Labor Day Lunch  
Wednesday, August 30, 11:45pm
Celebrate the contributions that workers have made for the strength, prosperity, laws and well-being of our country. Enjoy a delicious lunch including a deluxe chicken sandwich, cheddar cheese, lettuce, tomato, special sauce on a Kaiser roll, veggie pasta salad, chips, pickle and strawberry shortcake for dessert. After lunch, sit back and Winsted’s own Bill Panagakos will perform favorite 50s and 60s music. Purchase your ticket at the office until 8/24. Cost: $6

Be a Senior Volunteer and Get Paid for It  
Wednesday, September 13, 1pm
If you are 55 or older and on a fixed income, you can receive a tax free hourly stipend when you become a Senior Volunteer. Attend the information session to learn more, register by calling 860-379-4252 x1 or stop in.

Blood Pressure Clinic  
Friday, September 15, 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. For information and an appointment for her foot clinic, please call 860-379-8561.

57th WSC Anniversary Lunch  
Thursday, September 21, 11:30am
Green Woods Country Club, 300 Torringford 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 “great memories” by our entertainer Jennifer DiSapo. 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.

Discover Winsted Senior Center Video
Would you like to be part of our video and talk about the reasons why you love Winsted Senior Center to help attract others to join? Please let us know…it will be fun. Call 860-379-4252 x4 to schedule your appointment.

File-of-Life are Available
Help rescue workers quickly find important medical information when every second counts. The File of Life is a magnetic, red vinyl packet that contains a medical information card that provides vital information that EMTs need to know about an your health and/or medications, just attach it to your refrigerator.

Hearing Screening or Test, Repairs and Adjustments  
Thursday, September 28, by appointment only, call 860-482-7944
This new monthly complementary service by Hearing Care Center offers a comprehensive diagnostic assessment for hearing loss, demo hearing aids, adjustments or repair of existing hearing aids at your appointment here at Winsted Senior Center.

Lunch Bunch
Grab a friend and take a walk after lunch inside our building or outside in the crisp fall weather and enjoy the health benefits and fun.

Free LiveWell Telephone Workshops
Diabetes workshop starting September 5, for 6 weeks. Chronic Disease workshop starting September 11, for 6 weeks. We have a flyer with more information so stop by or call 860-379-4252 x1 or Debby at 203-757-5449 to register.

Oct. 25  Healthy Aging Fair  Nov. 16  Thanksgiving Lunch
Oct. 20  Flu Shot Clinic  Dec. 6  Holiday Lunch at Green Woods
Oct. 31  Halloween Lunch  Dec. 20  Holiday Lunch at WSC

Fit Together Friday starting September 1, see back page
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 & Coreen Landi & Jim Troise
Hedge Trimmer - Alan Marek

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. Please make checks 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 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

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

860-379-4252 x2

Suggested Donation Is $4.00 Per Meal

ALL MEALS ARE SUBJECT TO CHANGE

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<tr>
<td>(1) CLOSED</td>
<td>(1) Beef Stroganoff with Mushrooms</td>
<td>(6) Spinach Quiche Tater Tots Broccoli Florets Whole Wheat Bread Cinnamon Applesauce</td>
<td>(7) Assorted Fruit Juice Mushroom Barley Soup Greek Chicken Breast Spinach Salad Dinner Roll Pound Cake w/Berries and Whipped Cream</td>
<td>(8) Taco Salad With Beef, Cheese, Lettuce and Tomato Salsa Sour Cream Black Bean &amp; Corn Salad Tortilla Chips Pineapple Tidbits</td>
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| (9) Chicken Stir Fry     | (10) ¼ lb All Beef Hot Dog Baked Beans Potato Salad Pickle Hot Dog Roll Ketchup Mustard Fresh Fruit | (11) Cheese Baked Ziti Mixed Green Salad Tomatoes & Cukes Italian Dressing Green Beans Garlic Bread Sliced Apples w/Cinnamon | (12) Orzo Vegetable Soup Chef Salad w/ Ham, Turkey, Egg and Swiss Cheese Ranch Dressing Kidney Bean Salad Multigrain Bread Diced Pears | (13) Cheese Omelet Tater Tots Stewed Tomatoes Whole Wheat Bread Ketchup Fresh Fruit |
| (14)                     |                          |                          |                          |                          |
| (15)                     |                          |                          |                          |                          |

