



Ettore F. Carniglia Senior Center

41 Oak Street Windsor Locks CT 06096

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

January 2022

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: Karen Colone

Transportation Manager: Sherry
Townsend

Facilities Maintenance: Kevin Clynch

CONA~Commission on Needs of Aging

Chairman: Rosemary Cunningham

Vice Chairman: Roger Nelson

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

Municipal Agent: Sue Barsanti

CONA meets monthly -7pm -3rd Monday.

Transportation Schedule

Phone: 860-627-1426

Schedule Change

Monday: MEDICAL APPT: Enfield
Suffield

Tuesday: MEDICAL APPT: Hartford
Bloomfield Windsor, Stop &
Shop Windsor / Shopping Enfield*

*WEEKLY ROTATION

Wednesday: SHOPPING:
Geisslers

Thursday: SHOPPING: Walmart

Friday: MEDICAL APPT: Enfield

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



SENIOR CENTER OPEN HOUSE 'SAMPLER'

Please join us on **Thursday, January 13th** and 'sample' all the center has to offer this community. From exercise to nutrition to 'fun & games' to 'trips and travel' as well as lunch and raffles!! Now is the chance to explore and 'sample' all these programs.

Below is the days itinerary

9:00 FIRST FLOOR CAFÉ: Main exhibition hall opens. Coffee & refreshments served. Program, transportation, nutrition, creative classes, services, games, activity information, and travel program exhibits. Raffles and "make & take" craft.

9:00 UPSTAIRS: **Aerobics** class demonstration. During this class we move to the music as fitness instructor Dee Abrams guides you through an aerobic workout geared to the older active adult.

10:15 UPSTAIRS: **Chair Yoga** class demonstration. During this class we loosen and stretch while building strength and balance.

11:15 UPSTAIRS: **Tai Chi** class demonstration. Tai Chi is a healing martial art, that combines soft, flowing movements with Qi Circulation, breathing and stretching.

11:15 LOCKS FITNESS CENTER: Tour the Locks Fitness Center and meet fitness instructor Dee Abrams. Check out the equipment and pick up the membership paperwork. Bring your insurance card and we can verify coverage. Locks Fitness Center is a Silver Sneakers and Renew Active authorized facility. If you have coverage, membership is FREE!!!

BOX LUNCH: Sign up for a FREE BOX LUNCH and pick it up any time you visit the open house.. YOU MUST SIGN UP for the box lunch.

MORE NEW YEARS FUN!

Big Money Bingo:

Thursday January 6th 12:30

\$5 per packet \$2 coverall

New Year's Breakfast:

Friday January 7th 9:30 \$5



2 EXERCISE CLASSES & HEALTH PROGRAMS



Weekly Classes

ACTIVE EXERCISE - TUE & THUR 9:00 am

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 10:15

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.**

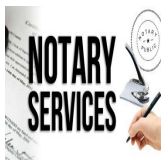
Silver Sneakers and Renew Active members

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

FITNESS INSTRUCTORS

DEE ABRAMS | ACTIVE WATER FITNESS, ZUMBA GOLD, CHAIR YOGA, CHAIR AEROBICS

SHAR CHRISTMAN | TAI CHI



The Senior Center now has
NOTARY SERVICE

Call for an appointment

TECH TIME with Audra

January 6th 10:30

Sponsored by: Comfort Keepers

Do you need assistance with your cell phone, tablet or computer? **By Appointment only.**

Please call 860-627-1425 x2

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**

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.

QUILT CLASS ~ **Tuesdays at 10am**

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

COMING SOON 2022

Lots of fun planned for the New Year!!!

SUPER BOWL PARTY: Friday February 11th

VALENTINE LUNCH: with NOAH LIS February 14th

MEMORIES OF THE WHITE HOUSE - April 27 Presented by former White House butler Alan DeValerio (sign up in March)

NEW AND RETURNING PROGRAMS....

