**Whiting Mills Open Artist’s Studios, 100 Whiting Street**  
**Holiday Makers Shoppes, Sundays, November 19 & December 17**  
**Open Studios Weekend, December 2 & 3**  
Meet the local craftspeople, painters, photographers and specialty shop owners in their studio space and shop til you drop!

**Winchester Police Dept. Christmas Toy Drive**  
**November 24 through December 11**  
Donate gifts of all shapes and sizes for the less fortunate in the bin at the Senior Center or the Police Dept. at 338 Main Street. For more info, call Officer Justin at 860-379-2721.

**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 sautéed 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

**PJ Day for the Kids**  
**Friday, December 8, all day**  
Let’s support Community Health & Wellness Center’s annual fundraiser for the Pediatric Cancer Fund at CT Children’s Medical Center by wearing your pajamas all day and donating $5 at the office at the Senior Center and we will get the donations to CHWC.

**Winchester Recreation Annual Holiday Event**  
**Saturday, December 9, 2-4:30pm**  
Gather the kids and stop by the Rowley Playground Building & East End Park and enjoy holiday music, pictures with Santa and the Grinch, crafts, hot cocoa, s’mores, best elf contest (pre-k to 2nd grade), best poem contest (3rd to 6th grade), carolers and tree lighting and more. For more info, call Tanya or Jamie at 860-738-6964.

**Korean War Veterans Award Ceremony**  
**Monday, December 11, 2pm, Winsted Senior Center**  
If you and your family would like to attend the ceremony to recognize the veterans service during the Korean War, please RSVP to Terry Hall at 860-738-6078.

**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

**Winsted Fire Dept. 20th Annual Gator Parade**  
**Saturday, December 16, 5pm**  
Enjoy the spectacle of the festively decorated Town trucks, fire and EMS vehicles as they travel over the river and through the streets and be ready to catch some candy and other treats. For more info, call Chief Jamie at 860-379-5155.

**It’s Membership Renewal Time!**  
WSC membership is $6 for the year and if you are age 85+, your membership is free  
The cost to have the WSC Newsletter mailed to your home is an additional $8 per year or have it emailed for free  
**PLEASE COMPLETE THE BLUE EMERGENCY CONTACT FORM**  
that is inserted in this newsletter and return it with your payment
Phone Number
860-379-4252

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.

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.

Medical Appointments
Please make medical appointments between 9:00 and 11:00 am 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.

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.

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.

December 2023
Friday, December 8, all day

**PJ Day for the Kids**
Let’s support Community Health & Wellness Center’s annual fundraiser for the Pediatric Cancer Fund at CT Children’s Medical Center by wearing your pajamas all day and donating $5 at the office at the Senior Center and we will get the donations to CHWC.

**Suggested donation is $4.00 per meal**

**ALL MEALS ARE SUBJECT TO CHANGE**

<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>Taco Salad w/Beef, Cheese, Lettuce, Tomato, Salsa and Sour Cream</td>
<td>Black Bean &amp; Corn Salad</td>
<td>Tortilla Chips Jello with Pineapple</td>
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<tr>
<td>(4)</td>
<td>Potato Crusted Fish Parsley Buttered Noodles Diced Carrots Rye Bread Tartar Sauce Fresh Fruit</td>
<td>Chicken Tenders Macaroni and Cheese Mixed Vegetables Wheat Dinner Roll BBQ Sauce Mandarin Oranges</td>
<td>Meatball Stroganoff Bowtie Pasta Broccoli Florets Rye Bread Diced Pears</td>
<td>Stuffed Shells w/Sauce Sausage Link Salad with Tomatoes and Black Olives Italian Bread Chocolate Chip Cookie</td>
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<tr>
<td>(5)</td>
<td>Chicken Cordon Bleu Mashed Potatoes Corn Italian Bread Holiday Dessert &amp; Fudge Cream Cookie</td>
<td>Christmas Party Chicken Cordon Bleu Mashed Potatoes Corn Italian Bread Holiday Dessert &amp; Fudge Cream Cookie</td>
<td>Closed</td>
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<tr>
<td>(11)</td>
<td>Assorted Fruit Juice &quot;Turkey Rube&quot; Grilled Turkey &amp; Swiss with Sauerkraut and Thousand Island on Rye Bread Chips Pasta Salad &amp; Pickle Chocolate Chip Cookie</td>
<td>Closed</td>
<td></td>
<td></td>
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<tr>
<td>(12)</td>
<td>Meatloaf w/Gravy Mashed Potatoes Peas Wheat Dinner Roll Fresh Fruit</td>
<td>Closed</td>
<td></td>
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<td>(13)</td>
<td>Closed</td>
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<td>(25)</td>
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**CLOSED CHRISTMAS**

**December**

**Friday, December 8, all day**
Chair Yoga
Mondays & Fridays at 9:00am (no class December 23 & 25)
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=Si8veUtsYtweEiWMVRmWS9DbGVHzz09
Meeting ID: 326 155 172 Passcode: Winsted

Tai-Chi
Mondays & Fridays at 10:15am (no class December 23 & 25)
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 (no class December 11 & 25)
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 (no class December 7)
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, December 14 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, 12:45pm
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.

