



NEWSLETTER

Happy, Healthy, Curious & Safe Adults Age 55+

October 2023

Octoberfest Lunch and Tuesday, October 3, 11:45

What the heck is Oktoberfest? It is an annual festival held in Munich, Bavaria, Germany. The festival originates with a party held in celebration of a royal marriage. So, let's enjoy bratwurst, pierogis, red cabbage, rye bread and German chocolate cake for dessert. Then afterward, play BINGO and your first two cards are included with your meal. **Purchase your ticket at the office until 9/29. Cost: \$6**



Coffee with a Winsted Cop Wednesday, October 4, 8am to noon

Sit down with the officers and ask questions or share what's on your mind and discover our police force's goals for the our community...Stop by Dunkin' Donuts, near Hinsdale School, to meet our police officers.

Annual Flu Vaccine Clinic Friday, October 20th, 11:00am to 1:00pm

Thanks to Visiting Nurse & Hospice of Litchfield County for making this possible. Please complete the form that is available in the office and bring it to the clinic. Walk-ins are welcome. For more information, please call 860-379-8561.

Healthy Aging Fair

Wednesday, October 25, 10am-noon



Take charge of your life...learn about community programs, services and resources that are available to improve your health, help you stay active and stay informed. **First 50 attendees will receive a free bag lunch to bring home thanks to Keystone Place Assisted Living.** Please bring a non-perishable item for the Winsted Salvation Army Food Pantry.

Hearing Screening or Test, Repairs and Adjustments

Thursday, October 26, 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.

Trunk or Treat Candy Drop-Off at WSC until Friday, October 27

Trunk-or-treat is when people deck out the trunk of their car, load it up with candy and the kids, meet at the Rowley Street Playground, Saturday, October 28, 5:30 to 7:30pm, and the kids go Trick-or-Treating from car-to-car. Many people say it's a safer alternative to Trick-or-Treating. Let's donate candy to help people load up their trunks.

Halloween Lunch with Entertainer Jim Moore

Tuesday, October 31, 11:45

Let's get together to socialize then enjoy some Spooky spaghetti, monster meatballs, goulish green beans, batty garlic breadstick and special Halloween dessert followed by great American country rock and roll music and fun. Wear a costume if you dare. **Purchase your ticket at the office until 10/26. Cost: \$6**



Favorite Children's Book Contest

Vote for the favorite book of your children, grandchildren or your childhood and the WSC Club will purchase the 10 most popular books for the Beardsley Library. Please vote by November 30, ballots available in the office.

**SAVE
THE DATES**

Nov. 16 **Thanksgiving Lunch**
Dec. 6 **Holiday Lunch** at Green Woods

Dec. 20 **Holiday Lunch** at WSC

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 - Cheri Closson***Nutrition Program Staff***Kitchen Manager - Tina Puckett**Volunteers - Helen Dombrowski, Debbie Insolia, Sheila Jackson, Alan Marek & Irma Puckett***Volunteers***Bingo - DeLyce (Dee), Sylvia Landi & Sally Mangione**Line Dancing - Fran Cooper**Friendly Hands Food Bag Distribution - Jim Troise & the Senior Enrichment Program**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 NewsletterVisit 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

October

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
(2) Meatloaf w/Gravy Mashed Potatoes Peas Wheat Dinner Roll Fresh Fruit	(3) Oktoberfest Assorted Fruit Juice Bratwurst Pierogis Red Cabbage Rye Bread German Chocolate Cake	(4) Cheese Ravioli Marinara Sauce Salad with Tomatoes and Cucumbers Balsamic Vinaigrette Italian Bread Cinnamon Applesauce	(5) Cream of Broccoli Soup Crackers Pork Roast w/Gravy Mashed Spiced Yams Rye Bread Diced Peaches	(6) Three Bean Chili Whole Baked Potato Broccoli Cheese Sour Cream Fresh Fruit
(9) CLOSED Columbus Day	(10) Salisbury Steak with Gravy Confetti Rice Mixed Vegetables Rye Bread Mandarin Oranges	(11) Assorted Fruit Juice Potato Crusted Fish Tartar Sauce Cheesy Mashed Potatoes Broccoli Florets Whole Wheat Bread Pound Cake w/Berries	(12) Vegetable Soup Crackers Cheese Baked Ziti Cauliflower Italian Bread Fresh Fruit	(13) Assorted Fruit Juice Cilantro Lime Chicken Jasmine Rice Fiesta Vegetable Blend Flour Tortilla Oatmeal Cookie
(16) Spaghetti & Meatballs with Marinara Sauce Salad Chickpeas & Black Olives Dressing Wheat Dinner Roll Fresh Fruit	(17) Apricot Mustard Pork Buttered Noodles Harvard Beets Wheat Dinner Roll Diced Peaches	(18) Cream of Mushroom Soup Crackers Turkey w/Gravy Corn Whole Wheat Bread Vanilla Pudding	(19) Lemon Dill Chicken Orzo Zucchini White Bread Brownie	(20) "Western Omelet" Cheese Omelet with Ham, Peppers and Onions Tater Tots Whole Wheat Bread Ketchup Mixed Fruit
(23) General Tso's Chicken Fried Rice Oriental Blend Veggies Whole Wheat Bread Mandarin Oranges	(24) Tomato Soup Crackers Grilled Cheese and Ham on Rye Chips Pickle Chocolate Chip Cookie	(25)  Healthy Aging Fair Lunch won't be served	(26) Pork Roast w/Mushroom Gravy Mashed Potatoes Broccoli w/Peppers Rye Bread Applesauce	(27) Taco Salad With Beef, Cheese, Lettuce, Tomato Salsa & Sour Cream Black Bean & Corn Salad Tortilla Chips Jello with Pineapple Tidbits
(30) Potato Crusted Fish Parsley Buttered Noodles Diced Carrots Rye Bread Tartar Sauce Fresh Fruit	(31) Halloween Spooky Spaghetti Monster Meatballs Goulash Green Beans Batty Garlic Breadstick Special Halloween Dessert			

