

Happy, Healthy, Curious & Safe Adults Age 55+

July 2023

NEW! **Kitchen Staff Appreciation Lunch**
Tuesday, July 11, 11:45pm

Enjoy potato crusted fish, roasted sweet potato, peas, white bread, tartar sauce then in honor of our kitchen staff, enjoy a ice cream sundae for Sit-Down meals only. **Please make your reservation by 11:30 the day before, call 860-379-4252 x2.**
Cost: \$4

Blood Pressure Clinic
Friday, July 14, 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.

State of CT Farm Market Cards
We will have the cards this year

Please complete the 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.

Heart Mural Painting **NEW!**
Thursday, July 20, 12:30pm

Come together and make your mark on our exterior heart mural to welcome members, visitors and neighbors and spark an appreciation creating together. **Register today by calling 860-379-4252 x1 or stop in.**

Relaxation Stations

Members please let me know your thoughts about using club and memorial funds to purchase and install benches along the new Winsted end of the Sue Grossman trail and on the Mad River Dam property along the historic (before the flood) Route 44 walking trail. Please consider making a donation to support this project.

Friendly Hands Free Farmers Market
& Pet Food Pantry (last week of month)
NEW! Wednesdays until October, 2-4 pm

St. Paul's Lutheran Church, 837 Charles Street, Torrington

To participate, before the day of the market, you must register at Friendly Hands Food Bank, 50 King Street in Torrington and you will receive an ID bracelet. Keep your bracelet to use each week at the market (they will not be giving them out at the market). You must have a bracelet to participate. Do not bring any bags, Friendly Hands will provide a bag for each person. There is no income requirement. Bring your bracelet each week. One bracelet per person. Questions, call 860-482-3338.

Stretch & Dance **NEW!**
Thursdays at 9:00am

Combines warm up, stretching and cardiovascular intervals to improve heart function as well as endurance and strength. Modifications are offered for low impact and higher impact workout. **Stretch Your Body & Mind Class, Tuesdays and Thursdays at 9am will start will begin again on Thursday, July 27 with our new instructor Ann Vitali.**

NEW! **57th WSC Anniversary Lunch**
Thursday, September 21, 11:30am

Green Woods Country Club, 300 Torrington Street, Winsted

Let's gather together to celebrate our special day. Enjoy salad with poached pears, gorgonzola cheese & honey pomegranate vinaigrette; rolls with butter; your choice of red wine braised short ribs or stuffed chicken breast with spinach & boursin; both served with mashed potatoes & vegetables; apple strudel with cinnamon ice cream; coffee & tea; cash bar. Afterward, tap your foot, sing along or dance to the entertainer. Ticket required, only \$20 per person for members, \$28 per person for non-members (Tickets available until September 15)

50/50 tickets will be available at the party and the September drawing will be at the 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 Horwath**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 - Amy Bardino***Nutrition Program Staff***Kitchen Manager - Tina Puckett**Volunteers - Helen Dombrowski, Debbie Insolia, Sheila Jackson, Alan Marek & April White***Volunteers***Bingo - DeLyce (Dee), Sylvia Landi & Sally Mangione**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 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.

Donations

Thank you to Judy Lemelin for donating a new BINGO cage and balls and Ruth Hein and Candy Perez for their monetary donations in June.

