Help For Veterans
Tuesday, August 15, 1pm
Need assistance with VA benefits, forms, programs and information? Meet with Brian Naylor, from Independence Northwest, on the third Tuesday of the month for our monthly get-together. Brian will share information about military culture and events too. Refreshments will be served. Registration required, please call 860-379-4252 x1.

Blood Pressure Clinic
Friday, August 18, 11:00 to noon
Nurse Joni, from Visiting Nurse and Hospice of Litchfield County, will be here to take everyones’ blood pressure in the sunroom. Walk-ins are welcome.

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 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. Cost: $6

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.

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 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.

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.

Friendly Hands Free Farmers Market
& Pet Food Pantry (last week of month)
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.
Winsted Senior Center

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
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. 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.

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 and coffee or tea.

**August**

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

**Suggested Donation $4.00 per Meal**

**ALL MEALS ARE SUBJECT TO CHANGE**

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>Beef Stroganoff with Mushrooms</td>
<td>Spinach Quiche</td>
<td>Mushroom Barley Soup</td>
<td>Taco Salad With Beef, Cheese, Lettuce and Tomato Salsa</td>
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<tr>
<td>Bow Tie Pasta</td>
<td>Tater Tots</td>
<td>Greek Chicken Breast</td>
<td>Sour Cream</td>
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<tr>
<td>Green Beans</td>
<td>Broccoli Florets</td>
<td>Spinach Salad w/Black Olives</td>
<td>Black Bean &amp;Corn Salad</td>
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<tr>
<td>Marble Rye Bread</td>
<td>Whole Wheat Bread</td>
<td>Dressing</td>
<td>Tortilla Chips</td>
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<td>Fruited Jell-o</td>
<td>Cinnamon Applesauce</td>
<td>Dinner Roll</td>
<td>Pineapple Tidbits</td>
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<tbody>
<tr>
<td>Chicken Stir Fry</td>
<td>¼ lb All Beef Hot Dog</td>
<td>Cheese Baked Ziti</td>
<td>Orzo Vegetable Soup</td>
<td>Cheese Omelet</td>
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<td>Lo Mein Noodles</td>
<td>Baked Beans</td>
<td>Mixed Green Salad</td>
<td>Crackers</td>
<td>Tater Tots</td>
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<tr>
<td>Carrots</td>
<td>Potato Salad</td>
<td>with Tomatoes, Cucumbers</td>
<td>Chef Salad w/ Ham, Turkey, Egg and Swiss Cheese</td>
<td>Stewed Tomatoes</td>
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<tr>
<td>White Bread</td>
<td>Pickle</td>
<td>Italian Dressing</td>
<td>Ranch Dressing</td>
<td>Whole Wheat Bread</td>
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<tr>
<td>Oatmeal Cookie</td>
<td>Hot Dog Roll</td>
<td>Green Beans</td>
<td>Kidney Bean Salad</td>
<td>Ketchup</td>
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<td>Ketchup</td>
<td>Garlic Bread</td>
<td>Multigrain Bread</td>
<td>Fresh Fruit</td>
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<td></td>
<td>Mustard</td>
<td>Cinnamon Sliced Apples</td>
<td>Diced Pears</td>
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<td>Fresh Fruit</td>
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<tbody>
<tr>
<td>Grilled Cheese and Ham on Rye Bread</td>
<td>Potato Crusted Fish</td>
<td>Assorted Fruit Juice</td>
<td>Minestrone Soup</td>
<td>Salisbury Steak</td>
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<tr>
<td>Chips</td>
<td>Roasted Sweet Potato</td>
<td>Pork Roast</td>
<td>Crackers</td>
<td>with Gravy</td>
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<tr>
<td>Beet Salad</td>
<td>Peas</td>
<td>w/Dijon Herb Sauce</td>
<td>Eggplant Parmesan</td>
<td>Rice Pilaf</td>
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<tr>
<td>Pickle</td>
<td>White Bread</td>
<td>Mashed Potatoes</td>
<td>Penne Pasta w/ Sauce</td>
<td>Carrots</td>
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<tr>
<td>Fresh Fruit</td>
<td>Tartar Sauce</td>
<td>Mixed Vegetables</td>
<td>Italian Bread</td>
<td>Dinner Roll</td>
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<tr>
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<td>Diced Peaches</td>
<td>Biscuit</td>
<td>Fresh Fruit</td>
<td>Vanilla Pudding</td>
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<td>Chocolate Chip Cookie</td>
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<tbody>
<tr>
<td>Spaghetti and Meatballs w/Sauce</td>
<td>Turkey Breast</td>
<td>Beef and Bean Chili</td>
<td>Chicken Noodle Soup</td>
<td>Assorted Fruit Juice</td>
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<tr>
<td>Garden Salad with Olives and Chickpeas</td>
<td>w/Gravy</td>
<td>Whole Baked Potato</td>
<td>Crackers</td>
<td>Sweet &amp; Sour Pork</td>
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<td>Raspberry Vinaigrette</td>
<td>Mashed Potatoes</td>
<td>Broccoli</td>
<td>Tuna Salad Plate</td>
<td>Fried Rice</td>
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<td>Italian Bread</td>
<td>Mixed Vegetables</td>
<td>Cheese</td>
<td>with Lettuce</td>
<td>Oriental Vegetable</td>
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<td>Fresh Fruit</td>
<td>Multigrain Bread</td>
<td>Sour Cream</td>
<td>Tomato &amp; Cuke Salad Roll</td>
<td>Blend</td>
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<tr>
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<td>Mandarin Oranges</td>
<td>Frosted Cake</td>
<td>Pineapple Tidbits</td>
<td>Whole Wheat Bread</td>
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<td>Fruited Jell-o</td>
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<tr>
<td>Cheeseburger with Lettuce and Tomato</td>
<td>Cheese Ravioli</td>
<td>Florentine Soup</td>
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<td>Chips</td>
<td>w/Marinara Sauce</td>
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<td>Coleslaw</td>
<td>Italian Sausage</td>
<td>Chicken Caesar Salad</td>
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<td>Hamburger Roll</td>
<td>Italian Vegetable</td>
<td>with Grilled Chicken, Parmesan Cheese &amp; Croutons</td>
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<td>Pickle</td>
<td>Blend</td>
<td>Chickpea Salad</td>
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<tr>
<td>Ketchup</td>
<td>Mixed Greens</td>
<td>Caesar Dressing</td>
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<td>Cookie</td>
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<td>Italian Bread</td>
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<td>Fresh Fruit</td>
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**Labor Day Luncheon**

