



# Ettore F. Carniglia Senior Center

41 Oak Street Windsor Locks CT 06096

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

## August 2021

### Hours of Operation

Monday-Thursday 8am-4pm

Friday 8am-1pm

Phone: 860-627-1425

### 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: Karen Colone

Transportation Manager: Sherry  
Townsend

Facilities Maintenance: Kevin Clynych

### CONA~Commission on Needs of Aging

Chairman: Rosemary Cunningham

Vice Chairman: Roger Nelson

Treasurer:

Members: Sue Cannon, Connie Nel-  
son, Doug Glazier, Cindy Cooper, Peter  
Lambert, Ashley Pease

Municipal Agent: John Sullivan

CONA meets monthly -7pm -3rd Monday.

### Transportation Schedule

Phone: 860-627-1426

**Monday:** MEDICAL APPT: Enfield  
Suffield

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

**Wednesday:** SHOPPING: Geisslers

**Thursday:** SHOPPING: S&S Windsor

**Friday:** MEDICAL APPT: Enfield

\*HAIR APPT. BY SALON AVAILABILITY  
To make a bus reservation, call the  
transportation office a minimum of  
24 hours in advance.

### BUS PASS RENEWAL

STARTS: 7/1/21

Fee: \$30 Payable to :

**Windsor Locks Senior Center**

Mail or drop off payment to the  
Windsor Locks Senior Center

# AUGUST

## TUESDAY TRIVIA

**Tuesday August 10th—12 noon Veterans Memorial Park—Southwest Ave.**

Bring a lunch if you like and plan on an afternoon of Trivia Fun in the park with Lori's Bloopers Trivia !

**Tuesday August 31st — 12 noon — Senior Center- 41 Oak Street**

**Featuring Joe Marinone!** Come early for CRT CAFÉ LUNCH followed by TRIVIA FUN! Register by calling 860-627-1425x2



**Thursday August 12th — 12 noon Veterans Memorial Park—Southwest Ave**

Come early if you like and bring a bag lunch and we will enjoy lunch in park followed by BINGO FUN!

## BINGO BASH ~ SPECIAL LUNCH RAFFLE DRAWING

**Thursday August 26th — 12 noon — Senior Center — 41 Oak Street**

Come early for CRT CAFÉ LUNCH followed by BINGO FUN!

Register by calling 860-627-1425x2



# LET'S EAT!

The "Oak Street Café" will resume CRT Congregate Meals

**Monday August 23rd. Join us for lunch daily at 12 noon.**

Suggested donation : \$3.00 Check out the menu enclosed and be sure to call 24hrs. in advance or sign up in the CAFÉ. 860-627-1425x4



## WELCOME BACK BREAKFAST

**Friday August 20th 9:30**

Friday morning breakfast is back! Join us and enjoy a home cooked breakfast and conversations with friends.

Fee: \$4 sign up in the office by August 18th

860-627-1425 x 2



## LET'S KICK UP OUR BOOTS !

**WESTERN THEME COOKOUT!**

**August 25th 12 noon - Veterans Memorial Park  
Southwest Ave.**

Grab your Cowboy Hat and join us for a  
Old fashioned BBQ ! Raffles, Music and FUN!

Music provided by Dave Colucci

Fee: \$10 Sign up deadline August 20th



## 2 EXERCISE CLASSES & HEALTH PROGRAMS



### Weekly Classes

**INDOOR CLASSES START**  
**\* AUGUST 9TH \***

#### **WATER FITNESS — TBA**

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. \$5 walk in fee if no insurance coverage.

#### **ACTIVE EXERCISE - MON & WED 9AM**

Move to the music as our fitness instructor Dee Abrams guides you through an aerobic workout geared to the older active adult. \$5 walk in fee if no insurance coverage.

#### **ZUMBA GOLD — TBA**

Combination dance workout with a party atmosphere! Zumba Gold builds cardiovascular health/muscle strength. \$5 walk in fee if no insurance coverage.

#### **TAI CHI - THURSDAY 10 AM**

A healing martial art, combines soft, flowing movements with Qi circulation, breathing, and stretching techniques. \$5 walk in fee if no insurance coverage.

#### **CHAIR AEROBICS — TBA**

Aerobic workout designed to elevate your heart rate and improve body strength. \$5 walk in fee if no insurance coverage.

#### **CHAIR YOGA—MONDAY 10AM**

Excellent way to loosen, stretch, reduce stress and improve circulation, strength and balance. \$5 walk in fee if no insurance coverage.

