



Ettore F. Carniglia Senior Center

41 Oak Street Windsor Locks CT 06096

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

March 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

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.**



ST. PATRICK'S DAY BIG MONEY BINGO

Try your luck for the POT of GOLD

THURSDAY MARCH 17TH 12:30p

Join us for corned beef and cabbage followed by big
money bingo and St. Patrick's Day shenanigans!

Wearin' of the Green Raffle & Irish Soda Bread

Sign up for lunch in the Café, cost \$3.00 Sign up for Bingo in the office



Stories from the White House Luncheon

Wednesday April 27th 10:30 \$8

*Have you ever imagined what it would be like to attend a
Presidential function at the White House? Have you ever won-
dered what the family quarters of the White House look like?*

Former White House butler, Alan DeValerio will tell you all about it! He'll
give you the inside details about all of the preparations involved in White
House entertaining, and how it has evolved over the years from FDR to the
present. Alan will also display many of the White House artifacts (menus,
programs, Christmas cards, personal photos, etc.) that he has collected over
the years. This is a presentation that you won't want to miss! A light lunch
served immediately following. Fee:\$8.00 Sign up in the office.



CORNHOLE KICK OFF

FRIDAY MARCH 18th ~ 9:30

We are kicking off our NEW Friday morning corn-
hole program with a delicious bagel bar, coffee ba-
gels and lots of delicious toppings. **Join us this Friday for our kick off
party and every Friday after for cornhole fun.** This backyard games pop-
ularity has spread like wildfire across the U.S. Much like other famous lawn
games, cornhole offers a chance for players of all ages to compete Want to
give it a try? Stop in on Fridays from 9:30a-Noon. No experience required
we will teach you !

Coming in April Spring Awakening Month

Spring is the month of new beginnings. fresh buds bloom, animals awaken
and the earth seems to come to life again. During the month of April, we
have planned events & activities to focus on new beginnings for our body
mind and soul! Some of the programs we are working on include:
massage therapy, facials, reiki, planting, essential oils, farm to table lunch
outing, crossword puzzles, healthy eating, crafting, and tastings. Program
details in the April Newsletter !

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.

SENIOR STIX- WEDNESDAY 10:30

This full-body workout combines basic low-impact movements with synchronized hand movement using drumsticks and an exercise ball. Walk in fee \$5 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

SUE BARSANTI | Senior Stix



TECH TIME WITH AUDRA

March 3rd 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.
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

TUESDAY FAT TUESDAY TRIVIA & FUN TRIVIA MARCH 1ST AT 12:30P

Featuring our own Trivia King Joe Marinone!

Join us for an afternoon of trivia teams
'LIGHT HEARTED' competition!! FUN & PRIZES!

CRAFT TIME ~ GUEST CRAFTER

"Chalk Couture" Courtney Steele

Join us to learn the chalk paint art techniques and create a beautiful piece of art for your home.

Fee: \$6.00 resident \$8.00 non resident

Payment reserves your seat. Sign up today !

"Drop In" Scrapbooking & Craft Time

Thursdays 12:30 - 3:30

Do you scrapbook or paper craft?

"Drop In" Thursday afternoons and enjoy some creative time with friends. Large spacious work tables some scrapbooking supplies and tools available. No sign up required.

The Luck of the Irish!

Even if you are not Irish I'm sure you have heard the phrases "The Luck of the Irish", "Irish Clovers", "Pot O' Gold", "Irish Coffee", "Irish Blessing", or even "the fighting Irish of Notre Dame", among many others, especially around St. Patrick's Day. In fact our own population of Windsor Locks has a strong history of Irish immigrants relocating from their native land and settling here to start a new life even though it was under extremely difficult circumstances. Their resilience to withstand adversity and adapt to a more modernized America is proof that arduous life events can be overcome no matter what challenges are presented. We are indeed "lucky" that generations of these brave immigrants continue to live here and contribute to our community.