Line Dancing, Zumba Gold, Water Fitness, Early Bird Dinners, Extended Tech Time

FUN & GAMES...

Cribbage, dominoes, scrabble, mahjong, knitting & crocheting, scrapbooking and more...

STAY TUNED...

MUNICIPAL AGENT NOTES BY SUE BARSANTI



TRIPS & TOURS

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

Look for new exciting charter trips in 2022!

CENTER BUS TRIP

JANUARY BUS TRIP

TBD please call Sherry for details

CENTER BUS

ENFIELD SHOPPING RESUMES

Tuesdays shopping will be to Windsor one week and Enfield Shopping the next. Check with Sherry for weekly schedule.



AARP VOLUNTEER TAX ASSISTANCE

Volunteer tax counselors will be available at the Senior Center starting on Monday February 7th. This program is intended to provide services to low/middle income taxpayers with special attention to those aged 60 and older.

Call for an appointment after January 15th
Please bring the following:

- ID and Social Security Card
- Marketplace health insurance information
- Last year's tax return
- W-2's, W-2g's and 1099s
- Social Security benefit statements
- Broker statements
- Taxes paid
- If itemizing, medical and dental expenses and insurance premiums paid
- If itemizing, charitable donations and other credits with supporting documents
- Record of EIP Economic recovery payments
- Checkbook (if direct deposit of any refund is desired-recommended)

APPOINTMENTS ARE IN PERSON MASKS REQUIRED.

Sue's Tip of the Month

Do you need a Notary Public? Save yourself the hassle of trying to find a Notary in town. Just call the Senior Center @ 860-627-1425 to schedule an appointment with me to meet you at the Senior Center to notarize any documents that you have. There is no charge for this service.

Sue Barsanti

Municipal Agent ~ Notary Public

New Year's Resolutions for Senior's in 2022

These past two years have been difficult to say the least as the COVID-19 pandemic and its variants have had an impact on everyone's lives, especially those of seniors. As 2022 begins, many are looking forward to a more positive year, both personally and on a larger scale.

For seniors, it is especially important to continue to take every precaution necessary to avoid the COVID-19 pandemic, but to also stay positive and connected to loved ones and life at the same time. One way to accomplish this is to set New Year's Resolutions to keep yourself on track and engage in your best life. Here are some ideas for New Year's Resolutions for Senior Citizens in 2022.

Stay in Touch with Family and Friends: Social engagement and participation are especially important for older adults. Remember, it's never too late to make new friends.

Engage in Physical Activity: Walking, Swimming, Muscle Strengthening or Yoga are some examples of ways to keep your body moving.

Stimulate your Mind and Keep It Sharp: Arts and Crafts Classes, Card Games, Learn a New Hobby, Word/Number/Jigsaw Puzzles, or Read something on a subject that you have always found interesting.

Eat Healthy & Stay Hydrated: A healthy diet can help protect against cancer, heart disease as well as the flu. Stay hydrated by keeping a large water bottle near you and taking frequent sips throughout the day.

Maintain Your Purpose in Life: Surround yourself with positive people and accept the things that you cannot change. Embrace your age and focus on spiritual growth and not the perceived limitations of aging.

Share a Good Laugh: A smile can make you feel good even in difficult times. It turns out that even small daily adjustments can have a surprisingly big impact on your Health, **but most importantly remember** that the Windsor Locks Senior Center offers ALL of these positive options for you to participate in and ways explore what makes you happy!

Here's to a Happy & Healthy 2022 for us all!