Register for classes or check insurance by calling  
860-627-1425x2

#### **FITNESS INSTRUCTORS**

**DEE ABRAMS** | ACTIVE WATER FITNESS,  
ZUMBA GOLD, CHAIR YOGA, CHAIR AEROBICS  
**SHAR CHRISTMAN** | TAI CHI



**Blood Pressure Check**

**FOOT CARE CLINIC**



CANCELLED UNTIL FURTHER NOTICE

### LOCKS FITNESS CENTER OPEN BY APPOINTMENT

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 and Renew Active approved facility. Members with the listed insurance providers may qualify for free or reduced membership and/or class rates. Call to verify coverage and membership fees.

**'Let Our Center Keep Seniors... Fit'**

#### **WATERCOLOR CLASS**

**Wednesdays 10 AM @ Senior Center**

Current watercolor participants are welcome to continue gathering during the summer months.

Instructional classes will resume in September. Whether you are a beginner or experienced painter, this class is for you. Learn the different water color techniques and designs while enjoying social time with friends. If you are new to the class, please call to register and get a supply list. \$5 per class.

#### **QUILT CLASS**

**Tuesdays at 10am @ Senior Center**

Current quilt class participants are welcome to continue to gather during the summer months. Class resumes in September.

Whether you are a beginner or experienced quilter, this class is for you.. Learn the different quilt techniques and designs while enjoying social time with friends. Many supplies available for a first time quilter. New Members call 860-627-1425x2 FEE: \$3



#### **MEDICARE WORKSHOPS**

Coming to the Senior Center  
in OCTOBER & NOVEMBER  
More info next month



#### **TECH TIME**

**August 5th & August 19th 10:30**

**Sponsored by: Comfort Keepers**

Do you need assistance with your cell phone, tablet or computer? Audra from Comfort Keepers will be available to assist you. Registration required 860-627-1425 x2

## MUNICIPAL AGENT NOTES BY JOHN SULLIVAN

Here's how to "ace" old age, courtesy of Tedd Mitchell, M.D. in This Week magazine. Doctor Tedd says "...those of us in preventive medicine believe that it's crucial for individuals to take the bull by the horns when it comes to health. Working on just a few habits can improve your longevity and quality of life". Here are Dr. Tedd's rules for making the best of your golden years:

1. Stop smoking. It's a big health threat.
2. Exercise to keep you body strong (use it or lose it).
3. Nourish yourself with proper nutrition.
4. Involve family members and friends in your health care.
5. Observe follow-up orders; Partner with a doctor for preventative maintenance.
6. Read to stimulate your brain.
7. Sleep to rejuvenate your body and recharge your batteries.
8. Regularly practice safe driving skills.
9. Understand your medical condition (s) and medications.
10. Lose weight. Longevity is associated with light body weight.
11. Exercise good vision and hearing through regular eye and ear exams.

Best Regards , John



### Meals on Wheels Delivery Program is in need of Volunteers !

The Senior Center is looking for volunteers to assist us with the **Meals on Wheels** Program.

If you can spare an hour a week to deliver meals to local homebound seniors please call us! 860-627-1425 x4



## **TRIPS & TOURS**

**Detail Flyers available at the Senior Center  
Call Sherry 860-627-1426 to register.**

**AMERICA 400| OCT 7| \$143PP** Plimoth Plantation guided tour, Lunch and free time at the Museum to tour the Mayflower II and the Grist Mill  
**AUTUM RAILWAY IN THE BERKSHIRES|OCT 24|\$119PP** 10 mile scenic railway, lunch at Michaels Restaurant, wine tour and tasting.  
**QUEEN ESTHER IN LANCASTER|SEPT 14-16 | \$565 PP DBL 2 NIGHTS** Historic Cork Factory Hotel, 6 meals, Orchestra tickets for "Queen Esther at the Sight & Sound Theatre, Mount Hope Estate & Winery tasting  
**TURN BACK TIME|SEPT 16|\$146PP|** Spend the day on Sheffield Island, round trip ferry ride, clambake at the Sheffield Island Lighthouse, Tour of the island and free time to explore.  
**WINTER WONDERLAND |DEC 1| \$133PP** Newport mansions self guided tour including the Breakers holiday décor. Lunch at Jonny's at the Atlantic Resort, Tour

Dear Readers,

Can you believe it's the 8th month already of 2021? July was a terrible month, the 3H's, hot, humid and haunting. I say haunting because the thunderstorms gave me terrifying jolts as I sat on couch in the corner of my TV room praying to every Saint I could think of. Hoping August will bring quiet moments and peaceful skies of surprises and sunsets. On June 23rd at the "Veterans Memorial Park" Comfort Keepers & Stonebrook Village sponsored a "Noah Lis" concert and ice cream social for over 80 seniors. We visited with each other, there were raffles and Noah did a marvelous music presentation from patriotic, hymns, Frank Sinatra, Dean Martin and many more! What I really enjoyed was seeing all those faces I haven't seen in a year and a half. I was so happy after visiting with everyone and hearing the lively and upbeat music, and best of all I didn't have to leave town! Thanks to the Senior Center staff, volunteers , Comfort Keepers and Stonebrook Village Staff, bus drivers, and town employees who keep Veterans Park very neat and trimmed. Enjoy the rest of the summer!