**Deluxe Chicken Sandwich, Cheddar Cheese, Lettuce, Tomato and Special Sauce on a Kaiser Roll**

**Vegetable/Pasta Salad Chips and Pickle Strawberry Shortcake**

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.
CLSSES, CLUBS, GAMES & ACTIVITIES

That’s right! 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
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=Si8veUtsVytwcE1WVRmWS9DbGVhZz09
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.

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
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, August 10 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.

Liquid Soap Making Class
Thursday, August 24, 1pm
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.

Technology Troubles?
Get connected, get answers. If you have questions about your smart phone, tablet, laptop, desk top computer or internet connection, just call Independence Unlimited at 203-729-3299 and ask for Alyse or Ken, from Independence Northwest, and they will try to help you over the phone.

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.
COMMUNITY PROGRAMS & SERVICES

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

HHC Neighborhood Health Clinic
August 3, 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
August 17, 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
August 8 & 22 (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

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

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>Concert</th>
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<tr>
<td>July 27</td>
<td>Farmington Valley Band</td>
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<tr>
<td>August 10</td>
<td>Kebar</td>
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<td>August 17</td>
<td>King Saison</td>
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<td>August 24</td>
<td>West Hill Grove</td>
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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. You must be a Winsted Senior Center member to go on this trip.

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. You must be a Winsted Senior Center member to go on this trip.

Cape Cod & Martha’s Vineyard

September 11-15

A few seats left. 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 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

Trips Coming in 2024

Biltmore Estates & Blue Ridge Mountains Spring 2024 and Lancaster Pennsylvania Show Trip Fall 2024

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.
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.

Beat the Heat Jokes

What did the pig say on a hot summer day? I’m bacon
How can you tell that the ocean is friendly? It waves
Why do fish swim in salt water? Because pepper water would make them sneeze
Which letter of the alphabet is the coolest? Iced T
What do you call when you combine an elephant with a fish? Swimming trunks
Why don’t oysters share their pearls? Because they’re shellfish
Why did the dolphin cross the beach? To get to their other tide
What is a frog’s favorite summertime treat? Hopsicles
Why did the robot go on summer vacation? To recharge his batteries