Sue Barsanti

COMMUNITY RENEWAL TEAM JANUARY 2022 CONGREGATE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Orange Juice Salisbury Steak / Gravy Cut-Up Sweet Potatoes Spinach 100 % Wh Wheat Bread Frosted Cake	4 Italian Style Cal- zone Pasta / Mari- nara See Mixed Vegetables 12	5 Crab Cake Tartar Sauce Seasoned Potato Wedges Capri Blend Vegetables Wheat Dinner Roll Peaches	6 Cran-Apple Juice Roast Turkey w/ Gra- vy Red Bliss Mashed Potatoes Broccoli 100 % Whole Wheat Brd Cookie	7 NEW YEARS BREAKFAST
10 Grande Ch Ravioli / Tom Cream Sce / Parm Cheese Mixed Vegetables Wholegrain White Bread Fresh Fruit	11 Orange Juice Fish Sticks Tartr Sce Potato Wedges 4-Way Veg Blend Oatnut Bread Fruit Oatmeal Bar	12 Beef Hot Dog Hot Dog Bun Mustard, Relish, Ketchup Baked Beans California Blend Vegetables Fresh Fruit	13 OPEN HOUSE NO CRT LUNCH	14 Grape Juice Roast Pork Loin w/ Orange Marmalade Sauce Sweet Pota- toes Brussel Sprouts Dinner Roll Frosted Cake
17 CRT Closed In Ob- servance of Holiday	18 Stuffed Shells / Sce Parmesan Cheese Zucchini Garlic Knot Fresh Fruit	19 Cran-Apple Juice Potato Crumb Fish Tartar Sce / Potato Wedges Chuck- wagon Blend Veggies Oatnut Bread Frosted Cake	20 Glazed Baked Ham / Mashed Sweet Potato Seasoned Green Beans 12 Grain Bread Mandarin Oranges	21 Orange Juice Swedish Meatballs w/ Gravy Savory Diced Pota- toes Broccoli Florets Wheat Bread Fruit Oatmeal Bar
24 Orange Juice Kielbasa / Mustard Cheese Pierogies/ On- ions Capri Blend Vege- tables Oatnut Bread Cookie	25 Battered Fish / Sce / Potato Wedges Prince Edward Veggies Wholegr White Brd Fresh Fruit	26 Grape Juice Oven Baked Fried Chicken Garlic Mashed Potatoes Carrots 12 Grain Bread Frosted Cake	27 Roast Beef w/ Gravy Mashed Potatoes Veg- etable Medley Corn Muffin Peaches	28 Stuffed Pepper w/ Tom Sce Rice Pilaf Italian Mix Vegeta- bles Wheat Dinner Roll Fresh Fruit
31 Chicken Picata Rice Pilaf Prince Wm Blend Veggies 100 % Whole Wh Brd Fresh Fruit	OAK STREET CAFÉ IS OPEN MORNING SOCIAL DAILY AT 9:30 AM. STOP IN FOR COFFEE , PASTRY AND CONVERSATION WITH FRIENDS			

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
January 7th & January 21st



Happy Birthday to all celebrating a January 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!

INTRO TO SCRAPBOOKING
WEDNESDAY JANUARY 26TH 12:30

Bring 4-6 photos of the same subject or theme and we will learn how to preserve your photo memories for generations to come! We can show you how! No fee all supplies provided.
Sign up today ! 860-627-1425

Fun & Games

TUESDAY TRIVIA

Tuesday January 25th 12:30
Featuring Joe Marinone! Join us for afternoon of trivia team competition **FUN & PRIZES**

Call to sign up: 860-627-1425



EVERY THURSDAY at 12:30p
(following lunch at 12 noon)



CRAFT TIME

Free Bow Making Workshop

Wednesday January 19th 12:30

Bring at least one spool of wired ribbon (appx 2 inch wide or wider) and we will work together to master the **basic craft bow!** Registration required. 860-627-1425x2

Winter Weather Reminder

With the bad weather season upon us please remember: if driveways and sidewalks are not clear of snow and ice, it may be necessary for us to cancel your transportation. Tune in to Channel 3 or Channel 30 for cancellation announcements. *Note that if school is cancelled Senior Center transportation is also cancelled.*



THE SENIOR CENTER IS **CLOSED**
Monday January 17th ~ Martin Luther King Day