Mary Ann Giannelli

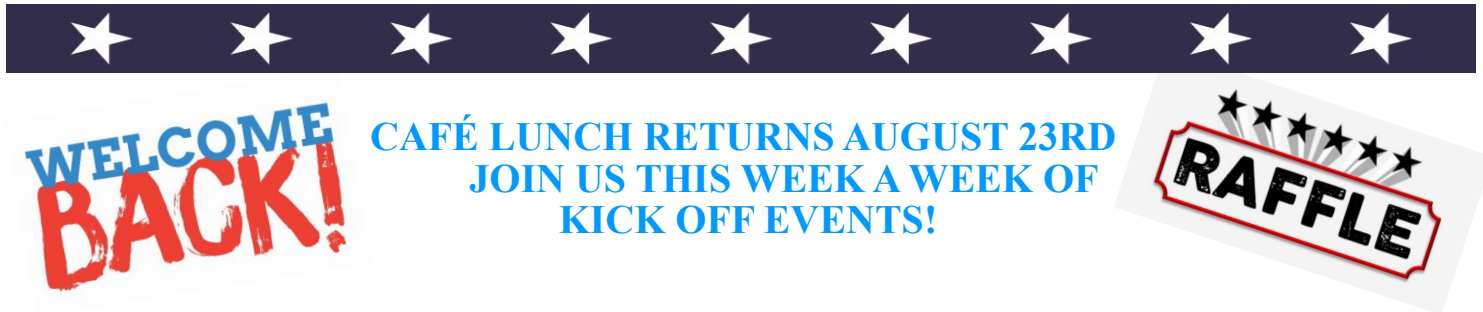




# CAFÉ LUNCH RETURNS TO THE SENIOR CENTER ! AUGUST 23RD~CALL TO RESERVE !

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>23</b> Stuffed Cabbage/ Marinara Sauce Farfalle Noodles Beets 100 % Whole Wheat Bread Fresh Fruit	<b>24</b> Orange Juice Hot Dog / Hot Dog Roll Mustard, Ketchup, Relish Baked Beans Mixed Vegetables Chocolate Chip Cookie	<b>25</b> Apple Juice Rosemary Baked Chicken Yellow Rice peas & Diced Carrots 12 Grain Bread Fruit Yogurt	<b>26</b> Seafarer's Seafood Salad Baked Sweet Potato Vegetable Medley Club Roll Peaches	<b>27</b> Grape Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Fresh Orange
<b>30</b> Meatloaf w/ Gravy Chive Mashed Potatoes Capri Blend Vegetables Wheat Bread Pears	<b>31</b> Apple Juice Stuffed Pepper w/ Sauce Seashell Pasta w/ Sauce Mixed Vegetables Whole Grain White Bread Lemon Pudding/topping			

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses  
All meals are served with milk, bread and margarine. SUGGESTED DONATION: \$3.00 (or whatever you can afford)



**MONDAY:** The first lunch is ON THE HOUSE. Join us on Monday and your lunch is FREE! You must sign up 24 hours in advance.

**TUESDAY -THURSDAY:** Join us for lunch on Tuesday, Wednesday or Thursday and receive a raffle ticket for a special raffle that will be held on Thursday during BINGO BASH! Only those receiving tickets during lunch will be eligible. Don't miss the chance to win a cool prize!!



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, W.L. Federal Credit Union, St Mary's/St. Robert/Congregational Churches, Walgreen's, Windsor Locks Diner and at the Senior Center



DON'T FORGET TO CHEER  
ON TEAM **USA**

#### BUS PASS RENEWAL



Don't forget to renew your bus pass. \$30 fee payable to Windsor Locks Senior Center

#### 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-147.pdf>

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

#### FOOD SHARE ~ ST ROBERT'S CHURCH 52 SOUTH ELM STREET Fridays 9:00 - 9:30AM

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

\*drive thru pick up \*

#### COFFEE HOUR

#### COFFEE HOUR

**THURSDAY AUG 5, 12 & 19  
AT 11AM**

**VETERANS MEMORIAL PARK**

**Southwest Ave.**

Bring a lawn chair and join us for coffee and conversation in the park.

#### DIY CLOTHESPIN SUNFLOWER WREATH



#### CRAFT TIME

**Tuesday August 24th 11am @  
Senior Center**

**Sunflower Clothespin  
Wreath**

\$3 resident \$4 non-resident  
Register by 18th

860-627-1425x2



#### Happy Birthday to all celebrating an August 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!