50th Anniversary Lunch of the Meal Program  
Wednesday, February 28 at 11:45am
Join us to celebrate the 50th Anniversary of the Congregate Meal Program. The lunches served at WSC are funded by the federal Older Americans Act (OAA) Nutrition Program which is meant to support the health and well-being of older adults through nutrition services. Enjoy chicken piccata, rice, green beans, dinner roll and a slice of special lemon & cream cake for dessert. **Cost:** $4

**Bake Sale to benefit the Congregate Meal Program starting at 10am**
We need volunteers to bake so if you like to bake, please let us know by calling 860-379-4252 x1 and bring your favorite baked goods to the Center before 10am but if you don’t like to bake, please come and buy the baked goods. All profits will go directly to the Nutrition Program.

New Hours for Winsted Senior Center Van  
Starting March 1, until 1pm
That’s right, on Mondays, Wednesdays and Fridays, we can provide a ride home after you enjoy lunch at the Center or for your later doctor’s appointments. To make a van reservation, call the office, 860-379-4252 x1, at least 24 hours in advance. To make a lunch reservation, call the meal program, 860-379-4252 x2, by 11:30am the day before.

Explore Senior Living Options  
Wednesday, March 6 at 12:30pm
Join us to learn about the many different options available for senior living and what to look for and ask about when you're ready to visit. Please register by calling 860-379-4252 x1.

**Qualify for a Phone or Tablet and Free Monthly Service?**  
Thursday, March 7 at 11am, by appointment only
You may qualify for a phone or tablet and FREE monthly internet service if you are enrolled in government programs such as Medicaid, SNAP, SSI or SSDI. After you get an appointment, you will receive a pre-qualifying phone call from 860-406-5359 and you can ask questions about this affordable connectivity program. For an appointment, call 860-379-4252 x1.

**St. Patrick’s Day Lunch**  
Wednesday, March 13 at 11:45am
We are all a little Irish on St. Patty’s Day...enjoy corned beef, roasted potatoes, cabbage, rye bread and a special dessert. After lunch, sit back and enjoy Winsted’s own Daniel Belmonte’s accordion music and favorite hits including a few Irish amhrans (songs). **Purchase your ticket at the office. Cost:** $6

**Easter Lunch**  
Wednesday, March 27 at 11:45am
Easter is a time to be thankful, please enjoy sliced ham with pineapple glaze, au gratin potatoes, carrot coins, dinner roll and a special Easter dessert. After lunch, sit back and enjoy some special entertainment for the afternoon. **Purchase your ticket at the office. Cost:** $6

**Income Tax Prep at Winsted Senior Center**  
**Last paperwork accepted April 1**
You must provide us with the proper VITA Intake form which is available at the office, your necessary tax documents and proof of identity (even if you have done so in the past). This includes a copy of your Social Security card for yourself and for anyone included on your return and a picture ID. Call 860-379-4252 x1 for information. Intake form must be completed before appointment. Yearly income must be under $63,000/year.

**Order Your Free COVID-19 Test Kits**  
You can order free COVID 19 rapid tests through COVIDTests.gov.
**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, Sheila Jackson, Alan Marek & Irma Puckett

**Volunteers**

*Bingo* - DeLyce (Dee), Debra Wuori, Sylvia Landi & Sally Mangione  
*Data Entry* - Dee Walker  
*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.

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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 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.

**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

**Suggested Donation $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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<tbody>
<tr>
<td>Grilled Ham &amp; Cheese on Rye Bread Pasta Salad Chips Pickle Applesauce</td>
<td>Chicken Breast w/Mushroom Gravy Brown Rice Broccoli Wheat Bread Diced Pears</td>
<td>BBQ Pork Ribette Crinkle Cut Fries Corn Hamburger Roll Applesauce</td>
<td>Vegetable Orzo Soup Crackers Meatloaf w/Gravy Mashed Potatoes Cabbage Dinner Roll Pineapple Tidbits</td>
<td>Assorted Fruit Juice Broccoli Ched Soup Cheese Quiche Tater Tots Ketchup Wheat Bread Chocolate Chip Cookie</td>
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<tr>
<td>Meatball Stroganoff w/Mushroom Gravy Bow Tie Pasta Mixed Vegetables Rye Bread Peaches</td>
<td>Sweet and Sour Chicken Brown Rice Pilaf Green Beans White Bread Mandarin Oranges</td>
<td>St. Patty’s Corned Beef Roasted Potatoes Cabbage Rye Bread Special St. Patty’s Day Dessert</td>
<td>Cream of Tomato Soup Grilled Turkey &amp; Cheddar on Rye Bread Coleslaw Chips Applesauce</td>
<td>Assorted Fruit Juice Ravioli w/Sauce Garden Salad w/Black Olives and Chickpeas Dressing Italian Bread Oatmeal Cookie</td>
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<tr>
<td>Honey Mustard Pork Brown Confetti Rice Lima Beans Wheat Bread Pineapple Tidbits</td>
<td>Happy Spring Assorted Fruit Juice Meatloaf w/Gravy Mashed Potatoes Green Beans Dinner Roll Vanilla Pudding</td>
<td>Chicken Parmesan Penne Pasta w/Sauce Spinach Italian Bread Mandarin Oranges</td>
<td>Cream of Mushroom Soup Potato Crusted Fish Sweet Potato Tots Rye Bread Tartar Sauce Ketchup Fresh Fruit</td>
<td>Taco Salad w/Beef, Cheese, Lettuce, Tomato Salsa Sour Cream Black Bean &amp; Corn Salad Tortilla Chips Diced Pears</td>
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<td>(19)</td>
<td>(20)</td>
<td>(21)</td>
<td>(22)</td>
</tr>
<tr>
<td>Turkey w/Gravy Mashed Potatoes Cauliflower w/Red Peppers Dinner Roll Applesauce</td>
<td>Spaghetti &amp; Meatballs w/Sauce Mixed Vegetables Italian Bread Pineapple Tidbits</td>
<td>Easter Sliced Ham With Pineapple Glaze Au Gratin Potatoes Carrot Coins Dinner Roll Special Easter Dessert</td>
<td>Navy Bean Soup Crackers BBQ Pork Corn O’Brien Dinner Roll Fresh Fruit</td>
<td>CLOSED GOOD FRIDAY</td>
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<td>(25)</td>
<td>(26)</td>
<td>(27)</td>
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<td>(29)</td>
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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
Practice gentle weight bearing movements that strengthen your body and improve your balance to help reduce the risk of falling. Movements can be done on a chair or standing. Classes are offered in-person or by Zoom.
Zoom link: https://us02web.zoom.us/j/326155172?pwd=Si8veUtsVytwcElWMVRmWS9DbGVhZz09
Meeting ID: 326 155 172                     Passcode: Winsted

