Halloween Lunch
with Entertainment by Jim Moore
Tuesday, October 31, 11:45am
Let’s get together to socialize then enjoy some Spooky spaghetti, monster meatballs, goulash 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. **Make your reservation at the office until 10/26. Cost: $6**

Veterans Day Lunch
with Officer Dan Pietrafesa
Wednesday, November 8, 11:45am
Attention all Veterans...your lunch is FREE, make your reservation at the office
Thank you to all our veterans for all they sacrificed for our freedom. Enjoy chicken parmesan, penne pasta with sauce, tossed salad, raspberry vinaigrette, Italian bread and a special dessert. Winsted police officers will serve lunch then we will have a presentation by Officer Pietrafesa. **Make your reservation at the office until 11/6. Cost: $4, Veterans are FREE**

Reading of Gettysburg Address
at the Soldiers’ Monument, Crown Street
Saturday, November 11, 2pm
President Lincoln’s words are some of the most memorable in American history, forever stamping our minds with “all men are created equal,” and a “government of the people, by the people, for the people”. There is so much to think about from his speech on November 19, 1863. Please attend this important event to hear the full Address and bring your family and friends. There will also be a new bench dedication and a special plaque will be given.

Thanksgiving Lunch
with Entertainment by Joel Blummert
Thursday, November 16, 11:45am
Thanksgiving is the day when people stop to appreciate all they have and to spend time with loved ones so get together and enjoy roasted turkey with gravy, mashed potatoes, savory stuffing, corn, cranberry sauce, a dinner roll and of course pumpkin pie for dessert, After lunch, sit back and enjoy a mix of favorite music from the 60s, 70s and 80s. **Make your reservation at the office until 11/9. Cost: $6**

Holiday Lunch at Green Woods Country Club
with Entertainment by Willie & Jan Band
Wednesday, December 6, 11:30am
Let’s gather together to celebrate the holiday season. Enjoy holiday salad, rolls with butter, your choice of red wine braised short ribs or sauteed chicken Dijon with artichoke and sun dried tomatoes, both served with mashed potatoes and vegetable, spumoni for dessert, coffee or tea and cash bar. Afterward, tap your foot, sing along or dance to the Willie & Jan Band’s Holiday Show. After the entertainment, we will have a Gift Raffle. For the gifts, please donate a new, unused, item that you would be happy to receive. Please bring gifts with you to the party. 8 people per table, please arrange to purchase tickets with your friends, so you can sit together. **(Tickets available until December 1 or while they last)** Cost: $30 per person

Holiday Lunch at the Center
with Entertainment by Lynn & Jack Duo
Wednesday, December 13, 11:30am
Holidays are the time for friends to get together to celebrate so make your reservation for the Holiday Party at the Center today. Lunch includes chicken cordon blue, twice mashed potatoes, corn, Italian bread and a holiday dessert with a fudge cream cookie. After lunch we’ll enjoy everyone’s favorite holiday music and more from the 50s & 60s. **Make your reservation at the office until 12/7. Cost: $6**

Sockvember
The small act of donating a pair of socks can make a big difference in the lives of our neighbors who are homeless. Please drop new or gently used clean socks in the bin at the Center and we will make sure the socks get to the men, women and children who need them in our community.

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.
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.

**Bad Weather Closing**
If Winchester schools are closed due to a winter storm, the Center is also closed. If schools dismiss early or open late, we usually follow that schedule, but we make a decision on a storm by storm basis. If in doubt, call the office.

**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.

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**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.

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**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 & coffee or tea

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

Suggested Donation is $4.00 per Meal

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>(1)</td>
<td></td>
<td>(2)</td>
<td>(3)</td>
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<tr>
<td>Navy Bean Soup</td>
<td>Crackers</td>
<td>Meatball Stroganoff</td>
<td>Bowtie Pasta</td>
<td>Assorted Fruit Juice</td>
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<tr>
<td>Pork Rib Patty</td>
<td>Green Peas w/Peppers</td>
<td>Broccoli Florets</td>
<td>Rye Bread</td>
<td>Stuffed Shells with Sausage Link</td>
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<tr>
<td>Home Style Brown Rice</td>
<td>Fresh Fruit</td>
<td>Diced Peaches</td>
<td>Diced Peaches</td>
<td>Tossed Salad</td>
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</tbody>
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| (4) | (5) |
| Veteran’s Day | CLOSED Veteran’s Day |
| Chicken Parmesan | Chicken Parmesan |
| Penne Pasta w/ Sauce | Penne Pasta w/ Sauce |
| Tossed Salad with Rasp. Vinaigrette | Tossed Salad with Rasp. Vinaigrette |
| Italian Bread | Italian Bread |
| Special Dessert | Special Dessert |

| (6) | (7) | (8) | (9) | (10) |
| Meatloaf with Gravy | Assorted Fruit Juice | Veteran’s Day | Cream of Broccoli Soup | Assorted Fruit Juice |
| Mashed Potatoes | “Turkey Rueben” | Chicken Parmesan | Crackers | Cilantro Lime Chicken |
| Peas | Grilled Turkey & Swiss | Penne Pasta w/ Sauce | Pork Roast with Gravy | Brown Rice |
| Wheat Dinner Roll | Thousand Island on Rye Bread | Tossed Salad with Rasp. Vinaigrette | Mashed Spiced Yams | Fiesta Vegetable Blend |
| Fresh Fruit | Chips, Pasta Salad & Pickle | Italian Bread | Rye Bread | Flour Tortilla Oatmeal Cookie |

