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.

Blood Pressure Clinic
Friday, June 9, 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.

Eat Well Presentation
Wednesday, June 14, 12:30pm
Eating well means choosing a variety of nutritious foods and drinks. It also means getting the number of calories that’s right for you (not eating too much or too little). In this presentation on Community Health & Wellness Wednesday, you will learn about menu planning, label reading and grocery shopping. Register today by calling 860-379-4252 x1 or stop in.

Father’s Day Lunch with BINGO
Friday, June 16, 11:45pm
Celebrate your father then stay for our regular Friday afternoon BINGO games...enjoy 1/4lb all beef hot dog on a roll with sauerkraut, slaw, chips, pickles, ketchup, mustard and a special dessert. Purchase your ticket at the office, specify Sit-Down or Grab & Go, 860-379-4252 x2. Cost: $4 for lunch and 50 cents a card for BINGO.

Candlemaking Class
Thursday, June 22, 12:30pm
Let’s learn to make candles together! Join us for this beginners class and make your own candle 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.

State of CT Farm Market Cards
We will have the cards this year
Please complete the inserted Intake form and drop it off and we will let you know when you can pick up your card. The card value is $24 and may be used to purchase CT Grown fruits, vegetables, eggs, fresh cut herbs (not plants) and honey only from certified Dept. of Agriculture farm markets. The list of local markets is available at the Winsted Senior Center.

SAVE THE DATES

- July 26: Summer Celebration
- August 30: Labor Day Lunch
- September (tbd): WSC Anniversary Luncheon
- October 25: Healthy Aging Fair
- December (tbd): Holiday Party
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.

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 - Helen Dombrowski, Debbie Insolia, Sheila Jackson, Alan Marek & April White

Volunteers
Bingo - Sylvia Landi, Sally Mangione & DeLyece (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

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
All meals include margarine & milk

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>Honey Ginger Chicken</td>
<td>Assorted Fruit Juice</td>
<td>Eggplant Parmesan</td>
<td>Tomato Basil Soup</td>
<td>Cheese Baked Ziti</td>
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<tr>
<td>Cilantro Lime Rice</td>
<td>Pork w/Mushroom</td>
<td>Penne Pasta</td>
<td>Crackers</td>
<td>Italian Sausage</td>
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<td>Glazed Carrots</td>
<td>Gravy</td>
<td>Spinach</td>
<td>Salisbury Steak</td>
<td>Zucchini</td>
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<td>Rye Bread</td>
<td>Ranch Mashed</td>
<td>Italian Bread</td>
<td>Mashed Potatoes</td>
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<tr>
<td>Pineapple</td>
<td>Potatoes</td>
<td>Fresh Fruit</td>
<td>Wheat Dinner Roll</td>
<td>Applesauce</td>
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<td>Broccoli &amp; Cauliflower</td>
<td>Multigrain Bread</td>
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<td>Chocolate</td>
<td>Chocolate Chip Cookie</td>
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<tr>
<td>Herbed Chicken</td>
<td>Assorted Fruit Juice</td>
<td>Tomato Basil Soup</td>
<td>Taco Bake w/Tortilla Chips</td>
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<td>Leg Quarter</td>
<td>Pork w/Mushroom</td>
<td>Cracker</td>
<td>Lettuce, Tomato,</td>
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<td>Confetti Rice</td>
<td>Gravy</td>
<td>Spaghetti</td>
<td>Cheese, Sour Cream,</td>
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<td>California Blend Veggies</td>
<td>Mashed Potatoes</td>
<td>Penne Pasta</td>
<td>and Taco Sauce</td>
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<td>Wheat Dinner Roll</td>
<td>Broccoli</td>
<td>White Rice</td>
<td>Fiesta Corn</td>
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<td>Applesauce</td>
<td>Rye Bread</td>
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<td>Lime Jell-O w/Fruit</td>
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<td>Fresh Fruit</td>
<td>Wheat Bread</td>
<td>&amp; Whipped Topping</td>
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<td>Sugar Cookie</td>
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<td>Cornbread Muffin</td>
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<td>Closed Juneteenth</td>
<td>Baked Ham</td>
<td>BBQ Pork Roast</td>
<td>Minestrone Soup</td>
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<td>Macaroni and Cheese</td>
<td>Rice and Cheddar</td>
<td>Crackers</td>
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<td>Cauliflower</td>
<td>Casserole</td>
<td>Grilled Turkey and</td>
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<td>Italian Bread</td>
<td>Broccoli</td>
<td>Swiss on Rye Bread</td>
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<td>Applesauce</td>
<td>Cornbread Muffin</td>
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<td>Peaches</td>
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<tr>
<td>Father’s Day</td>
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<td>Minestrone Soup</td>
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<td>Luncheon</td>
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<td>Crackers</td>
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<td>1/4 lb. All Beef Hot Dog</td>
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<td>Mustard</td>
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<td>Fresh Fruit</td>
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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.
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=Si8veUtsYytwcEIWMVRmWS9DbGVhZz09
Meeting ID: 326 155 172                     Passcode: Winsted

