



# Ettore F. Carniglia Senior Center

41 Oak Street Windsor Locks CT 06096

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

## April 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-  
sler's

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

**Friday:** MEDICAL APPT: Enfield

\*HAIR APPT. BY SALON AVAILABIL-  
ITY



## BINGO IS BACK !!

Join us for BINGO IN THE PARK

**Thursday April 15th 12 Noon \$1.00 per card**

*Veterans Memorial Park located on Southwest Ave.*

Bring a bag lunch and we will enjoy lunch in park followed by  
**BINGO FUN!** Transportation is available!

## Bingo Bash

**Sponsored by Stonebrook Village**

**Thursday April 29th 12 noon**

Bring a bag lunch and we will enjoy lunch in park followed by BINGO  
**FUN! No Fee! Great prizes provided by Stonebrook Village. You must  
sign up. Transportation is available!**

Stonebrook Village  
at Windsor Locks  
An Everbrook Senior Living Community

## TUESDAY TRIVIA

## April Flowers Bring Trivia Powers !

Join us for Trivia Tuesday in the Park

Tuesday April 27th at 12 noon.

**Joe Marinone is back as**

**"Master of Ceremonies"**

Bring a bag lunch and we will enjoy an afternoon of  
Trivia Fun! You must call to register. Transportation is  
available. Sign up today!

## COMING SOON....

With the warm weather around the corner we are beginning to plan the return of outdoor classes. Classes will take place at the Pavilion located at Veterans Memorial Park and some classes will be held at on the patio located behind the Senior Center Solarium. We will be contacting individual classes as we transition to the outdoors.

**Better Days Ahead Friends !!**



## 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 GAOLD ~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

Monday & Wednesdays at 10am.

If you are interested in joining, please call us  
860-627-1425x2

#### "ZOOM" CHAIR YOGA!

Wednesdays 11:30am

Join fitness instructor Dee Abrams for a "Zoom" chair yoga class. You will loosen, stretch and build strength while reducing stress and improving circulation. 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!

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

Vaccine Appointment Scheduling Phone Numbers:  
877-918-2224 ~State Vaccine Hotline  
860-827-7690 ~ 85 Seymour Street or Convention Center (Walk up site)  
CVS- 1-800-746-7287  
Walgreens ~ 860-623-3327

## MUNICIPAL AGENT NOTES BY JOHN SULLIVAN

### COFFEE FILTERS CAN HAVE MULTIPLE USES

At Dollar Tree Stores a pack of 150 coffee filters is \$1.00. Here are some of their many uses:

1. Clean windows, mirrors, and chrome lint-free.
2. Protect China by placing a filter between each dish.
3. Filter wine if the bottle's cork breaks.
4. Put one in a cast iron skillet-absorbs moisture, protects from rusting.
5. Apply shoe polish lint-free by balling up a filter.
6. Weigh chopped foods on filter on kitchen scale.
7. Prevent popsicle from dripping by poking holes in filter.
8. Keep a few in bathroom. They make great razor-nick fixers.
9. Remove finger nail polish when you're out of cotton balls.
10. Wrap Christmas tree ornaments for storage.
11. It's a disposable "snack bowl" for popcorn, chips, etc.
12. Use as a convenient wrap for messy foods.
13. Use to absorb grease from French fries, chicken fingers, etc.
14. Use as an easy-to-tear swing backing for embroidery, or appliqueing soft fabrics.
15. Use to strain soup stock.
16. Use to sprout seeds' simply dampen the filter, place seeds inside, fold it and place in plastic bag until they sprout.
17. You can consider the about to be my "Tip(s) of the Month !



Best Regards,

### 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!**

## Outdoor Craft Time

**Tuesday April 20 & Wednesday April 21**  
**1pm at the Senior Center**  
**"Mini" Patriotic Welcome Sign**



**\$4 You must sign up by April 14th**  
**Space is limited please sign up asap**



### Recipe

### Taco Ring

- 1 pound lean ground beef
  - ½ onion finely diced
  - 1 package taco seasoning
  - ½ cup water
  - 1 ½ cups cheddar cheese shredded
  - 2 cans refrigerated crescent rolls
- Prep ground beef as you would for tacos with taco seasoning. Then toss with 1/2 cup of shredded cheese.
1. Prepare the crescent rolls in a circular fashion with the tips on the bottom edges touching each other. You'll want about a 4" circle in the middle.
  2. Place a scoop of the meat/cheese mixture in the center of each roll and then fold the top of the triangle over the bottom of the triangle and tuck that point under.
  3. Bake until the tops are lightly browned.
- Serve with your favorite Taco Toppings !







*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. Interested in receiving a letter in Polish or Lithuanian? Give us a call!*



---

Welcome to Spring Dear Readers,

As you all are well aware that it is March 2021 that I am writing this April article. In fact, it is March 9th, 2 days before my 87th Birthday on March 11th. I just can't believe how old I got in such short period of time. I didn't go far in distance, born at 29 Spring Street and here I am still on Spring Street at #50. That has always been a big joke around me but you know what? I love it!

This month article is a short quiz for you my "Senior Readers". Have you ever given any thought to whom played a big part in forming your life besides your mom and dad? This question was asked on "The Waltons" a couple of month ago. It got my wheels turning and so now I pass it on to you. I've had 2 months to think about this and it was not easy to come to my answer. Why you may ask? I'll tell you why. There have been many wonderful people thorough out my life that have advised me along the way. However, I chose Eileen Meehan, my neighbor. She was a devoted wife, mother to 8 children, baked her own bread, cooked meals, redesigned hand me down clothes for her girls, took me as a child on picnics, babysat my children, was my seamstress, meals-on wheels way before it became a national commodity. And the list goes on & on. Her picture is next to my mom's on my bookcase. Now can you see why she was my inspiration? Have a beautiful and blessed "Easter" April 4, 2021 and may the "Easter Lilies" be an inspiration to you and your loved ones!

Mary Ann Giannelli





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

Like us on **FACEBOOK** and be sure to update us with any changes to your phone number or email address. You may email info to [seniorcenter@wlocks.com](mailto:seniorcenter@wlocks.com) or call us at 860-627-1425 x2

#### 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)



Stay Tuned...  
**MOTHERS DAY DRIVE  
THRU**

We are planning another drive thru to celebrate Mothers Day. Details to follow!

**WISHING OUR FRIEND ELAINE IGNAZIO  
A VERY SPECIAL HAPPY  
80TH BIRTHDAY !!  
APRIL 12TH - ENJOY YOUR 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**

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



#### **Happy Birthday to all celebrating April Birthdays!**



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!