| (11) | (12) | (13) | (14) | (15) | (16) | (17) |
| Chicken and Rice Soup | Salisbury Steak w/ Gravy | Chicken and Rice Soup | Salisbury Steak w/ Gravy | Assorted Fruit Juice | Veteran’s Day | Assorted Fruit Juice |
| Crackers | w/ Gravy | w/ Gravy | w/ Gravy | Tartar Sauce | Turkey with Gravy | Cilantro Lime Chicken |
| Sweet & Sour Pork | Mixed Vegetables | Confetti Rice | Mixed Vegetables | Cheesy Mashed Potatoes | Turkey with Gravy | Brown Rice |
| Vegetable Lo Mein | Rye Bread | Confetti Rice | Rye Bread | Broccoli Florets | Whole Grain Bread | Fiesta Vegetable Blend |
| Fresh Fruit | Mandarin Oranges | Confetti Rice | Mandarin Oranges | Whole Wheat Bread | Whole Wheat Bread | Flour Tortilla Oatmeal Cookie |

| (18) | (19) | (20) | (21) | (22) | (23) | (24) |
| Spaghetti & Meatballs with Marinara Sauce | Apricot Mustard Pork | Cream of Mushroom Soup | CLOSED Thanksgiving | CLOSED | CLOSED | Thanksgiving |
| Salad with Chickpeas & Black Olives | Buttered Noodles | Crackers | Turkey w/ Gravy | Day after Thanksgiving | Day after Thanksgiving | Roast Turkey w/ Gravy |
| Dressing | Harvard Beets | Turkey with Gravy | Corn | Chicken | Chicken | Mashed Potatoes |
| Wheat Dinner Roll | Wheat Dinner Roll | Whole Wheat Bread | Whole Grain Bread | Whole | Whole | Mashed Potatoes |
| Fresh Fruit | Diced Peaches | Vanilla Pudding | Wheat Bread | Grain Bread | Wheat Bread | Gravy |

| (25) | (26) | (27) | (28) | (29) | (30) |
| General Tso’s Chicken | Tomato Soup Crackers | Cheeseburger with Lettuce and Tomato | Pork Roast with Mushroom Gravy | Pork Roast with | Pork Roast with |
| Fried Rice | Crackers | Ketchup | Mashed Potatoes | Mashed Potatoes | Mashed Potatoes |
| Oriental Blend Veggies | Grilled Cheese and Ham on Rye Chips | Crinkle Cut Fries | Broccoli w/Peppers | Broccoli w/Peppers | Broccoli w/Peppers |
| Whole Wheat Bread Mandarin Oranges | Pickle | Hamburger Roll | Ketchup | Ketchup | Ketchup |
| Mandalins Oranges | Chocolate Chip Cookie | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |

**Sockvember**

The small act of donating a pair of socks can make a big difference in the lives of our neighbors who are homeless. Please drop new or gently used clean socks in the bin at the Center and we will make sure the socks get to the men, women and children who need them in our community.
Chair Yoga
Mondays & Fridays at 9:00am (no class 11/13 & 17)
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=Si8veUtsVytwciEWMVRmWS9DbGVhZz09
Meeting ID: 326 155 172                     Passcode: Winsted

Tai-Chi (no class 11/13 & 17)
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 & Thursdays 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.

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.

Holiday Healthy Cooking Class
Thursday, November 9 at 1pm
Come to the Center 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.

November Craft Class
Thursday, November 30, 1pm
Let’s make a holiday 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.

Hearing Screening or Test, Repairs and Adjustments
Thursday, November 26, by appointment only, call 860-482-7944
This new monthly complementary service by Hearing Care Center offers a comprehensive diagnostic assessment for hearing.
COMMUNITY PROGRAMS & SERVICES

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

HHC Neighborhood Health Clinic
November 2, 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
November 14 & 28, 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
November 16, 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 #4

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.

Senior Companion Volunteer Program
If you are 55 or older and on a fixed income, you can receive a tax free hourly stipend when you become a Senior Companion Volunteer. Call Anamin Reveron, New Opportunities, 860-482-9749, for more information.

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.
Municipal Elections at Pearson School
Tuesday, November 7, 6am to 8pm

Reading of Gettysberg Address at the Soildiers’ Monument
Saturday, November 11, 2pm
President Lincoln’s words are some of the most memorable in American history, forever stamping our minds with “all men are created equal,” and a “government of the people, by the people, for the people”. There is so much to think about from his speech on November 19, 1863. Please attend this important event to hear the full Address and bring your family and friends. There will also be a new bench dedication and a special plaque will be given.

Sockvember at WSC
until Thursday, November 30
The small act of donating a pair of socks can make a big difference in the lives of our neighbors who are homeless. Please drop new or gentle used clean socks in the bin at the Center and we will make sure the socks get to the men, women and children who need them in our community.