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 and milk

July

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

Suggested Donation \$4.00 per Meal
CHANGE

ALL MEALS ARE SUBJECT TO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3)	(4)	(5)	(6)	(7)
CLOSED	CLOSED FOR 4th of JULY	Cheese Baked Ziti Mixed Green Salad with Tomatoes, Cucumbers Italian Dressing Green Beans Garlic Bread Sliced Apples w/Cinnamon	Orzo Vegetable Soup Crackers Chef Salad w/ Ham, Turkey, Egg and Swiss Cheese Ranch Dressing Kidney Bean Salad Multigrain Bread Diced Pears	Cheese Omelet Tater Tots Stewed Tomatoes Whole Wheat Bread Ketchup Fresh Fruit
(10)	(11)	(12)	(13)	(14)
Grilled Cheese and Ham on Rye Bread Chips Beet Salad Pickle Fresh Fruit	Kitchen Staff Day Potato Crusted Fish Roasted Sweet Potato Peas White Bread Tartar Sauce Ice Cream Sundae	Assorted Fruit Juice Pork Roast w/Dijon Herb Sauce Mashed Potatoes Mixed Vegetables Biscuit Chocolate Chip Cookie	Minestrone Soup Crackers Eggplant Parmesan Penne Pasta w/ Sauce Italian Bread Fresh Fruit	Salisbury Steak w/Gravy Rice Pilaf Carrots Dinner Roll Vanilla Pudding
(17)	(18)	(19)	(20)	(21)
Spaghetti and Meatballs w/Sauce Garden Salad with Olives and Chickpeas Raspberry Vinaigrette Italian Bread Fresh Fruit	Turkey Breast w/Gravy Mashed Potatoes Mixed Vegetables Multigrain Bread Mandarin Oranges	Beef and Bean Chili Whole Baked Potato Broccoli Cheese Sour Cream Frosted Cake	Chicken Noodle Soup Crackers Tuna Salad Plate with Lettuce Tomato and Cuke Roll Pineapple Tidbits	Assorted Fruit Juice Sweet & Sour Pork Fried Rice Oriental Vegetable Blend Whole Wheat Bread Fruited Jell-o
(24)	(25)	(26)	(27)	(28)
Cheeseburger with Lettuce and Tomato Chips Coleslaw Hamburger Roll Pickle Ketchup Cookie	Cheese Ravioli w/Marinara Sauce Italian Sausage Italian Vegetable Blend Mixed Greens with Balsamic Vinaigrette Italian Bread Fresh Fruit	Assorted Fruit Juice Honey Mustard Pork Buttered Parsley Noodles Broccoli Whole Wheat Bread Chocolate Pudding	Florentine Soup Chicken Caesar Salad with Grilled Chicken, Parmesan Cheese & Croutons Chick Pea Salad Caesar Dressing Marble Rye Bread Watermelon	Meatloaf w/Gravy Mashed Potatoes Corn Dinner Roll Brownie
(31)				
Herbed Chicken Quarter Cheesy Mashed Potato Garlic Spinach Whole Wheat Bread Mixed 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



FREE

Fitness Classes

That's right! To participate, you must be a current Winsted Senior Center member, cost is only \$6, complete some forms and you must sign-in for each class (please print).

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

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 & Dance

Thursdays at 9:00am

Combines warm up, stretching and cardiovascular intervals to improve heart function as well as endurance and strength. Modifications are offered for low impact and higher impact workout.

Stretch Your Body & Mind Class, Tuesdays and Thursdays at 9am will begin again on Thursday, July 27 with our new instructor Ann Vitali.

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, July 13 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!

Heart Mural Painting

Thursday, July 20, 12:30pm

Come together and make your mark on our exterior heart mural to welcome members, visitors and neighbors and spark an appreciation creating together. **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

July 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

July 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 July 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, 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

July 11 & 25 (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 Dana Horwath 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		

Also, consider visiting the American Mural Project, the Torte Museum, the Soldier's Monument, Winchester Historical Society and the Beardsley Library. Visit the Town of Winchester website at www.townofwinchester.org for more ideas.

TRIPS, TRIPS, TRIPS

Ruby Tuesdays & Shopping at Meriden Mall

Wednesday, August 9, 10am

There's plenty to look at in Ruby Tuesdays Restaurant while you enjoy ribs, pastas, salads and fresh seafood...be ready to explore their extensive eclectic menu. Then you can do some shopping, at Boscov's Department Store. Cost: \$7 per person, lunch is on your own.

Texas Roadhouse Restaurant & Rogers Orchards

Wednesday, September 6, 11am

Enjoy this legendary steak restaurant serving American and Southwestern cuisine from the best steaks and ribs to made from scratch sides and fresh-baked rolls. Then, choose a homemade pie or a famous apple cider donut from Rogers Orchards farm bakery to bring home. Cost: \$7 per person, lunch and pie 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

Summer Jokes

How can you tell the ocean is friendly? *It waves*

Why do fish swim in salt water? *Because pepper water would make them sneeze*

What do you get when you combine an elephant with a fish? *Swimming trunks*

Do fish go on vacation? *No, because they are always in school*

Why do fish like to eat worms? *Because they get hooked on them*

Why don't oysters share their pearls? *Because they are shellfish*

Why should you never blame a dolphin for doing anything wrong? *Because they never do it on porpoise*

What kind of music do killer whales listen to? *The orca-stra*

Why are fish never good tennis players? *Because they never get close to the net*

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.