



NEWSLETTER

Happy, Healthy, Curious & Safe Adults Age 55+

June 2023

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

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 - Helen Dombrowski, Debbie Insolia, Sheila**Jackson, Alan Marek & April White***Volunteers***Bingo - Sylvia Landi, Sally Mangione & DeLyce (Dee)**BirdSong Tablet Suppport - 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

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

All meals include margarine
& milk

June

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

Suggested Donation \$4.00 per Meal

All Meals Are Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			(1) General Tso's Chicken Brown Rice Carrots Multigrain Bread Pineapple	(2) Cheese Baked Ziti Italian Sausage Zucchini Italian Bread Applesauce
			(8) Tomato Basil Soup Crackers Salisbury Steak Mashed Potatoes Wheat Dinner Roll Applesauce	(9) Taco Bake w/Tortilla Chips Lettuce, Tomato, Cheese, Sour Cream and Taco Sauce Fiesta Corn Lime Jell-O w/Fruit & Whipped Topping
(5) Honey Ginger Chicken Cilantro Lime Rice Glazed Carrots Rye Bread Pineapple	(6) Assorted Fruit Juice Pork w/Mushroom Gravy Ranch Mashed Potatoes Broccoli & Cauliflower Multigrain Bread Chocolate Chip Cookie	(7) Eggplant Parmesan Penne Pasta Spinach Italian Bread Fresh Fruit	(15) BBQ Pork Roast Rice and Cheddar Casserole Broccoli Cornbread Muffin Peaches	(16) Father's Day Luncheon 1/4 lb. All Beef Hot Dog Sauerkraut, Power Slaw Chips, Pickles Ketchup, Mustard Special Dessert
(12) Herbed Chicken Leg Quarter Confetti Rice California Blend Veggies Wheat Dinner Roll Applesauce	(13) Meatloaf w/Gravy Mashed Potatoes Green Beans Rye Bread Fresh Fruit	(14) Assorted Fruit Juice Potato Crusted Fish White Rice Spinach Wheat Bread Sugar Cookie	(22) Chicken Parmesan Penne Pasta Garden Salad with Tomatoes, Cucumbers & Black Olives Balsamic Vinaigrette Garlic Breadstick Mixed Fruit	(23) Minestrone Soup Crackers Grilled Turkey and Swiss on Rye Bread Chips Pickle Mustard Fresh Fruit
(19) Closed Juneteenth	(20) Baked Ham Macaroni and Cheese Cauliflower Italian Bread Applesauce	(21) Apple Juice Cheeseburger Steak Fries Carrot Raisin Salad Hamburger Roll Ketchup Chocolate Chip Cookie	(29) Turkey with Gravy Mashed Potatoes Zucchini Biscuit Pineapple	(30) Assorted Fruit Juice Philly Cheese Steak w/Peppers and Onions Tater Tots Grinder Roll Ketchup Vanilla Pudding
(26) Spaghetti and Meatballs with Sauce Garden Salad with Tomatoes, Cucumbers, Chickpeas and Croutons Italian Dressing Garlic Breadstick Fresh Fruit	(27) BBQ Pork Rib Patty Corn O'Brien Collard Greens Hamburger Roll Pears	(28) Chicken Caesar Salad with Grilled Chicken, Romaine Lettuce & Parmesan Cheese and Croutons Caesar Dressing Three Bean Salad White Bread Fresh Fruit		

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=Si8veUtsVytwcEIWMVRmWS9DbGVhZz09>

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

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

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.

SLOW DOWN, ENJOY OUR TOWN

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.

July 6	Mad River Music	August 10	Kebar
July 13	Silk n Steel	August 17	King Saison
July 20	The Blue Rhythm Band	August 24	West Hill Grove
July 27	Farmington Valley Band		

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 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.



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

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—baaaa.

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.

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.