Tai-Chi
Mondays & Fridays at 10:15am
Learn to improve your balance and flexibility, prevent joint injuries, protect your heart, increase focus and reduce stress and anxiety by following this traditional Chinese healing practice.

Drumming Circle
Mondays at 1pm
Drumming leads to increased focus, upper body coordination, connectedness, relaxation, boosts the immune system and will make you happy using 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.

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.

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.

Spring Craft Class
Let’s get together and create a Spring ribbon wreath for your door! 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. (We are looking for donations of cloth ribbon, lace and rick rack for this class) You must register for this class by calling 860-379-4252 x1. Save the following dates: Planting Party on April 4 and Canvas & Cookies on May 9.

Healthy Cooking Class
Thursday, March 21, at 1pm
Come to the Center to taste healthy and creative foods and beverages, collect recipes, learn about nutrition because healthy cooking matters and so does making new friends.
For schedule updates, text foodshare to 85511. If you need other with help, call 211.

To participate, you must complete Friendly Hand’s Intake form which is available at the Center by March 14. 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.

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 Sheila Jackson February’s winner.

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.

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.

Discover the kindness in our community, i call Pam Wright at 860-921-6459.

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.

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.

Until 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

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

Boscov’s at the CT Post Mall
March 20 or April 3, 9am
Enjoy a morning of shopping at Boscov’s, the largest family-owned department store in the U.S. then choose a place for lunch at the Mall from options like Johnny Rockets, Buffalo Wild Wings, Chipotle or Dave & Buster’s. Cost: $7 per person, shopping and lunch on you

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.

Jimmy Buffet Tribute Show at the Log Cabin, Holyoke, MA
July 10, 9:45am
“Changes in Latitude Band” tribute to Jimmy Buffets golf 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.

Red Sox vs. Yankees Baseball Game
September 14, leaving 75 Rowley Street at 9:30am
Thanks to the Winsted Rec. Dept. for inviting us to this great trip. Includes: motor coach transportation, ticket for game (section 305, right field) and snacks on the bus. Sign-up is through the Winsted Rec at winstedrec.com or we will help you at the office. Cost: 135 per person

Atlantic City at the Tropicana Hotel
October 15-17
Everyone loves our AC trips and we are already taking reservations...the perks practically pay for the trip. Trip includes: motor coach transportation, 2 nights accommodation at the hotel/casino, $50 slot bonus, $50 meal voucher, 2 fantastic shows - “Elton John Tribute with band” and “CHER Tribute with band”, hotel baggage handling and taxes and driver gratuities. Pick up a flyer for all the details. Bus returns at approximately 8pm. Cost: $341 per person double, $441 per person single, $321 per person trip.

And Others...
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.
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>
</tr>
<tr>
<td>Beardsley Library</td>
<td>860-379-6043</td>
</tr>
<tr>
<td>Emergency</td>
<td>911</td>
</tr>
<tr>
<td>Fire Department</td>
<td>860-379-5155</td>
</tr>
<tr>
<td>Meals on Wheels</td>
<td>860-482-4151</td>
</tr>
<tr>
<td>N.W. Transit</td>
<td>860-489-2535</td>
</tr>
<tr>
<td>Poison Control</td>
<td>800-222-1222</td>
</tr>
<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>
</tr>
<tr>
<td>Social Services</td>
<td>860-379-2714</td>
</tr>
<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>
</tr>
<tr>
<td>Town Manager</td>
<td>860-738-6962</td>
</tr>
<tr>
<td>WCAAA</td>
<td>203-757-5449</td>
</tr>
<tr>
<td>(Western CT Area Agency on Aging)</td>
<td>80 Holabird Avenue, Winsted, CT 06098</td>
</tr>
</tbody>
</table>

St. Patrick’s Day Jokes

Why do leprechauns bow when the weather's bad? To make a rain-bow
What happens when you call a leprechaun short? He gets offended
What kind of spells do leprechauns use? Lucky Charms
Where do leprechauns live? In lepre-condos
What's small, lucky, and green all over? A leprechaun who recycles
Why do leprechauns hate running? They'd rather jig than jog
Why do leprechauns love to garden? They have green thumbs

Easter Jokes

What do you call a mischievous egg? A practical yolker
Where do Easter Bunnies go for new tails? To the retail store
What do you call a rabbit who tells jokes? A funny bunny
What does the bunny say about the 'soup-of-the-day' he serves at his restaurant? It's egg-stra special
What's an Easter egg's least favorite day? Fry-day
Why did the rabbit go to the hair salon? She found a few too many gray hares
What kind of beans did the Easter Bunny put in his stew? Jelly beans

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.