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 this traditional Chinese healing practice.

Smart Phone, iPad & BirdSong Help
By Appointment
Questions about your device? Call 860-379-4252 x1 or stop by our office to schedule an appointment.

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

Hello all!
We’ve worked hard together, had many laughs and even tender moments. It is time for me to scale back my schedule; therefore I will no longer be teaching at WSC. We held each other up and we had a strong community and shared so many things. I will keep each of you in my heart forever. Keep moving, never stop moving.   Love, Paula

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, June 8 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!

Candlemaking Class
Thursday, June 22, 12:30pm
Let’s learn to make candles together! Join us for this beginners class and make your own candle 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.
COMMUNITY PROGRAMS & SERVICES

HHC Neighborhood Health Clinic
June 1, 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
June 15, 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 June 8. 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
June 13 & 27 (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 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.
**Whiting Mills Open Artist’s Studios, 100 Whiting Street**
Meet the professional craftspeople, painters, photographers and small businesses in their studio space during their Whiting Mills Open Studio hours on the third Saturday and Sunday of each month. Also, there are special events and planned each month so check their website at https://www.whitingmills.com/.

**Free Concerts on the Town Green, East End Park**
Friends of Main Street and Northwest Community Bank partner to present concerts each Thursday evening at 7:00pm on the historic Town Green – East End Park. Bring your own lawn chairs and picnic dinner or, grab something to eat from neighboring McGranes On The Green, Dairy Queen or other eateries in town.

<table>
<thead>
<tr>
<th>Date</th>
<th>Band</th>
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<tr>
<td>July 6</td>
<td>Mad River Music</td>
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<td>July 13</td>
<td>Silk n Steel</td>
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<td>July 20</td>
<td>The Blue Rhythm Band</td>
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<td>July 27</td>
<td>Farmington Valley Band</td>
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**Beardsley Library, 40 Munroe Place**
Searching for information about a person, family, house, business, community event, point of interest or other local history topic? Beardsley Library’s Genealogy & Local History Room can assist with your search. And, besides books, the library also offers many great programs and classes so visit their website at https://www.beardsleylibrary.org/

Also, consider visiting the American Mural Project, 90 Whiting Street; the Torte Museum, 564 Main Street; the Soldier’s Monument, 84 Crown Street; Winchester Historical Society, 225 Prospect Street. Visit the Town of Winchester website at www.townofwinchester.org for more ideas.

**TRIPS, TRIPS, TRIPS**

**Abbott’s “Lobster in the Rough” Restaurant**
Wednesday, July 19, 10am
Visit the legendary seafood restaurant on the mystic river and enjoy the food and the view. Abbott’s is as popular for their seafood as for their lobster. You’ll love their steamers, stuffed clams, clam chowder. **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 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: motorcoach 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:** $311 per person double, $411 per person single, $301 per person trip triple.

**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**

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**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
- WCAA: 203-757-5449

(Western CT Area Agency on Aging)

TownofWinchester.org

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**Dad Jokes**

I love telling Dad jokes. *Sometimes, he even laughs.*

What did one plate whisper to the other plate? Dinner is on me.

Why did the golfer bring two pairs of pants? In case he got a hole in one.

Two sheep walk into a—baaa.

Try the seafood diet—you see food, then you eat it.

**Did you hear the rumor about butter?** Well, I'm not going to go spreading it!

What's Forrest Gump's password? 1forrest1

What state is known for its small drinks? Minnesota.

If two vegetarians get in an argument, is it still called beef?

Can a kangaroo jump higher than a house? Of course, houses can't jump.

Why did the scarecrow win an award? He was outstanding in his field.

What are the strongest days of the week? Saturday and Sunday. All the others are weekdays.

**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.