



HAPPY NEW YEAR

80 Holabird Avenue, Winsted
860-379-4252

NEWSLETTER

Happy, Healthy, Curious & Safe Adults Age 55+

January 2024

Out With the Old, in With the New!

The first day of the New Year is by far one of the most inspiring holidays of all. It's a time for year-end reflecting and it's also the perfect time to connect with loved ones and wish them a happy 2024. As for myself, I can't wait to see where the next year brings us and I wish you all nothing but happiness.

Jen

Winsted Senior Center Snow Policy

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, please call the office at 860-379-4252 x1

Order Your Free COVID-19 Test Kits

U.S. households can once again order four free COVID 19 rapid tests through COVIDTests.gov. These tests will detect the currently circulating COVID-19 variants. Individuals are encouraged to use the free tests immediately to prepare for travel and gatherings with friends and family. Households that ordered tests earlier this fall can order four more tests, and those that have not ordered this fall can submit two orders for a total of eight tests.

New Trips, Classes & Activities for 2024

We have a bunch of trips planned, check out page 6 and don't forget to read the New Years jokes on the back cover. We are working on new classes and activities for the New Year. If you have suggestions....want to hear from you!

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 A BLUE EMERGENCY CONTACT (AVAILABLE AT THE OFFICE)

File-of-Life Packets are Available

Help rescue workers quickly find important medical information when every second counts. The File of Life is a magnetic, red vinyl packet that contains a medical information card that provides vital information that EMTs need to know about your health and/or medications, just attach it to your refrigerator. Thank you to Torrington Area Health District.

CT Elderly & Disabled Tax Relief Program

February 1 through May 15, applications are being accepted for the State of CT Elderly and Disabled Tax Relief Program. To qualify for this program you must own a home in Winchester, be age 65 or older or be permanently disabled and meet State income requirements. For information call Linda or Rebecca, Town Assessor Department, at 860-379-5461.

2024 New Years Lunch & BINGO

Friday, January 5 at 11:45am

Join us to ring in the New Year with friends and maybe win a special prize! First enjoy pizza, salad and ice cream then at 12:30pm you can buy your BINGO cards for only 50 cents each. Lunch is \$4 and you must make a reservation by 11:30am January 3 by calling 860-379-4252 x2.

Communicate Your Wishes

Thursday, January 25, 12:30pm



Please attend an informative conversation about general elder law matters with Attorney Ellen C. Marino. Topics will include planning for death and incapacity and how to be prepared for either situation. Learn about Wills and Probate, Trusts, Powers of Attorneys and Health Care Directives. These can be very difficult subjects to think and talk about but planning ahead is critical in making your preferences known. It is also an invaluable gift to yourself and your loved ones. Everyone should attend this free event. Please invite your friends and family and register by calling 860-379-4252 x1.

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 & volunteers**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 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. The driver will tell you when he will be back to pick you up. You must be there at that time and place. The driver does 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 \$8 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.

January

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

Suggested Donation \$4.00

ALL MEALS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(1)	(2)	(3)	(4)	(5)
CLOSED New Year's Day	Sweet and Sour Chicken Brown Rice Pilaf Green Beans White Bread Mandarin Oranges	Pork Roast w/Gravy Mashed Potatoes Zucchini Dinner Roll Fresh Fruit	Cream of Tomato Soup Grilled Turkey & Cheddar on Rye Bread Coleslaw Chips Applesauce	2024 Lunch Cheese Pizza Tossed Salad Special Ice Cream Dessert
(8)	(9)	(10)	(11)	(12)
Honey Mustard Pork Brown Confetti Rice Lima Beans Wheat Bread Pineapple Tidbits	Assorted Fruit Juice Meatloaf w/Gravy Mashed Potatoes Green Beans Dinner Roll Vanilla Pudding	Chicken Parmesan Penne Pasta w/Sauce Spinach Italian Bread Mandarin Oranges	Cream of Mushroom Soup Potato Crusted Fish Sweet Potato Tots Rye Bread Tartar Sauce Ketchup Fresh Fruit	Taco Salad w/Beef, Cheese, Lettuce, Salsa Sour Cream Black Bean Corn Salad Tortilla Chips Diced Pears
(15)	(16)	(17)	(18)	(19)
CLOSED Martin Luther King Jr. Day	Spaghetti & Meatballs w/Sauce Mixed Vegetables Italian Bread Pineapple Tidbits	Assorted Fruit Juice General Tso's Chicken Brown Rice Broccoli White Bread Oatmeal Cookie	BBQ Pork Loin Corn O'Brien Buttered Egg Noodles Cornbread Muffin Fresh Fruit	Navy Bean Soup Crackers Macaroni and Cheese Mixed Greens Dinner Roll Mandarin Oranges
(22)	(23)	(24)	(25)	(26)
Herbed Chicken Quarter Baked Sweet Potatoes Cabbage Dinner Roll Peaches	Cheese Baked Ziti Sausage Link Garden Salad w/Tomatoes and Cucumber Dressing Italian Bread Pineapple Tidbits	Cheeseburger Lettuce & Tomato Chips Pickle Hamburger Roll Ketchup Mandarin Oranges	Chicken Picatta Brown Rice Green Beans White Bread Fresh Fruit	Assorted Fruit Juice Broccoli Cheddar Soup Cheese Quiche Tater Tots Ketchup Wheat Bread Chocolate Chip Cookie
(29)	(30)	(31)	 <p><i>"When Snow Falls, Nature listens."</i> — Antoinette Van Kleeef</p>	
Grilled Ham & Cheese on Rye Bread Pasta Salad Chips Pickle Applesauce	Chicken Breast w/Mushroom Gravy Brown Rice Broccoli Wheat Bread Diced Pears	BBQ Pork Ribette Crinkle Cut Fries Corn Hamburger Roll Applesauce		