The phrase "The Luck of the Irish" is considered by some to be a term that is derived from fairytale folklore, namely with the legends of leprechauns. Others might consider an entirely different meaning to that phrase, but when St. Patrick's Day comes around each year we are all happy to join in celebration with our Irish friends and families perhaps in the hope that some of that Irish "Good Luck" will rub off on us! Whichever it might be, we can all learn from the Irish immigrant's determination to endure no matter how difficult life's path is.

In closing, I'll leave you with a favorite Irish Proverb that resonates no matter what your heritage is:

"May your heart be light and happy, may your smile be big and wide, and may your pockets always have a coin or two inside."

Happy St. Patrick's Day!
Sue Barsanti
Municipal Agent

Sue's Tip of the Month

A sure sign of spring – Shamrock Shakes are back at McDonald's for a limited time only! Anyone coming to the Senior Center on St. Patrick's Day for the Corned Beef & Cabbage Luncheon at 12:00 noon will receive a coupon for a FREE Shamrock Shake, so make sure you sign up to attend. The shakes are guaranteed to make those "will it never end winter blues" go away! Join us in the fun & festivities at the Senior Center on Thursday, March 17th – make sure to wear something green!



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

6/30 Turn Back The Hands of Time: \$153pp

Spend the day on Sheffield Island. 150 year old lighthouse, beaches and wildlife refuge.

7/19 Maine's Coney Island: \$158pp

Travel to Peak Island, Portland Me. Coastal views, electric golf cart tour of the ocean views, World War 11 forts and beautiful wildlife. Lunch at the Inn on Peaks Island

Aug 15-22 Roaming Western Trails: \$3789 pp dbl

Roundtrip Airfare, Salt Lake City Tour, Mormon Tabernacle, Jackson WY, Float Trip Snake River, Grand Teton National Park, Yellowstone National Park, Old Faithful, Cody WY Buffalo Bill Center of the West, Cody Nite Rodeo, Devil's Tower Park, Wall drug, Custer State Park, Wildlife Jeep Safari, Crazy Horse Monument, Mount Rushmore National Monument

8/17 Cruise the Essex: \$146 pp

Tour of the Essex Shipbuilding Museum, River Cruise and Lunch

9/13 Providence Italian Style: \$164 pp

Behind the scenes tour of Providence's Historic Federal Hill. Three course lunch at Cassarino's Restaurant and a Venetian Gondola ride.

Dec 5-7 White Mountains Christmas \$840 pp dbl

White Mountain Hotel & Resort, Conway Scenic Railroad, Austrian Themed Sleigh Ride, 3 Entertainment Shows, 5 meals 2 dinners, 1 lunch 2 breakfast.

CENTER BUS TRIP

LUNCH BUNCH MYSTERY TRIP

Wednesday, March 16th



Join the "Lunch Bunch" for an afternoon out enjoying a delicious lunch.

Sign up with Sherry
860-627-1426



The Senior Center is now serving
"POSITIVI -TEA" & Coffee
with a light breakfast daily.

Join us for toast, bagels or muffins every morning at 9:30.
This program is free.

