



# Ettore F. Carniglia Senior Center

41 Oak Street Windsor Locks CT 06096

email: seniorcenter@wlocks.com www.windsorlocksct.org

## February 2021

### Hours of Operation

Monday-Thursday 8am-4pm

Friday 8am-1pm

**Phone:** 860-627-1425

**Fax:** 860-292-6947

### OUR MISSION STATEMENT

*To provide the environment  
and resources necessary to  
enhance the quality of life  
for all senior citizens of  
Windsor Locks*

### Senior Center Staff

**Director:** Ann Marie Claffey

**Assistant Director:** Lori Lapointe

**Nutrition Manager:**

**Transportation Manager:** Sherry  
Townsend

**Facilities Maintenance:** Kevin Clynych

### CONA~Commission on Needs of Aging

**Chairman:** Rosemary Cunningham

**Vice Chairman:** Roger Nelson

**Treasurer:** Barbara Sullivan

**Members:** Sue Cannon, Connie Nelson,  
Doug Glazier, Cindy Cooper, Peter  
Lambert, Ashley Pease

**Municipal Agent:** John Sullivan

*CONA meets monthly -7pm -3rd Monday.*

### \*\*REVISED LIMITED\*\*

### Transportation Schedule

**Phone:** 860-627-1426

**Monday:** MEDICAL APPT: Enfield  
Suffield

**Tuesday:** MEDICAL APPT: Hartford  
Bloomfield Windsor

**Wednesday:** SHOPPING: Geis-  
slers

**Thursday:** SHOPPING: S&S Wind-  
sor

**Friday:** MEDICAL APPT: Enfield

\*HAIR APPT. BY SALON AVAILABIL-  
ITY



## TOWN OF WINDSOR LOCKS SENIOR CENTER COVID-19 VACCINATION HOTLINE 860-654-8979

If you are **75 years of age or older**, you qualify for Phase 1b, and are currently eligible to receive a COVID-19 vaccine. If you have already heard from your medical provider about receiving the vaccine, you do not need to do anything else – if you have not, several scheduling options are available to you. The Town of Windsor Locks and the Senior Center have implemented a **Covid-19 Vaccination Hot Line** to provide assistance scheduling your vaccination. If you prefer to schedule your appointment on your own, below you will find site locations and scheduling phone numbers.



**877-918-2224 ~12 Runway Rd. East Hartford Ct. (Drive thru site)**  
**860-827-7690 ~ 85 Seymour Street or Convention Center (Walk up site)**

### Join Cheryl Rosenbaum, Caring Connection Coordinator Zoom ~ Tuesday February 23 at 11:00am

*When is it time for someone you know to check out the Caring Connection?*  
Day Centers change lives. The Caring Connection, Windsor's Adult Day Center, open for more than 33 years is such a place. Join us and learn more !

**RSVP to the Senior Center by dialing 860-627-1425x2**

Register by **Friday, February 19<sup>th</sup>** you are invited to pick up a **Dunkin Gift Card** to purchase coffee and a treat to enjoy during our meeting any **time after 10:00 on Monday February 22<sup>nd</sup>** at the senior center.



## Mardi Gras

### Drive-Thru CELEBRATION!

**Tuesday February 16th 11am**

**It's "Fat Tuesday"!! We're ready to celebrate New Orleans style!**

**Drive by for a quick hello and Mardi Gras Treat!**

**Enter lower parking lot on Spring Street**

**Proceed to end of lot to stop and say hello!!**



## AARP TAX ASSISTANCE & SAFE DRIVING PROGRAMS

Unfortunately due to COVID 19 the **AARP TAX PREPARATION** and the **AARP Driver Safety Course** are **POSTPONED for 2021**

The AARP Smart Driver Course is available online. Please visit [www.aarpdriversafety.org](http://www.aarpdriversafety.org) A promo code for a 25% discount is **DRIVINGSKILLS**. This is available through February 28th.

## 2 EXERCISE CLASSES & HEALTH PROGRAMS



### Weekly Classes

The Center is closed to public.  
This schedule reflects normal class  
activities pre-covid restrictions  
Zoom options available!

#### WATER FITNESS~MON | 1:00PM

Water exercise, the most therapeutic activities one can take part in. Water aerobics provide a resistance training workout while not stressing your joints. Class is held at Candlewood Suites located at Rte. 75 Windsor Locks. \$20 per month \*

#### ACTIVE EXERCISE TUE & THUR | 8:30AM

Move to the music as our fitness instructor Dee Abrams guides you through an aerobic workout geared to the older active adult. \$32 per month \*

#### ZUMBA GOLD ~TUES | 12:00PM

Combination dance workout with a party atmosphere! Zumba Gold builds cardiovascular health/muscle strength. \$20 per month\*

#### TAI CHI ~WED | 9:00 AM

A healing martial art, combines soft, flowing movements with Qi circulation, breathing, and stretching techniques. \$20 per month\*

#### CHAIR AEROBICS~THUR | 11:00AM

Aerobic workout designed to elevate your heart rate and improve body strength. \$20 per month \*

#### CHAIR YOGA ~THUR|9:30AM

Excellent way to loosen, stretch, reduce stress and improve circulation, strength and balance. Fee:20 per month\*

\*class may be free based on ins. coverage.