Hearing Screening or Test, Repairs and Adjustments
Wednesday, December 27, 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.

December Craft Class
Thursday, December 28 at 1pm
Let's make a 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.
**COMMUNITY PROGRAMS & SERVICES**

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

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**HHC Neighborhood Health Clinic**  
December 7, 11am-3pm

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.

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**CT FoodShare Mobile Pantry**  
December 12 & 26, 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.

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**Friendly Hands Food Bags**  
December 21, pick-up at 10:30, 3rd Thursday of the month

To participate, you must complete Friendly Hand’s Intake form which is available at the Center by 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.

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**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

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**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 Suzanne Skuja last month’s winner.

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**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.

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**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.

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**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.

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**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.

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**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.

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**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.

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**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.
Visit the Town of Winchester website at townofwinchester.org
For the latest information about what’s going around Town including government, community events, places to visit, stories and more.

TRIPS, TRIPS, TRIPS

Biltmore Estate & Asheville, NC
April 21-26
Trip includes: motor coach transportation, 5 nights lodging including 3 consecutive nights in the Asheville area, 8 meals, guided tour of the Biltmore Estate, Antler Village & Winery, downtown Asheville, St. Lawrence Basilica, scenic Blue Ridge Parkway, the Folk Art Center, 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 2/14/24.

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 Show Trip & the Dutch Country
August 19-23
Trip includes: motor coach transportation, 4 nights lodging in the Lancaster area, 8 meals, admission to the “Daniel Show” at the Sights and Sound Millennium Theater, “Magic & Wonder Theater Show”, “The Amish Experience and Jacob’s Choice Show”, Gettysburg National Park and guided battlefield tour, visit to charming Kettle Kitchen and more. Pick up a flyer for all the details. Cost: $769 per person double, $918 per person single, $75 deposit required at sign up, final payment 6/12/24.

We would love to hear your suggestions for trips, stop in!

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.
If you or a friend is in need of shelter or services

Call 2-1-1

Useful Local Phone Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Ambulance</td>
<td>860-738-9267</td>
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<tr>
<td>Beardsley Library</td>
<td>860-379-6043</td>
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<tr>
<td>Emergency</td>
<td>911</td>
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<tr>
<td>Fire Department</td>
<td>860-379-5155</td>
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<tr>
<td>Meals on Wheels</td>
<td>860-482-4151</td>
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<tr>
<td>N.W. Transit</td>
<td>860-489-2535</td>
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<tr>
<td>Poison Control</td>
<td>800-222-1222</td>
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<tr>
<td>Police Department</td>
<td>860-379-2721</td>
</tr>
<tr>
<td>Post Office</td>
<td>860-379-6675</td>
</tr>
<tr>
<td>Senior Center</td>
<td>860-379-4252</td>
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<tr>
<td>Social Services</td>
<td>860-379-2714</td>
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<tr>
<td>Tax Collector</td>
<td>860-379-4474</td>
</tr>
<tr>
<td>Tax Office</td>
<td>860-379-5461</td>
</tr>
<tr>
<td>Town Clerk</td>
<td>860-738-6963</td>
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<tr>
<td>Town Manager</td>
<td>860-738-6962</td>
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<tr>
<td>WCAAA</td>
<td>203-757-5449</td>
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<tr>
<td>(Western CT Area Agency on Aging)</td>
<td></td>
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</tbody>
</table>

Holiday Jokes

What goes “Oh Oh Oh”? Santa walking backwards
How do you wash your hands over the holiday? With Santatizer
What brand of motorcycle does Santa ride? Holly Davidson
Why is Santa afraid of getting stuck in a chimney? He has Claus-trophobia
What do you call a kid who doesn’t believe in Santa? A rebel without a Claus
How much did Santa pay for his sleigh? Nothing. It was on the house
How can you tell that Santa is real? You can always sense his presents.
What does Santa spend his hard-earned salary on? Jingle bills.

Town of Winchester.org

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.