MARCH MENU
CALL 24HR IN ADVANCE TO RESERVE YOUR MEAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Orange Juice Italian Style Calzone Parslied Pasta Mixed Vegetables 12 Grain Bread Home-Baked Cookies	2 Cheesey Lasagna w/ Sce Italian Blend Vegetables Garlic Knot Fresh Fruit	3 Stuffed Cabbage w/ Tom Sce Orzo Broccoli Florets Wheat Dinner Roll Peaches	4 Cran-Apple Juice Crab Cake w/Tartar ScSeasoned Potato Wedges w/Ketchup Capri Blend Vegetables Oatnut Bread-Frosted Cake
7 Orange Juice Grande Cheese Ravioli w/ Cream Sauce California Blend Veggies Wholegrain White Bread Home-Baked Cookies	8 Potato Crumb Fish/ Tartar Sauce Seasoned Potatoes Brussel Sprouts Oatnut Bread Fresh Fruit	9 Grape Juice Orange Marmalade Pork Loin Sweet Potatoes Vegetable Medley Corn Muffin Frosted Cake	10 Chicken w/ Gravy Mashed Potatoes Spinach 100 % Whole Wheat Bread Fruit Cocktail	11 Vegetable Omelet w/ Cheese Sauce Homefries w/ Ketchup Summer Squash 12 Grain Bread Fresh Fruit
14 Beef Hot Dog on a Hot Dog Bun Mustard, Relish, Ketchup Baked Beans Mixed Vegetables Fresh Fruit	15 Cran-Apple Juice American Chop Suey w/ Elbow Macaroni Seasoned Green BeansWheat Dinner Roll Home-Baked Cookies	16 Oven-Baked ChickenGarlic Mashed Potatoes Vegetable Medley 12 Grain Bread Mandarin Oranges	17 CRT St. Patrick's Day Meal Orange Juice Corned Beef Parslied Boiled Potatoes Carrots Rye Bread Frosted Carrot Cake	18 Baked Honey Salmon Rice PilafYellow Squash Wholegrain White Bread Fresh Fruit
21 Grape Juice Chicken Fajitas / Peppers & Onions Red Rice and BeansPrince Wm Blend Veggies100 % Whole Wheat Brd- Frosted Cake	22 Cheese Lasagna RollRagu Sce (Meat Sce)Italian Vegetable BlendGarlic Knot Fresh Fruit	23 Mango Salsa Pork Loin Baked Beans Zucchini Corn Muffin Loaf Pineapple Tidbits	24 Guinness Beef Stew Egg noodles Sliced Carrots Dinner Roll Fresh Fruit	25 Orange Juice Cheese Tortellini with Pesto Alfredo 4-Way Mixed Vegetables Wheat Bread Home-Baked Cookies
28 Fish Sticks / Tartar Sauce Seasoned Potato Wedges Seasoned Green BeansOatnut Bread Peaches	29 Cran-Apple Juice Chicken Marsala w/ Mushrooms / AsparagusRice Pilaf 12 Grain Bread Frosted Cake	30 BBQ Pulled Pork Smoked Pinto Beans Garlic Green Beans Oatnut Bread Pears	31 Orange Juice Sweet & Sour Beef Meatballs Vegetable Fried Rice Asian Style Vegetables 100 % Whole Wheat Bread Home-Baked Cookie	

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

FOOD SHARE ~ ST ROBERT'S CHURCH
52 SOUTH ELM STREET -Fridays 9:00 - 9:30AM
March 4 & 18

Fun & Games



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



**Happy Birthday to all of the
March 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!



BAKING WITH MARY

Monday March 7th 10:00 am

Mary is back and making Marble Squares

Fee: \$ 3 sign up in the office

A VERY SPECIAL

HAPPY 90TH BIRTHDAY WISH TO

John Basile!

With love from your sister Mary Ann Giannelli
From all of us... Enjoy your special day



COLOR, CHAT & COOKIES

We are teaming up with Youth Services after school program on Wednesday March 23rd 3 - 4:30pm Join this wonderful group of young people to enjoy a conversation, creating, and cookies. Please call to sign up 860-627-1425

Winter Weather Reminder

****CANCELLATION POLICY****

If schools are cancelled, Senior Center transportation, Café Meals and programs are cancelled. The Senior Center Administrative offices remain open. Tune in to Channel 3 or Channel 30 for cancellation announcements.



Tax-Aide

VOLUNTEER TAX ASSISTANCE

60yr and older. Call for an appointment
860-627- 1425 X2 Last date 4/ 4/22

NEW ~ ASK THE PHYSICAL THERAPIST

David Chessen from ACCESS PT will be at the Senior Center the **3rd Thursday of the month** to answer your questions. As a physical therapist , David can discuss a wide range of conditions such as neck and low back pain, knee and hip issues but also work on walking and balance issues that some may have.



NEW !!!

NOTARY SERVICE

Call 860-627-1425 appointments only