### FOOT CARE CLINIC



### Blood Pressure Check

CANCELLED UNTIL FURTHER NOTICE

THE LATEST AND ACCURATE INFORMATION ON THE COVID-19 VIRUS CAN BE FOUND AT THE FOLLOWING:

- CDC WEBSITE: [www.cdc.gov](http://www.cdc.gov)
  - CALL THE CT INFO LINE: # 211
- BE SMART \* BE SAFE \* KEEP THE FAITH**

### LOCKS FITNESS CENTER

THE L.O.C.K.S. Fitness Center is available to Seniors 55 & older. It provides you access to the most commonly used fitness equipment. Equipment includes elliptical machines, treadmills, recumbent bikes, and hydraulic resistance training machines. L.O.C.K.S. Fitness Center certified personal trainer Dee Abrams will orientate you to all of the equipment & answer your fitness questions.



The L.O.C.K.S. Fitness Center is a Silver Sneakers, Silver & Fit, Renew Active and AARP approved facility. Members with the listed insurance providers may qualify for free or reduced membership and/or class rates. Stop in the office to verify coverage and membership fees.  
**'Let Our Center Keep Seniors... Fit'**

### STAYING ACTIVE WHILE "SELF DISTANCING"



**"ZOOM"** aerobics class  
is now available on  
**Monday & Wednesdays at 10am.**  
If you are interested in joining,

### "ZOOM" CHAIR YOGA! Wednesdays 11:30am

Need an escape from the stresses of current covid-19 crisis? Join fitness instructor Dee Abrams for a **"Zoom"** chair yoga class. You will loosen, stretch and build strength while reducing stress and improving circulation. Many of us are moving less and eating more since social distancing and staying home and safe. This class will help you feel better both body and mind! To join please call 860-627-1425x2. If you are not familiar with "Zoom" online meetings, we can help. All that you need is a smart phone, iPad, tablet or computer!



### Senior Tech Support

Do you need assistance with  
**ZOOM TECHNOLOGY**  
Would you like to join some of our Zoom activities? Call the Senior Center.  
**We can help!**

## MUNICIPAL AGENT NOTES BY JOHN SULLIVAN

### Life's Lessons From the Queen

At 94, Great Britain's Queen Elizabeth II is the world's longest-reigning monarch. In Long Live the Queen, a new book about her, the author outlines Elizabeth's 10 rules for staying vital.

1. Recharge your will power. Elizabeth's self-control appears limitless because she takes the time to replenish it. She realizes, as research shows, that willpower is like a battery that requires routing recharging. Teatime is when she recharges with a fragrant pot of Earl Grey Or Darjeeoing.
2. Stick to a schedule. From her first day as queen Elizabeth has followed a strict daily regiment, ending the day by writing in her journal.
3. Develop your sense of purpose. Elizabeth lives for something larger than herself-her country. Studies show that having a dedicated cause helps your immunity and reduces the risk of Alzheimer's.
4. Serve others. As the patron of hundreds of charities, Elizabeth believes that dedicating herself to good causes can do "as much as anything to put my own worries into perspective"
5. Sweeten the self-talk. The queen once said "I find that I can often put things out of my mind which are disagreeable." People benefit if they can dial down negative thoughts. Elizabeth once observed, "the trouble with gloom is that it feeds upon itself."
6. Brush aside vanity. From the beginning of her reign, Elizabeth has made a conscious effort to practice what behavior psychologists call self-distancing. With a complete lack of vanity she can comb through the daily onslaught of stories about her in the tabloids and still remain a detached, and often amused spectator.
7. Never stop playing. Elizabeth still takes time almost daily to play-it usually involves riding horses. This has kept her muscles active and her mind remarkably agile.
8. Keep the faith. The queen attends church every Sunday and prays every night before bed. Keeping grounded has been an essential component of her iconic resilience. Whatever worries come along, she believes there is a higher throne on which to lay them.
9. Be open to change. At an age when many find it hard to accept changing conditions, Elizabeth has never stopped learning and adapting. In 2002 she remarked, "Change has become a constant. The way we embrace it defines our future."

10. Cherish your crowning years. Nowadays Elizabeth smiles more and is more warmly approachable than ever. All of this supports the phenomenon known as the U-bend of life. The discovery that the world's happiest people tend to be those who are in their 80's and beyond.

