

NEWSLETTER



Happy, Healthy, Curious & Safe Adults Age 55+

November 2023

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.

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 & coffee or tea

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		(1) Navy Bean Soup Crackers Pork Rib Patty Green Peas w/Peppers Hamburger Roll Diced Peaches	(2) Meatball Stroganoff Bowtie Pasta Broccoli Florets Rye Bread Diced Pears	(3) Assorted Fruit Juice Stuffed Shells with Sausage Link Tossed Salad Italian Bread Chocolate Chip Cookie
(6) Meatloaf with Gravy Mashed Potatoes Peas Wheat Dinner Roll Fresh Fruit	(7) Assorted Fruit Juice "Turkey Rueben" Grilled Turkey & Swiss with Sauerkraut and Thousand Island on Rye Bread Chips, Pasta Salad & Pickle Chocolate Chip Cookie	(8) Veteran's Day Chicken Parmesan Penne Pasta w/ Sauce Tossed Salad with Rasp. Vinaigrette Italian Bread Special Dessert	(9) Cream of Broccoli Soup Crackers Pork Roast with Gravy Mashed Spiced Yams Rye Bread Diced Peaches	(10) CLOSED Veteran's Day
(13) Chicken and Rice Soup Crackers Sweet & Sour Pork Vegetable Lo Mein Fresh Fruit	(14) Salisbury Steak w/Gravy Confetti Rice Mixed Vegetables Rye Bread Mandarin Oranges	(15) Assorted Fruit Juice Potato Crusted Fish Tartar Sauce Cheesy Mashed Potatoes Broccoli Florets Whole Wheat Bread Pound Cake with Berries	(16) Thanksgiving Roast Turkey w/Gravy Mashed Potatoes Savory Stuffing Cranberry Sauce Corn Dinner Roll Pumpkin Pie	(17) Assorted Fruit Juice Cilantro Lime Chicken Brown Rice Fiesta Vegetable Blend Flour Tortilla Oatmeal Cookie
(20) Spaghetti & Meatballs with Marinara Sauce Salad with Chickpeas & Black Olives Dressing Wheat Dinner Roll Fresh Fruit	(21) Apricot Mustard Pork Buttered Noodles Harvard Beets Wheat Dinner Roll Diced Peaches	(22) Cream of Mushroom Soup Crackers Turkey with Gravy Corn Whole Wheat Bread Vanilla Pudding	(23) CLOSED Thanksgiving	(24) CLOSED Day after Thanksgiving
(27) General Tso's Chicken Fried Rice Oriental Blend Veggies Whole Wheat Bread Mandarin Oranges	(28) Tomato Soup Crackers Grilled Cheese and Ham on Rye Chips Pickle Chocolate Chip Cookie	(29) Cheeseburger with Lettuce and Tomato Crinkle Cut Fries Hamburger Roll Ketchup Fresh Fruit	(30) Pork Roast with Mushroom Gravy Mashed Potatoes Broccoli w/Peppers Rye Bread Applesauce	



Sockvember

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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 (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=Si8veUtsVytwcElWMVRmWS9DbGVhZz09>

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.

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.

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 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.

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.

SLOW DOWN, ENJOY OUR TOWN

Municipal Elections at Pearson School

Tuesday, November 7, 6am to 8pm

Reading of Gettysberg Address at the Soldiers' 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

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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.



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

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*

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.

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.
