



Ettore F. Carniglia Senior Center

41 Oak Street Windsor Locks CT 06096

Email: seniorcenter@wlocks.com

www.windsorlocksct.org

JUNE 2022

Hours of Operation

Monday-Thursday 8am-4pm

Friday 8am-1pm

Phone: 860-627-1425



PREAKNESS PARTY

GLPI

June 9th 12 noon we are celebrating the running of the Preakness and preparing for the Belmont Stakes! Wear your derby hat and get ready to party. Enjoy a "Black Eyed Susan," the drink of the Preakness. We are serving pizza, salad and a special dessert sponsored by *Care for me at Home*. Following lunch enjoy the running of the Senior Center Preakness horse race. Prizes and surprises \$5 fee registration required.

Comfort Keepers Presents Aging in Place

June 7th 10:00 AM Join Kayla Just, Western New England University Doctoral Occupational Therapy Student, and Audra Lauf, External Care Manager of Comfort Keepers in Enfield, CT for "Age My Way" - an educational program on how to safely age in your own home. In this program we will discuss aging in place, fall prevention, home modifications and adaptations, the importance of mental health and engaging in social activities while aging, and available community resources for all of these topics and more. Don't miss this informative program coffee & donuts will be served. No fee, Registration required.



Dinner & Summer Concert Series - June 28th

The Summer Concert Series held at Southwest Park begins on Tuesday, June 28th. Join us for dinner at 3 Figs Restaurant in Suffield. Following dinner we will head to Southwest Housing to enjoy the music provided by the Monthei Brothers. Bring your lawn chair and plan on an evening of food and country and bluegrass music! Space is limited, call Sherry to sign up 860-627-1426 Concert starts at 7pm



Fathers Day Celebration - June 16th - 12 noon

We are celebrating Fathers, Grandfathers, Uncles, Brothers & Friends! Mosey on in to the Senior Center Café for the CRT Holiday Meal. We are serving "Cowboy Burgers" with all the fixins, onion rings, bacon & cheddar sweet potato fries, & chocolate pie for dessert. Grab your cowboy hat and plan on some rootin tootin cowboy fun! Fee: \$3 Sign up in the CAFÉ Bingo following lunch.



Early Bird Dinner - June 22nd - 4pm

On Wednesday June 22nd the Senior Center The Early Bird Dinner returns! Join us at 4pm and enjoy a delicious meal with friends. We are serving hotdogs, beans, potato salad, and strawberry shortcake for dessert. Fee \$12. registration required.



Breakfast with Bickford's - June 8th

Our friend Kyle from Bickford Healthcare will be at the Center on Wednesday, June 8th for "Brain Games" and a delicious complimentary breakfast prepared by Chef Regina!. Program starts at 9:30 registration required. No fee. This program will be held the second Wednesday of every month!



SUMMER TECH TIME - June 29

Need help with your smart devices? The Senior Center is collaborating with Youth Services and will provide a 7 week session of Tech Time Wednesdays at 1pm. Come once or come every Wednesday! This is a great opportunity to learn today's technology from the "experts", our community youth. No Fee. Registration required.

New Class - Starting June 27th !

Tai Ji Quan is a research based falls prevention exercise program that uses Tai Ji Quan based movements. to help you improve your strength mobility, balance and daily function to prevent falls. There is no fee for this class, limited spots are available. Call to register today!



CT Healthy Living COLLECTIVE www.cthealthyliving.org

Senior Center Staff: Director: Ann Marie Claffey Assistant Director: Lori Lapointe Nutrition Manager:

Karen Colone Transportation Manager: Sherry Townsend Facilities Maintenance: Kevin Clynych

Bus Drivers: Nick DeCarlo, Jim Roche, Charlie Siedlecki, Kevin Connor, Jane McMullen, Rick Barsanti

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 Board meets monthly every 3rd Monday ~ 6pm ~ at the Senior Center



SENIOR BUS SCHEDULE

DAILY TRANSPORTATION SCHEDULE

MONDAY:

Enfield, Suffield Medical Appointments.