**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**

Healthy Aging Fair

Wednesday, October 25, 10am-noon



Take charge of your life...learn about community programs, services and resources that are available to improve your health, help you stay active and stay informed. **First 50 attendees will receive a free bag lunch to bring home thanks to Keystone Place Assisted Living.** Please bring a non-perishable item for the Winsted Salvation Army Food Pantry.

CLASSES, CLUBS, GAMES & ACTIVITIES



FREE

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=Si8veUtsVytwcElWMVRmWS9DbGVhZz09>

Meeting ID: 326 155 172

Passcode: Winsted

Tai-Chi

Mondays & Fridays at 10:15am

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

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.

Dancercise

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.

Pumpkin Themed Healthy Cooking Class

Thursday, October 12 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.

October Craft Class

Thursday, October 28, 1pm

Let's make a thanksgiving 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.**

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.

COMMUNITY PROGRAMS & SERVICES

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

HHC Neighborhood Health Clinic

October 5, 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 vaccines. Walk-ins are welcome. On-site financial assistance is available, insurance is excepted but not required.

CT FoodShare Mobile Pantry

October 3, 17 & 31 (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.

Friendly Hands Food Bags

October 19, 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 October 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.

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 Debbie Wendell 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 smart phone, tablet, laptop, desk top 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

Coffee with a Winsted Cop

Wednesday, October 4, 8am to noon

Sit down with the officers and ask questions or share what's on your mind and discover our police force's goals for the our community...Stop by Dunkin Donuts, near Hinsdale School, to meet our police officers.

Trunk or Treat Candy Drop-Off at WSC

until Friday, October 27 at noon

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National Drug Take Back Day

Saturday, October 28, 10am to 2pm

Take Back Day provides a safe, convenient, and responsible way to dispose of prescription drugs, while also educating the general public about the potential for abuse of medications. Please bring to the drop box in the Winchester PD lobby, 338 Main Street. Liquids and sharps will not be accepted. (Medication drop box is available 24/7 for your convenience)

TRIPS, TRIPS, TRIPS

Crackerbarrel Restaurant

Thursday, October 12, 10:30am

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.

Olive Garden Restaurant & Munson's Candies

Thursday, November 9, 10:30am

If you're looking for freshly baked breadsticks, yummy soup or perfectly made pasta dishes, Olive Garden has something for any Italian appetite and on the way home enjoy handcrafted confections. Cost: \$7 per person, lunch is on your own.

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, 2024

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

Atlantic City Trip at "Resorts" Hotel And Casino February 27-29

Lancaster Pennsylvania Show Trip Fall 2024

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.

For **Diamond Tours Travel Insurance**, please call 855-376-2037 or visit www.travelconfident.com.



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

Fit Together Fridays

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

OCTOBER 6 Don't snack today Snacking can cause unwanted weight gain and reduce hunger at meal time.

OCTOBER 13 Dance like nobody's watching today To the radio or a song in your head and release tension and because you can do it.

OCTOBER 20 Try a new vegetable today Eating a variety and different colors of produce gives your body the nutrients it needs.

OCTOBER 27 Start a gratitude journal And recognize the good things in your life that you might otherwise take for granted.

**For more info. visit Fit Together NWCT at
www.how2fitkids.org**

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.