor & 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

Memorial Donation
Diana Neshko made a donation to memorial fund in memory of her brother Nivio who passed away.

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 transportation 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 Advisory Board
If you are interested in being on the Advisory Board, please come to the meeting on Tuesday, May 9 at 1:30pm.
**May 2023**

**Suggested Donation $4.00**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>(1)</td>
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<tr>
<td>Honey Ginger Chicken</td>
<td>Assorted Fruit Juice</td>
<td>Eggplant Parmesan Penne Pasta</td>
<td>Tomato Basil Soup Crackers</td>
<td>Cinco de Mayo</td>
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<tr>
<td>Cilantro Lime Rice</td>
<td>Pork Mushroom Gravy</td>
<td>Spinach Italian Bread Fresh Fruit</td>
<td>Salisbury Steak Mashed Potatoes Wheat Dinner Roll Applesauce</td>
<td>Taco Bake with Chips Lettuce, Tomato, Cheese, Sour Cream and Taco Sauce Fiesta Corn Lime Jell-O w/Fruit &amp; Whipped Topping</td>
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<tr>
<td>Glazed Carrots</td>
<td>Ranch Mashed Potatoes Broccoli &amp; Cauliflower Multigrain Bread Chocolate Chip Cookie</td>
<td>White Rice Spinach Wheat Bread Sugar Cookie</td>
<td>BBQ Pork Roast Rice and Cheddar Casserole Broccoli Cornbread Muffin Peaches</td>
<td>Mother’s Day Luncheon Lasagna Rolette w/Sauce Italian Sausage Cauliflower Garlic Breadstick Special Dessert</td>
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<tr>
<td>Rye Bread</td>
<td>Meatloaf w/Gravy Mashed Potatoes Green Beans Rye Bread Fresh Fruit</td>
<td>Assorted Fruit Juice Potato Crusted Fish</td>
<td>Chicken Parmesan Penne Pasta Garden Salad with Tomatoes, Cucumbers, and Black Olives Vinaigrette Dressing Garlic Breadstick Mixed Fruit</td>
<td>Minestrone Soup Crackers Grilled Turkey and Swiss on Rye Bread Chips Pickle Mustard Fresh Fruit</td>
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<tr>
<td>Pineapple</td>
<td>Herbed Chicken Leg Confetti Rice California Blend Veggies Wheat Dinner Roll Applesauce</td>
<td>Apple Juice Cheeseburger Steak Fries Carrot Raisin Salad Pickles Ketchup</td>
<td>Beef and Bean Chili Whole Baked Potato Broccoli Cheddar Cheese Sour Cream Cornbread Muffin Pears</td>
<td>Assorted Fruit Juice Philly Cheese Steak w/Peppers and Onions Tater Tots Grinder Roll Ketchup Vanilla Pudding</td>
</tr>
</tbody>
</table>

**All meals include margarine & milk**

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

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

Closed Memorial Day

**ALL MEALS ARE SUBJECT TO CHANGE**

**Memorial Day Luncheon**

Turkey with Gravy Mashed Potatoes Zucchini Biscuit Special Dessert
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=Si8veUtsVytwcEIWMVRmWS9DbGVhZz09
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, no class May 23 & 25
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.

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.

Healthy Cooking Matters Class
Thursday, May 11 at 1pm (second Thursday)
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!

Soapmaking Class
Thursday, May 18, 12:30pm
Let's learn to make soap together! Join us for this beginners class and make your own bar to use or give to a friend. You can add your choice of scent and color. Register today by calling 860-379-4252 x1 or stop in.

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, available at the office and return it along with the required documentation by mail, dropped in our lock box or at the office or call 860-379-4252 x1, if you have questions.

State of CT Farmer’s Market Cards
We will have the cards this year. For more information, please see the Newsletter insert or call 860-379-4252 x1 or stop in.
HHC Neighborhood Health Clinic
May 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
May 18, pick-up at 10:30, 3rd Thursday of the month
To participate, you must complete Friendly Hands’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, Greenswoods 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
May 2, 16 & 30 (every other Tuesday), delivery at noon
119 North Main Street, NCCC Greenswoods 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.

May is Mental Health Awareness Month
If you’re feeling stressed, now is a great time to connect to someone who can help. There are so many ways to improve our mental health from spending time outside, exercise or walking, socializing, taking time for our favorite hobby, or speaking to a counselor. If you’d like to learn more, please call Greenwoods Counseling and Referrals at 860-567-4437.
Once again this spring, Friends of Main Street will purchase hanging pots of flowers to beautify Main Street and also maintain them throughout the summer. We all enjoy seeing them. Please consider making a donation to Friends of Main Street to support this project. Please mail a check and a note that it is for the hanging baskets to Friends of Main Street, PO Box 18, Winsted, CT 06098 or stop by their office at 398 Main Street.

**Paws and Reflect**

Located at 58 Main Street, Paws and Reflect is a woman-owned candle, soap & apparel shop owned by Jasmine Machowski who began her business with one goal in mind - to help animals in need. A portion of all profits is donated to animal rescues and shelters. Thank you to Jasmine for teaching the soap making class at WSC on May 18 at 12:30pm. Please register.

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**TRIPS, TRIPS, TRIPS**

**Chili’s Restaurant or 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, 8am

We have a trip planned! Invite your friends and family and 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

**Lenny & Joe’s Fish Tales Restaurant**

Wednesday, June 7, 10am

Attention all seafood fin-attics, here is your chance to go to the beach to enjoy award winning fresh seafood and don’t forget to leave room for ice cream. **Cost:** $7 per person, lunch is on your own.

**Cape Cod & Martha’s Vineyard**

September 11-15

Don’t wait to sign up. Start off with a visit to the lovely village of Hyannis and the historic village of Sandwich. The next day, ride a ferry to Martha’s Vineyard and soak up the charm of the lovely island. The next day, depart for a guided tour of outer Cape making a stop at Provincetown and on the way back breathe the sea air of Chatham and more. Trip includes: motor-coach transportation, 4 nights lodging, 8 meals and guided tours. Pick up a flyer for all the details. **Cost:** $609 per person double, $744 per person single

**Atlantic City at Caesars Hotel**

October 10-12

Everyone loves our AC trips why not plan for it now...the perks practically pay for the trip. Trip includes: motor coach transportation, 2 nights accommodation at the hotel/casino, $50 slot bonus, $50 food voucher, 2 fantastic shows - “The Corvettes Doo Wop Revue” and “Kenny and Dolly Review straight from Vegas”, hotel baggage handling and taxes and driver gratuities. Pick up a flyer for all the details. Bus returns at approximately 8pm. **Cost:** $911 per person double, $411 per person single, $311 per person trip triple.

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**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.
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

May Jokes

Who conducts the spring orchestra? *May-stro*
What did the spring say when it was in trouble? *May Day*
Which state loves spring the most? *May-ne*
Which crime fighter likes May the most? *Robin*
What season is it when you are on a trampoline in May? *Spring-time*
What May flowers grow on faces? *Tulips (Two-lips)*
Which month can’t make a decision? *MAYbe*
Why are oak trees so forgiving? Every *May they “turn over a new leaf”*

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.