TUESDAY:

Hartford, Bloomfield, Windsor, Medical Appointments. Windsor Shopping, Enfield Shopping (weekly rotation)

WEDNESDAY: Geissler's Shopping

THURSDAY: Walmart Shopping

FRIDAY: Enfield Appointments

In town transportation available daily

SENIOR CENTER BUS TRIP

Wednesday, June 15th

Lavender Pond Farm & Bills Seafood



Tuesday, June 28th

Dinner at 3 Figs Restaurant followed by Concert at Southwest Park. (bring a lawn chair)
Register with Sherry 860-627-1426

CHARTER BUS TRIPS

6/30 Turn Back The Hands of Time \$153pp
Sheffield Island, CT

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

8/15-8/22 Roaming Western Trails:\$3789pp
Midwestern States

8/17 Cruise the Essex \$146pp

9/13 Providence Italian Style \$164pp

9/8 Indian Princess Cruise \$95

10/10-10/12 Atlantic City \$325pp double

12/5-12/7 White Mountains Christmas \$840pp
New Hampshire

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

L.O.C.K.S. FITNESS CENTER

The L.O.C.K.S. Fitness Center is available to Seniors 55 & older. It provides access to the most commonly used fitness equipment: elliptical machines, treadmills, recumbent bikes, and hydraulic resistance training machines. Certified trainer, Dee Abrams will provide an equipment orientation and answer your fitness questions. We are a Silver Sneakers, Silver & Fit and Renew Active approved facility. Medical release required and available at the Senior Center .



EXERCISE & WELLNESS

MONDAY

WATER FITNESS 12p-12:45p Pesci Park

Monday's and Wednesdays

Classes begin 7/6. \$5 walk in fee if no insurance

TAI JI QUAN 1:30p-2:30p

Moving for better balance! 24 week session FREE!

TUESDAY

ACTIVE EXERCISE 9:00 am

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

WEDNESDAY

TAI CHI 9:00 am

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

SENIOR STIX 10:30 am

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

WATER FITNESS 12p-12:45p Pesci Park

Monday's and Wednesdays

Classes begin 7/6. \$5 walk in fee if no insurance

TAI JI QUAN 2:30p-3:30p

Moving for better balance! 24 week session FREE!

THURSDAY

ACTIVE EXERCISE 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

CHAIR YOGA 10:15 am

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 insurance coverage

ASK THE PHYSICAL THERAPIST 12:30 PM 6/16

3rd Thursday of every month - David Chessen with Access PT. Call to register

MASSAGE THERAPY 9am 6/16

3rd Thursday of every month-Melissa Almquist, certified Massage Therapist provides 30 minute massages by appointment. Fee \$30 Call to register!

MONDAY:

BAKING WITH MARY 9AM June 13th

2nd Monday of the month *



Join us and bake Mary's famous Shortbread biscuits just in time for strawberry season! Fee: \$3

TUESDAY

QUILT CLASS TUESDAY ~ 10am

BINGO 12:30pm *

\$2 per pack of 5 games \$2 coverall.

TUESDAY TRIVIA ~ 6/28 12:30pm

Trivia with "Trivia Joe" Joe Marinone!

CRAFT CLASS ~ 12:30pm

3rd Tuesday of the Month

LADY BUG OR BEE CLOTHESPIN WREATH

June 21st 12:30 fee \$4

REGISTRATION REQUIRED
sign up by June 17th

MINI FLOWER POT GNOME

June 23rd 12:30 fee \$3

Sign up by June 17th

WEDNESDAY

WATERCOLOR CLASS ~ 12:30 PM

New Session starts June 1st at 12:30

Instructor Joe Burger returns to the Senior Center! Sign up for the first 6 week session Fee \$40 beginners welcome, come in for supply start up list.

THURSDAY

BINGO ~ 12:30pm

\$2 per pack of 5 games \$2 coverall.

SCRAPBOOKING/CRAFTTIME~12:30pm

~DROP IN ~OPEN WORKSPACE

Supplies and tools available

FRIDAY

POKER ~ 9:30am upstairs

CORN HOLE~ 9:30am downstairs

BREAKFAST CAFÉ ~ Open 9:00-11:00

Breakfast Sandwiches egg & cheese \$2

Egg cheese w/meat \$3



RESOURCES

NOTARY SERVICE Call 860-627-1425 by appt.