| (16) Grilled Cheese and Ham on Rye Bread Chips Beet Salad Pickle Fresh Fruit | (17) Potato Crusted Fish Roasted Sweet Potato Peas White Bread Tartar Sauce Diced Peaches | (18) Assorted Fruit Juice Pork Roast w/Dijon Herb Sauce Mashed Potatoes Mixed Vegetables Biscuit Chocolate Chip Cookie | (19) Lunch will not be served so the staff can attend the WSC Anniversary Party at Green Woods Country Club | (20) Salisbury Steak with Gravy Rice Pilaf Carrots Dinner Roll Vanilla Pudding |
| (21)                     |                          |                          |                          |                          |
| (22)                     |                          |                          |                          |                          |

| (23) Spaghetti and Meatballs w/Sauce Garden Salad with Olives and Chickpeas Raspberry Vinaigrette Italian Bread Fresh Fruit | (24) Turkey Breast w/Gluten Mashed Potatoes Mixed Vegetables Multigrain Bread Mandarin Oranges | (25) Beef and Bean Chili Whole Baked Potato Broccoli Cheese Sour Cream Frosted Cake | (26) Chicken Noodle Soup Crackers Tuna Salad Plate with Lettuce Tomato & Cuke Salad Roll Pineapple Tidbits | (27) Assorted Fruit Juice Sweet & Sour Pork Fried Rice Oriental Vegetable Blend Whole Wheat Bread Fruited Jello |
| (28)                     |                          |                          |                          |                          |
| (29)                     |                          |                          |                          |                          |

We were recently informed that starting October 1, we will no longer be able to provide Grab & Go lunches

If you are surprised as we are that this program, which provides an affordable balanced meal that you choose to eat at home, is going to be stopped, please write a letter and we will make sure it gets to the appropriate authority and sign the petition in the kitchen.

Otherwise, starting October 1, we hope you join the group and eat your lunch here at Winsted Senior Center.

Sign-up for the 57th WSC Anniversary Lunch at Green Woods Country Club by September 15
**Th**at’s **r**ight! To participate, you must be a current Winsted Senior Center member, cost is only $6, complete paperwork and you must sign-in for each class (please print).

**Chair Yoga**
**Mondays & Fridays at 9:00am (no class September 1, 4 and 8)**
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=Si8veUtsVytwcEiWVrMWS9DbGVhZz09
Meeting ID: 326 155 172 Passcode: Winsted

**Tai-Chi**
**Mondays & Fridays at 10:15am (no class September 1, 4 and 8)**
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.

**Drumming Circle**
**Mondays at 1pm**
Drumming leads to increased focus, upper body coordination, connectedness, relaxation, boosts the immune system and will make you happy using dgembe African drums and other percussion instruments. No musical experience is necessary.

**Strong & Stretched**
**Tuesdays & Thursdays at 9:00am**
Improve the quality of your life by lifting weights which helps rebuild the muscle that is lost as we age and stretching which helps improve flexibility, balance and range of motion. Class uses hand weights, fitness bands and bounce balls.

**Noodle Fit**
**Tuesdays at 10:00am (New class, starting September 12)**
With great music and movement our new class will get your blood flowing to improve your circulation, blood pressure and cognitive skills as well. Noodle Fit is a great physical activity and a whole lot of fun.

**Dancercize**
**Wednesdays at 9:00am (starts again September 6)**
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, September 14 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!

**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.

**September Craft Class**
**Thursday, September 28, 1pm**
Let's make a fall craft together! Join us for this class and make a gift for yourself or give it to a friend and enjoy some socializing while you are at it. Register today by calling 860-379-4252 x1 or stop in.

