



Ettore F. Carniglia Senior Center

41 Oak Street Windsor Locks CT 06096

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

September 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 SHOPPING: Enfield

Tuesday: MEDICAL APPT: Hartford

Bloomfield Windsor, Stop & Shop
Windsor

Wednesday: SHOPPING: Geisslers

Thursday: SHOPPING: WALMART

Friday: MEDICAL APPT: Enfield

*HAIR APPT. BY SALON AVAILABILITY

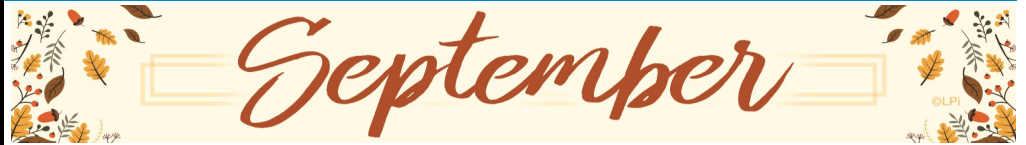
To make a bus reservation, call the
transportation office a minimum of
24 hours in advance.

BUS PASS RENEWAL

STARTS: 7/1/21

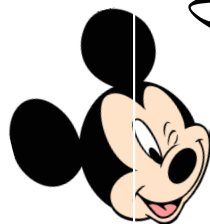
Fee: \$30 Payable to :

Windsor Locks Senior Center



SEPTEMBER IS NATIONAL SENIOR CENTER MONTH!

September is recognized as National Senior Center Month, a month dedicated to highlighting the vital role that senior centers play in the lives of our communities senior citizens. Membership is free and open to residents and non residents who are 59 or older. Stop in for a tour any Monday in September between 9 and noon. Meet the staff, tour our facility and check out the many programs and activities the Windsor Locks Senior Center has to offer!



Disney Breakfast

Friday September 24th 9:30
Join us for a "magical" Disney
breakfast featuring:
Pancakes, fresh fruit, bacon,
muffins, coffee & juice
\$5 per person please sign up by 9/17




The "Oak Street Café" is open for CRT Congregate Meals

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

CELEBRATING NATIONAL SENIOR CENTER MONTH

In celebration of National Senior Center Month we are offering
a "Bring A Friend for a Free Lunch" Do you have a friend
that has not had lunch at the Senior Center? Bring them to
lunch any day during September and you both eat for free!!
Be sure to register 24hrs in advance. Call 860-627-1425 x4

MONTHLY RAFFLE!

STOP IN THE CAFÉ AND PURCHASE A TICKET FOR OUR MONTHLY RAFFLE!
GREAT PRIZES... TRY YOUR LUCK! WINNING TICKET PULLED AT THE
SEPTEMBER 24TH BREAKFAST \$1 PER TICKET

2 EXERCISE CLASSES & HEALTH PROGRAMS



Weekly Classes

**FALL SCHEDULE
SEE TIMES BELOW**

ACTIVE EXERCISE - TUE & THUR 8:30

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 - WEDNESDAY 9:00

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—THURSDAY 9:30

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

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

Silver Sneakers and Renew Active members

Please be sure to swipe or log in when attending classes or gym

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

Watercolor class resumes September 8th! Whether you are a beginner or experienced painter, join us to learn more as you paint alongside your fellow painter. No instructional class at this time, just creative fun painting with friends. If you are new to watercolors please call to register and get a supply list. No fee at this time. Instructional class coming soon...

QUILT CLASS

Tuesdays at 10am @ Senior Center

Whether you are a beginner or experienced quilter, this class is for you.. You will learn the different quilt techniques and designs from your fellow quilter while enjoying social time with friends. Many supplies available for a first time quilter. New Members call 860-627-1425x2 NO FEE



MEDICARE WORKSHOPS

October 4, 18, 25

November 1, 8, 15, 22

Call 860-749-0482 to register for a workshop.



TECH TIME

September 2nd & 16th 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****Advance Directives Drafted—For Free**

If you're age 60 or older, you can have the following documents drafted, witnessed, and notarized for free- thanks to a federal grant. 1. Health Care Advance Directive. It details your health care choices-what you do and do not want-and appoints someone to make medical treatment decisions for you if you become incapacitated. 2. Living Will. It states your wishes regarding life sustaining medical treatment if you are terminally ill, permanently unconscious, or in the end-stage of a fatal illness. 3. Power of Attorney. Here, you appoint (with their permission) someone to make all medical treatment decisions-and day-to-day business decisions-such as banking, paying the rent, or paying the bills for you if you cannot do it yourself. The person you name, depending on the legal document, might be called your agent, proxy, representative or surrogate. You can also include instructions for decision-making. The above directive are documents that a person 60 or more should definitely have. Janet Carabello at Greater Hartford Legal Aid will mail you a 3-page "Intake Questionnaire Form" together with a pre-addressed, postage-paid envelope if you telephone her at 860-541-5062 with your name, address and telephone number-more likely, you'll speak to her voicemail. When you return the completed questionnaire form it will serve to guide the person drafting your documents. Unfortunately, the rest of the process is "on hold" until the COVID-19 pandemic is over. At that time you will be contacted and asked to meet with a representative for the signing, witnessing and notarizing of the documents at Greater Harford Legal Service 999 Asylum Avenue 3rd Floor-near the corner of Woodland Street -in Hartford. (Be sure to bring your mask) Once you have the completed documents, copies of them should be given (as appropriate) to your doctor, and to the persons that you named in the documents.