TECH TIME 10:30 am – June 2nd

Tech Time with Audra **1st Thursday of the month** Assistance with cell phones, tablets or computers. No fee registration required sponsored by Comfort Keepers.

FOOD SHARE ~ ST ROBERT'S CHURCH

52 South Elm Street **Fridays** 9:00 - 9:30am June 10, 24
Transportation available. Call for reservation

MAILBOX ~ The Center offers postage stamps for sale and our friendly mail carrier will pick up daily.
Mailbox is locate in the solarium!

HEALTH INSURANCE: CALL FOR APPT.

LEGAL ASSISTANCE: Atty's Kraner & Hess return to the Senior Center! New day: 3rd Wednesday of the month ~Call 860-627-1425 to schedule an appointment!

RSVP Transportation: Need transportation outside our schedule? **RSVP:** Retired Senior Volunteer Program Transportation can help! Call RSVP at (860) 519-3484. Free medical transportation provided.

PROVIDED BY COMMUNITY RENEWAL TEAM

RESOURCES FOR SENIORS:

Windsor Locks Senior Services: (860) 627-1425
Windsor Locks Social Services: (860) 627-1446
Windsor Locks Veteran's Services (860) 654-8903
City of Hartford Health and Human Services: (860) 757-4700

Elder Justice Hotline: (860) 808-5555

CT Department of Aging and Disability Services: (860) 424-5055

Senior Resource Discussion: Tuesday, June 14th, 9AM Refreshments served.

SENIOR RESOURCES DISCUSSION

HOSTED BY STATE REP. GARIBAY AND FIRST SELECTMAN HARRINGTON

TUESDAY, JUNE 14TH – 9:00AM



REP. JANE GARIBAY
60th District,
Windsor and Windsor Locks



PAUL HARRINGTON
First Selectman,
Windsor Locks

Come learn about what programs and resources are available to seniors.

With Guest Panelists:

- Anna Doroghazi – AARP CT
- Judy Stein – Executive Director of the Center for Medicare Advocacy
- Cheryl Rosenbaum – Coordinator for The Caring Connection Adult Day Center

WINDSOR LOCKS SENIOR CENTER
41 OAK ST. WINDSOR LOCKS



MUNICIPAL AGENT NOTES

AARP - Protecting Yourself from Identity Theft and Fraud

Did you know that every 2 seconds, someone's identity is stolen? Last year, 15.4 million Americans were victims of identity theft. Identity theft, investment fraud and other scams cost Americans \$16 billion last year alone.

Vigilance against scammers is the number one weapon. The AARP Fraud Watch Network is working to empower you in the fight against fraud by putting proven tools and resources right at your fingertips. Everything they offer is free – whether or not you're a member.

It provides:

- The latest, breaking scam alerts, delivered right to your inbox;
- A scam-tracking map featuring warnings from law enforcement and people in your community so you'll know what to watch out for;
- The *Con Artist's Playbook* – a handbook of interviews with con artists who reveal how they steal your hard-earned money;
- A phone number you can call to talk to volunteers trained in how to spot and report fraud. To talk to a volunteer trained in how to spot and report fraud or to request a copy of the "Con Artist's Playbook", call the AARP Fraud Watch Network Helpline at

1-877-908-3360, or @ aarp.org/fraudwatchnetwork

Watchdog Warnings:

- Never engage a stranger in a dialogue about your personal life. If you feel yourself getting emotionally excited by an offer, stop and wait at least 24 hours to give yourself time for the ether to wear off and to do some due diligence about the company.
- Whenever you get approached with an offer that is available only for a limited time or is in limited supply, beware! There are very few legitimate offers out there that can't wait for you to do some due diligence and make a rational decision.