**Discover Winsted Senior Center Video**
Would you like to be part of our video and talk about the reasons why you love Winsted Senior Center to help attract others to join? Please let us know... it will be fun. Call 860-379-4252 x4 to schedule your appointment.
Be a Senior Volunteer and Get Paid for It
Wednesday, September 13, 1pm
If you are 55 or older and on a fixed income, you can receive a tax free hourly stipend and be paid for mileage when you become a Senior Volunteer. Attend this information session to learn more, register by calling 860-379-4252 x1 or stop in.

Friendly Hands Food Bags
September 21, 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 September 15. 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.

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 Carol Grant 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.

Technology Troubles?
Get connected, get answers. If you have questions about your smartphone, tablet, laptop, desktop computer or internet connection, just call Independence Northwest at 203-729-3299 and ask for Alyse or Ken, and they will try to help you.
SLOW DOWN, ENJOY OUR TOWN

Family Fun Bike Rally
Saturday, September 23, noon to 4pm
Lots of fun for all ages along the Sue Grossman Greenway trail presented by Fit Together of Winsted and Torrington. Visit http://www.how2fitkids.org/blog/ for more information.

Winsted’s Fall Foliage Festival
Saturday, September 30, 10am to 3pm
Discover why Winsted/Winchester is the perfect place to live, work and play offering the best of town and country. Enjoy family fun for all ages including arts & crafts booths, food & drink options, fun activities for kids and live music. New car & motorcycle show has been added to the festivities this year.

TRIPS, TRIPS, TRIPS

Long Horn Steak House & Rogers Orchards
Wednesday, September 6, 11am
Enjoy an expertly crafted steak served “the way it should be” and yummy sides from their great luncheon menu. Save room because on the way home, you can choose a homemade pie or a famous apple cider donut from Rogers Orchards farm bakery for dessert. Cost: $7 per person, lunch and pie on your own. More seats just added!

Crackerbarrel Restaurant
Thursday, October 12, 10am
Always a favorite, enjoy the best comfort food breakfast all-day, lunch, and dinner restaurant around while visiting with friends and then visit to their Old Country Store on your way out. Cost: $7 per person, lunch is on your own.

Atlantic City at Caesars Hotel
October 10-12
Filling up quick! Everyone loves our AC trips...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.

Christmas With the King
Friday, December 1, 10am
Travel to the famous Carriage House in West Springfield, MA and enjoy a luncheon of chef’s soup, choice of yankee pot roast or baked scrod, potato, vegetable, dessert, coffee or tea and then put on your blue suede shoes while “young Elvis” sings his greatest hits and Christmas songs. Cost: $145 per person

Biltmore Estate & Asheville, NC
April 21-26
Trip includes: motor coach transportation, 5 nights lodging, 8 meals, 5 guided tours, casino time and more. Pick up a flyer for all the details. Cost: $795 per person double, $1004 per person single, $75 deposit required at sign up, final payment 2/14.

Also in 2024
Lancaster Pennsylvania Show Trip Fall 2024, details to come...
We would love to hear your suggestions for trips!

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
- WCAA: 203-757-5449

(Western CT Area Agency on Aging)

TownofWinchester.org

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Fit Together Fridays

Small steps we can take to become our healthiest...

**SEPTEMBER 1 Eat 5 fruits or vegetables today** They contain important vitamins, minerals and fiber which can help prevent cancer, diabetes and heart disease

**SEPTEMBER 8 Limit screen time today** You will free up more time to connect with friends, and family which can ward of symptoms of stress, depression and anxiety

**SEPTEMBER 15 Get at least 1 hour of movement today** And improve your brain health, help manage your weight, strengthen your bones and muscles and improve your ability to do everyday activities.

**SEPTEMBER 22 Drink water today (no sugary drinks)** Sugary drinks increase the risk of obesity, diabetes, heart disease, fatty liver disease and cavities

**September 29 Say hello to a stranger today** You may make a new friend, improve your mood and reduce feelings of loneliness

For more info. visit Fit Together NWCT – Healthy Starts Here (how2fitkids.org)

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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.