Best Regards, John

John's Tip of the Month

If you're bothered by muscle cramps the Hartford Courant's "People's Pharmacy" suggests that the amount of quinine in a glass of tonic water (about 20 mg) may be enough to relieve them. It seems that quinine stimulates transient receptor potential (TRP) channels on cell membranes that are found on nerves throughout the body. This appears to reverse the nerve hyperactivity that cause muscle cramps.



**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.
WINTER WONDERLAND |DEC 1| \$133PP Newport mansions self guided tour including the Breakers holiday décor. Lunch at Jonny's at the Atlantic Resort, Tour and Tasting at Newport Vinyards & Whinery.



Thursday
September 9th -12:30
BINGO BASH
Thursday
September 30th - 12:30



Tuesday
September 28th -12:30
Featuring Joe Marinone!
Join us for TRIVIA FUN !!!!

Come early for CRT CAFÉ LUNCH
Register by calling 860-627-1425x2

The Senior Center is closed on Labor Day
 Monday September 6th

CAFÉ LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Apple Juice Roast Beef w/ Gravy Mashed Potatoes Chuckwagon Blend Vegetables 100 % Whole Wheat Bread Frosted Cake	2 Potato Crumbed Fish Tartar Sauce Potato Wedges Scandinavian and Veg- etables Oatnut Bread Fresh Orange	3 Italian Sausage w/ Red, Green Peppers and Tomato Basil Sauce Ziti Carrots Whole Grain White Bread Peaches
6 CRT Closed In Observance of Labor Day Holiday	7 Teriyaki Chicken Strips Brown & White Rice Broccoli Florets Dinner Roll Pineapple Tidbits	8 Orange Juice Butter Breaded Pollock Tartar Sauce Mashed Potatoes Spinach 100 % Wheat Bread Wholegrain Fruit Oat- meal Bar	9 Grape Juice Macaroni & Cheese Stewed Tomatoes Wheat Dinner Roll Fresh Fruit	10 Boneless Chicken Breast w/ Gravy Sweet Potatoes Gar- den Blend Vegetables 12 Grain Bread Fresh Fruit
13 Orange Juice Barbeque Pulled Pork on a Multi-Grain Bun Tortellini Salad Red, Green, Purple Cabbage Slaw Chocolate Pudding	14 Grape Juice Salisbury Steak w/ Gravy Sweet Potatoes Caribbe- an Blend Vegetables 100 % Whole Wheat Bread Fresh Fruit	15 Oven-Fried Chicken Baked Beans Capri Blend Vegetables Corn Muffin Mandarin Oranges	16 Apple Juice Pot Roast w/ Gravy Oven-Roasted Potatoes Brussel Sprouts Dinner Roll Pears	17 Breaded Flounder Filet Tartar Sauce Mashed Potatoes Peas & Diced Carrots 100 % Whole Wheat Bread Fresh Orange
2 Lemon Baked Chicken Cornbread Stuffing Broccoli & Cauliflower Oatnut Bread Peaches	21 Beef Chili / Shredded Cheese Baked Potato Sliced Carrots Wheat Din- ner Roll Fresh Orange	22 Grape Juice Apple-Glazed Roast Pork Loin Rice Pilaf Peas 12 Grain Bread Frosted Cake	23 Swedish Meatballs Parslied Egg noodles Prince Edward Blend Vegetables Wheat Bread Fresh Fruit	24 Orange Juice Roast Turkey w / Gra- vy Cut-Up Sweet Pota- toes Spinach Cranberry Sauce 100 % Whole Wheat Bread Fruit
27 Stuffed Cabbage w/ Marinara Sauce Farfalle Noodles Beets 00 % Whole Wheat Bread Fresh Fruit	28 Orange Juice Hot Dog / Hot Dog Roll Mustard, Relish, Ketchup Baked Beans Mixed Vegetables Chocolate Chip Cookie	29 Apple Juice Rosemary Baked Chick- en Yellow Rice Peas & Diced Carrots 12 Grain Bread Fruit Yogurt	30 Seafarer's Seafood Salad Baked Sweet Potato Vegetable Medley Club Roll Peaches	

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)

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

RSVP TRANSPORTATION

NEED TRANSPORTATION OUTSIDE OUR SCHEDULE?
THE COMMUNITY RENEWAL TEAM'S **RSVP: RETIRED SENIOR & VOLUNTEER PROGRAM MEDICAL TRANSPORTATION** CAN HELP! CALL RSVP AT (860) 519-3484. THEY PROVIDE DOOR-DOOR SERVICE, FOR FREE!

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

SEPTEMBER 3, 17 OCTOBER 1, 15, 29
NOVEMBER 12 DECEMBER 10

*drive thru pick up *



Happy Birthday to all celebrating a September 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!

USEFUL LINKS

Social Security: 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

COFFEE HOUR

NEW DATE & TIME FRIDAYS 9:30-10:30

Join us in the CAFÉ for coffee and conversation. What better way to start off the weekend than a conversation with a friend, sharing memories, recipes and lots of laughs. No need to register just join in the fun!
(September 24th is our monthly breakfast registration required)

CRAFT TIME



FALL PORCH SIGN SIMILAR DESIGN TO PICTURE **WEDNESDAY SEPTEMBER 22ND 12:30**

\$7 resident \$8 non-resident
Register by Sept 15TH

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!