MUNICIPAL AGENT NOTES

Remember, vigilance against scammers is the number one weapon. By being informed about the latest scams and knowing what red flags to look for, you have the power to protect yourself and your family. Visit the AARP Fraud Watch Network for tips and other information to help protect against scams @ aarp.org/fraudwatchnetwork
Best, Sue Barsanti, Municipal Agent

Dear Readers, June is graduation time, June brides, and lets not forget our dads. My Dad "Anthony Tony Basile" Born in Springfield, Ma. on October 16, 1905 to Nicola and Theresa Basile. He was one of seven. Grandpa Nicola moved his entire family back to Italy "because America was to fast" Later, Dads oldest brother John came back to America and settled in Enfield and eventually, brought my Dad to Enfield where he lived in a boarding house on Belmont Ave. Mom and Dad met each other through Mom's oldest sister Riga. Tony and Ann married after a very short courtship and lived in a small apartment right here on Grove Street. He learned the shoe repair business in Italy as a young man, and he opened his own shop "Tony's Shoe Repair" in Windsor Locks was across from St. Mary Church. I have wonderful memories of that quaint shop. My Mom, brother John worked there. My favorite day was Saturday mornings when I would see all the beautiful weddings at the church, across the street. The brides were gorgeous. Over the years many people have told me the leather smell would permeate the air when they walked in the shop. I often stopped in the shop on my way to school and put my finger on the cash register "0" and took out a 5 cents for a treat at Jonnie Cappa's. 5 cents wont get you much today! Dad was a great dad. But very strict with me, but that is another story, I am sure you know what I mean! I often go back in time and am very grateful now for being the kind of dad he was. Kind, loving, hard working, reliable and so much more I'll always Love you daddy!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMMUNITY RENEWAL TEAM JUNE 2022 CONGREGATE MENU		1 Turkey Pot Pie Brussel Sprouts Garden Salad w/ Ranch Dressing Biscuit Mixed Fruit	2 Baked Potato Beef and Bean Chili Chuck Wagon Blend Wheat Roll Fresh Fruit	3 National Donut Day Senior Center Breakfast 9:00 - 11:00 am
6 Fruit Punch Juice Vegetable Lasagna Garlic Knots Garden Salad w/ Ranch Dressing Fresh Fruit	7 Apple Juice BBQ Chicken Leg Potato Salad Roasted Corn. Corn Bread Watermelon Slices	8 Orange Juice Corned Beef Reuben Coleslaw Grilled Vegetable Medley Rye Bread Mustard Cookies	9 Baked Ziti Sweet Italian Sausage Ricotta, Mozzarella, Marinara Spinach Garlic Knot Peaches	10 Senior Center Breakfast 9:00 - 11:00 am
13 Grape Juice Chicken Parmesan Garlic Pappardelle Steamed Broccoli Garlic Knots Fresh-Baked Cookies	14 Clam Strips French Fries Price Edward Blend Ketchup PC 100 % Wheat Bread Fresh Fruit	15 Orange Juice Roast Pork loin w Gravy Corn Bread Stuffing Garlic Green Beans Dinner Roll Cheese Cake	16 CRT HOLIDAY MEAL Apple Juice Cowboy Burger w/ Onions Rings, Bacon & Cheddar Sweet Potato Fries Lettuce/Tomato, Chocolate Pie	17 Senior Center Breakfast 9:00 - 11:00 am
20 CRT CLOSED For HOLIDAY!	21 Pot Roast w/ Gravy Sweet Mashed Potatoes Green Beans Almondine Oat Nut Bread	22 Cranberry Juice Baked Chicken Wings Chicken Caesar Salad Mixed Vegetable Sweet Potatoes Fresh Baked Cookies Roll	23 Southern Catfish Seasoned Yellow Rice-California Blend Corn Bread Fresh Fruit	24 Senior Center Breakfast 9:00 - 11:00 am
27 Grape Juice Apple Glazed Pork Chop Corn Bread Stuffing Buttered Carrots Wheat Brd Fresh Fruit Frosted cake	28 American Chop Suey w/ Elbow Pasta Seasoned Green Beans Wheat Dinner Roll Fresh Fruit	29 Oven Baked Chicken Garlic Mashed Potatoes Peas & Diced Carrots 100 % Wheat Bread Fresh Fruit	30 Bratwurst w/ Carrots onions Long Grain Wild Rice Brussel Sprouts Wheat Bread P'Apples & Mandarins	Elderly Nutrition Program meals are served to persons 60 years of age or older and their spouses.