Best Regards, John

### John's Tip of the Month

The University of California Berkeley Wellness Letter advises: Catch a cantaloupe—it's the most nutritious melon. One serving contains nearly 5 milligrams of vitamin A (beta carotene) and 68 milligrams of vitamin C -nearly the daily RDA

## A Message from Mary

### Dear Senior Center Bakers,

*What a year this has been! I hope you are all well and staying safe. Not much baking got done this past summer. It was much too hot. When the days got cooler I started baking again, making mostly cookies. I have my Grandma Rasmussen's cookie recipe for Ginger Creams, in her own handwriting. What a treasure! I made lots of them, just like she used to.*

*Christmas baking started right after Thanksgiving and I made seven different kinds of cookies, 42 plus dozen altogether! Coffee cakes, banana breads and my cinnamon raisin bread provided gifts for the five Christmas baskets I do every year.*

*The beginning of 2021 is still going to be difficult and social distancing will still be necessary, let's all think positive and plan for baking classes to resume as soon as it is safe. In the meantime, I hope your New Year is a healthy, safe and happy one, and seeing as this is the February newsletter, Happy Valentine's Day!*

Missing you all,

Mary Campbell



### Recipe

Dilly Oyster Crackers-Submitted by Kay Crabb

1pkg ranch salad dressing mix

1 Tbl. Dill Weed

1/2 tsp. garlic powder

1/4 tsp. lemon pepper

3/4 c salad oil

Mix all together & pour over 1-16oz. pkg of Oyster Crackers. Mix well. Bake at 275 degrees in a 9x13 pan for 20 min. Mix after 10 minutes so everything gets covered.



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### ***My Dear Friends & Readers,***

*A new year and a new thought has appeared in my mind this morning as I am writing this February 2021 article. It dawned on me February 14th is Valentines Day and as I was reading my spiritual "Angel on Earth" magazine my dear friend Carol sent me last year as a gift, I enjoyed a beautiful story. The story was sent in from a woman in West Virginia that worked in a V.A. mental health clinic caring for Veterans of the Vietnam war who struggled with alcohol abuse. That is when the idea came to me to dedicate my February article to all our Veterans here in our small town of Windsor Locks. I would like to let them know we have not forgotten them especially this past year 2020 and 2021 for all they did for our county, past present and future. Wishing all of our Veterans a Happy Valentines Day!*



*Love & Hugs*

***Maryann Giannelli***

  
**PRESIDENTS**  
**DAY** ©LPI

**Monday February 15th**  
**Senior Center Offices are closed.**

## **Zoom Craft Time**

### **Carrot Wreath**

Thursday February 25, 11am



**\$3 per kit**

**Call 860-627-1425  
x2 to register by Fri-  
day 2/15**

**Pick up supply by  
Wed. 2/24**



Today's technology is a wonderful option to help us during this difficult time, however it may not be something you are comfortable with. If you enjoy the good old fashioned hand written correspondence, maybe our "Pen Pal" program is for you! The Center has a number of folks both young and old that expressed and interest in a Pen Pal program. It's a great way to pass the time (which we all seem to have more of these days!) and "converse" with friends. We can supply note cards and envelopes if need be.

Please call the Center to sign up.





COMMITTEE ON THE NEEDS OF THE AGING  
41 OAK STREET  
WINDSOR LOCKS, CT. 06096-1822

The Scan can be found at the following locations: Town Hall, CVS, Library, JJ's News, Dibble Hollow, Bickford's, Southwest Terrace, Hav-Mor Market, New Beginnings, First National Bank of Suffield, W.L. Federal Credit Union, St Mary's/St. Robert/Congregational Churches, Walgreen's, Windsor Locks Diner and at the Senior Center

#### UPDATE YOUR CONTACT INFORMATION

If you have changed your phone number recently or switched to strictly cell please update us. In addition **if you have email address forward that to us so that we may send you alerts, news as well as our monthly newsletter.** Finally, if you have the technology, **Like us on FACEBOOK!** We have been updating our site regularly keeping connected to our community! You may email info to [seniorcenter@wlocks.com](mailto:seniorcenter@wlocks.com) or call us at 860-627-1425, please leave a message.

#### USEFUL LINKS

**Social Security:** [www.ssa.gov](http://www.ssa.gov)

**CT State Department of Aging & Disability Services**  
<https://portal.ct.gov/AgingandDisability/Content-Pages/Main/About-Us>

**Acts Affecting People with Disabilities:**  
<https://www.cga.ct.gov/2019/rpt/pdf/2019-R-0147.pdf>

**MORE LINKS CAN BE FOUND ON THE TOWN WEBSITE:**  
[www.windsorlocksct.org](http://www.windsorlocksct.org)

#### Happy Birthday to all celebrating a February Birthday!



If you are celebrating your 80, 90, or 100th birthday and would like to have it announced in our newsletter please call us one month prior and we will be happy to share your big day!

#### COFFEE HOUR

#### ZOOM COFFEE HOUR THURSDAYS AT 11AM

Call for ZOOM meeting link.

Join us for a Zoom social hour and enjoy a socially distanced conversation with friends. If you need assistance with Zoom we are happy to help

#### FOOD SHARE ~ ST ROBERT'S CHURCH

52 SOUTH ELM STREET Fridays 9:00 - 9:30AM

FEBRUARY 5, 19  
MARCH 5, 19  
APRIL 2, 16, 30  
MAY 14, 28  
JUNE 11, 25  
JULY 9, 23

AUGUST 6, 20  
SEPTEMBER 3, 17  
OCTOBER 1, 15, 29  
NOVEMBER 12  
DECEMBER 10, 24



WISHING SENIOR CENTER KITCHEN VOLUNTEER

**BETTY HOYT**

A VERY HAPPY 80TH BIRTHDAY

We hope you enjoy your special day