TRIPS, TRIPS, TRIPS

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.

Atlantic City at Resorts Hotel
February 27-29
Everyone loves our AC trips and February is not that far away...the perks practically pay for the trip. Trip includes: motor coach transportation, 2 nights accommodation at the hotel/casino, $40 slot bonus, $50 meal voucher, 2 fantastic shows - “Garth Brooks Tribute with band” and “Comedy Legend Yakov Smirnoff”, hotel baggage handling and taxes and driver gratuities. Pick up a flyer for all the details. Bus returns at approximately 8pm. Cost: $339 per person double, $469 per person single, $329 per person trip triple.

Lancaster Pennsylvania “Daniel” Show and Gettysburg National Park Trip August 19-23, 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. At time of sign-up, we ask for the name and cell phone number for an emergency contact person. If you show up late for a trip, we cannot wait for you and refunds will not be given. 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, we require a deposit to sign you 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. For Diamond Tours Travel Insurance, please call 855-376-2037 or visit www.travelconfident.com.
Thanksgiving Jokes

Why was the turkey the drummer in the band? *Because he had the drumsticks*

Why do turkeys always go gobble gobble? *Because they don’t have good table manners*

What has feathers and webbed feet? *A turkey wearing scuba gear*

What do you get when you cross a turkey with an octopus? *Drumsticks for everyone*

Who is not hungry at Thanksgiving? *The turkey, he’s stuffed*

Why can’t you take a turkey near little kids? *He has such fowl language*

What’s the best dance to do on Thanksgiving? *The turkey trot*

Why did the turkey cross the road? *It was the chicken’s day off*

When is the best time to eat turkey? *When someone else cooked it and it’s on the dinner table*
Medicare Open Enrollment
Ends December 7

During Open Enrollment, you can join or switch your Part D or Medicare Advantage plans

Since plans change each year, it’s a good idea to make sure your coverage still meets your needs.

Each year, insurance companies can make changes to Medicare plans that can impact out-of-pocket costs including monthly premiums, deductibles, drug costs and provider or pharmacy networks. Insurance companies can also make changes to plan’s formulary (list of covered drugs).

During Open Enrollment, most Medicare recipients find their mailbox and email inbox fill up with offers from the insurance companies which can be very confusing. If you have questions, we recommend that you work with a professional:

   CHOICES Counselors from WCAAA 203-757-5449
   Ann Bowen, Bowen Agency 860-379-2885
   Kerri Anderson Ouellette, Oak Solutions 860-390-5756
   Daphne Roberson, Roberson Tierney & Associates 860-379-6700

Medicare.gov

If you have access to a computer, you can research plans by creating a Medicare.gov account

Go to Medicare.gov

1. Enter your name, date of birth, current address with zip code, Medicare number, found on your red, white and blue Medicare card and Part A or B coverage start date.
2. Once you enter your information, select “next” and create username and password. (Keep your username and password in a safe place to protect your privacy)
3. Enter your prescription drug list including medication name, dosage and quantity per day.
4. Enter name and address of preferred pharmacy.
5. Then, you can compare benefits and costs in your current plan to other plans available to you and enroll yourself.

Medicare Advantage Plans

Is it worth it for you to switch from Original Medicare to a Medicare Advantage Plan? You should decide based on your situation. Sometimes Medicare Advantage Plans can save you money while giving access to different care services and providers. Compare plans in Medicare.gov or call one of the professionals listed above.

If you are switching your plan during Open Enrollment, that new coverage will begin on January 1 and you will need to inform your physician and other healthcare providers of your new coverage.
Get Help—Social Security

Go online to SSA.gov
or
1-800-772-1213
To schedule an appointment to serve you by phone
or
877-405-0486
147 Litchfield Street Torrington
You must have an appointment for an office visit

Get Help—Energy Assistance Program
New Opportunities, 716 Main Street, Winsted
860-738-9138

Appointments available in person and on the phone
You are eligible for the State of CT Energy Assistance Program (CEAP) if you:

• Are a CT Resident
• You receive food stamps (SNAP), SSI, TANF, or other benefits from the Department of Social Services, or
• Your annual household income falls at or below the income levels in the table below (i.e. 60% of the state’s median income)
  1 person in household yearly income $39,761
  2 person in household yearly income $51,996

New Opportunities offers access to many community programs and resources featuring a “no wrong door” approach

Get Help—The Salvation Army
716 Main Street, Winsted
860-379-8444

The Salvation Army Winsted Regional Service Center offers the following community programs for residents in the towns of Winsted, Colebrook and Norfolk:

Back To School Assistance
Camp CONNRI – Summer camp for children ages 7 to 14
Emergency Assistance
Food Pantry
Holiday Food Baskets & Children’s Christmas Toys
SNAP Applications
Winter Coat Distribution

Ring the Bell for The Salvation Army

Volunteer to ring the bell at The Salvation Army Red Kettle to help our community at our local Stop & Shop. 90% of the donations raised will assist families in need in Winsted, Colebrook and Norfolk. Call Linda at 860-379-6916.