HAPPY NEW YEAR
2024

Lunch & BINGO
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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.

Chair Yoga

Mondays & Fridays at 9:00am (no class January 1 & 15)

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 (no class January 1 & 15)

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 January 1 & 15)

Drumming leads to increased focus, upper body coordination, connectedness, relaxation, boosts the immune system and will make you happy using djembe 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.

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.

Finger Knitting Craft Class

Thursday, January 11 at 1pm, December 28 class is cancelled

Let's learn to finger knit 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. **You must register for this class by calling 860-379-4252 x1.**

Holiday Healthy Cooking Class

Thursday, January 18, 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!

COMMUNITY PROGRAMS & SERVICES

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

CT FoodShare Mobile Pantry

January 9 & 23, noon

119 North Main Street, NCCC Greenwood 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

January 18, 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, Greenwood 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 Alan Marek 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.

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.

CT Elderly & Disabled Tax Relief Program

February 1 through May 15, applications are being accepted for the State of CT Elderly and Disabled Tax Relief Program. To qualify for this program you must be age 65 or older or be permanently disabled and meet State income requirements. For information call Linda or Rebecca, Town Assessor Department, at 860-379-5461.

TRIPS, TRIPS, TRIPS

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.

Celtic Angels at the Aquaturf, Plantsville, CT

March 11, 10:30am

A joyous celebration of everything Irish will touch American soil when the energetic, exciting Celtic Angels share Ireland's musical traditions. Includes: family style luncheon of tossed salad, penne pasta, corned beef & cabbage, baked scrod, potatoes, rolls, dessert, tea or coffee and of course the show. Cost: \$129 per person

Biltmore Estate & Asheville, NC

April 21-26

The impressive 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.

Jimmy Buffet Tribute Show at the Log Cabin. Holyoke, MA

July 10, 9:45am

"Changes in Latitude Band" tribute to Jimmy Buffets gulf country rock music is the perfect show for the Log Cabin's famous twin lobster luncheon. Includes: your choice of twin lobster or prime rib, delicious hor d'oeuvre's, signature bread, clam chowder, baked potato, corn, dessert, tea or coffee. Cost: \$139 per person

Lancaster Show Trip & the Dutch Country

August 19-23

The inspiring show 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.

And Others...

Atlantic City - October 15-17

John Denver at the Log Cabin - October 23

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. If you must cancel a trip after we have paid the tour company, we can only refund your money if you or 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

New Years Jokes

What did Dad say at 11:59 on New Years Eve? *I promise not to make any bad jokes for the rest of the year.*

What do farmers give their wives at midnight on New Year's Eve? *Hogs and kisses*

Why do birds fly south for New Year's Eve? *It's too far to walk*

What do snowmen like to do on New Year's Eve? *Chill out*

Why should you put the calendar in the freezer on 31 December? *To start off the new year in a cool way*

Why did the man sprinkle sugar on his pillow on New Year's Eve? *He wanted to start the year with sweet dreams*

What's a cow's favorite night of the year? *Moo Year's Eve*

Where can you find comedians at a New Year's Eve party? *In the punchline*

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.