



Ettore F. Carniglia Senior Center

41 Oak Street Windsor Locks CT 06096

Email: seniorcenter@wlocks.com

www.windsorlocksct.org

SENIOR CENTER IS CLOSED ON MONDAY JULY 4TH

JULY 2022

Hours of Operation

Monday-Thursday 8am-4pm

Friday 8am-1pm

Phone: 860-627-1425

EARLY BIRD DINNER & SAVAGE BROTHERS CONCERT! July 12th - 5pm

On Tuesday July 12th the Senior Center is hosting an Early Bird Dinner. Join us at 5pm and enjoy a delicious meal with friends. We are serving pulled pork, mac & cheese coleslaw corn bread and dessert. Fee \$12, registration required. Following dinner our bus is headed to the Summer Concert being held at Southwest Park. Enjoy the music of the very popular hometown band "The Savage Brothers"



Windsor Locks Park and Recreation Department
Invites you to attend our

2022 Summer Concert Series

Tuesday Evenings 7:00 – 8:30 pm
June 28 – August 16

June 28	7:00 PM	The Monthei Brothers Band – Playing a mix of country and bluegrass music.
July 5	7:00 PM	Caribbean Beach Bums – Five guys up from the shoreline, playing and singing music from the 1960's – both planned and by request.
July 12	7:00 PM	Savage Brothers - Windsor Locks' hometown celebrities known, throughout New England and beyond, for their outstanding contemporary sound and versatile talents. <u>RAIN DATE: August 2nd</u>
July 19	7:00 PM	Still Kickin' with the Big City Horns – A 10-piece horn band delivering a variety of Classic Rock, R&B, Blues, Soul and Funk performing the greats like Tower of Power, Chicago and James Brown.
July 26	7:00 PM	Full Krew – Based out of Windsor Locks, Full Krew is "Your Good Time Party Band" playing music from the 60's through the 90's concentrating on classic rock and dance music.
August 2	7:00 PM	Savage Brothers Rain Date An additional act may be booked if this rain date is not needed.
August 9	7:00 PM	Blues Connection - A seasoned Chicago Blues and R&B band with a little early Rock & Roll thrown in.
August 16	7:00 PM	Great Hill Mountain Band - Playing a blend of what could be called "Rockin" Country and Country Rock, featuring solid three-part singing and layered instrumentation.

For questions or further information please contact the Windsor Locks Park and Recreation Department at 860-627-1420.

All concerts will be held on the lawn of Southwest Elderly Housing located at 124 Southwest Avenue in Windsor Locks. In case of rain, all concerts, except the Savage Brothers on July 12, will be moved to the Windsor Locks Senior Center, 41 Oak Street. The Savage Brothers concert will be rescheduled to the rain date listed above.

STATELINE SENIOR SERVICES– Tuesday 7/19 "Original Medicare vs. Medicare Advantage"

On Tuesday July 19th at 10am Stateline Senior Services Senior Advisors will present the pros and cons of original Medicare and Medicare Supplement coverage vs Medicare Advantage plans. They will also share information new supplemental policies that can help with copays, prescription costs, home care and the guidelines to qualify for prescription and medical assistance. Join us for this no cost no obligation educational workshop. Call the Senior Center to reserve a seat walk ins are welcome. Refreshments served.

Breakfast by Bickford's- Wednesday July 13th

Our friend Kyle from Bickford Healthcare will be at the Center on Wednesday, July 13th with 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 - Wednesdays at 1:00

Need help with your smart devices? The Senior Center is collaborating with Youth Services and will provide a 7 week session (6/29 – 8/10) 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 - Tai Ji Quan for Better Balance

Mondays: 1:30 Wednesdays 2:30

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. Class is held Mon 1:30 and Wed 2:30 There is no fee for this class, limited spots are available.



SAVE THE DATE:

AUGUST 9TH BINGO IN THE PARK !

MORE DETAILS TO FOLLOW....

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, 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

2 Windsor Locks Senior Center & Mini Bus Transportation



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, July 20th

Megs Point Nature Center

Lunch at Lenny and Joes.



Tuesday, July 12th

Early Bird Dinner @ Senior Center 5pm followed by Concert at Southwest Park- (bring a lawn chair) Not attending dinner? Transportation to the concert is available by calling Sherry 860-627-1426

CHARTER BUS TRIPS

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 forms 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 7/14

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

MASSAGE THERAPY 9am 7/14

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 Sept. 12th

2nd Monday of the month *



Mary is on summer break.
Septembers class will be baking
Mary's delicious banana bread!

TUESDAY

QUILT CLASS TUESDAY ~ 10am

BINGO 12:30pm *

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

TUESDAY TRIVIA ~ 7/26 12:30pm

Trivia with "Trivia Joe" Joe Marinone!

CRAFT CLASS ~ 12:30pm

3rd Tuesday of the Month

NEW DATE DUE TO VACATION SCHEDULE:

TUESDAY JULY 5TH

MINI FLOWER POT GNOME

July 5th 12:30 fee \$3

Sign up asap!

WEDNESDAY

WATERCOLOR CLASS ~ 12:30 PM

Instructor/ Artist Joe Burger returns to the Senior Center for watercolor instruction. 6 week session, fee \$40. Beginners welcome, come in for supply start up list. Join mid session for weekly fee \$ 7 or ask us for the new session start date.

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 – NO JULY TECH TIME

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 July 8 & 22nd
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

AARP: (866) 295-7279 and www.states.aarp.org/connecticut/

Long Term Care Ombudsman: (860) 424-5200 and ltcop@ct.gov

Center for Medicare Advocacy: (860) 456-7790

Office of Healthcare Advocate: (866) 466-4446

Alliance for Retired Americans:

www.retiredamericans.org



JULY BIRTHDAYS:



HAPPY 80TH BIRTHDAY FREDERICK BARBERI

HAPPY 90TH BIRTHDAY PAT GALE

ENJOY YOUR SPECIAL DAY!

MUNICIPAL AGENT NOTES

The Importance of Hydration - Especially for Senior's

Seniors are at greater risk for dehydration as the sense of thirst diminishes with age. It's not known exactly what causes this reduction in thirst although older adults are more likely to have health conditions and as a result, take preventative medications that increase the dehydration risk.

Water is necessary for nearly every bodily function from lubricating joints to regulation of body temperature and pumping blood to the muscles. So not getting enough fluids can result in serious health consequences by causing damage to the kidneys, heart and brain. Dehydration is a common reason of hospitalization among elderly people at any time of the year, but especially during the summer months. The best way to avoid dehydration is by frequently drinking fluids throughout the day.

Here are some simple ideas to make sure your body gets the water it craves:

- Choose foods with high water content (cucumbers, watermelon, lettuce, strawberries, tomatoes, celery, low sodium soups, broths & stews)
- Keep water with you always. Carry a refillable water bottle with you wherever you go.
- Avoid or reduce your alcohol & caffeine intake. Alcohol (even beer), caffeinated coffee and soda are diuretics which means they are prompted by your body to remove fluids from your bloodstream.
- Plan to drink more water if you're going to be out in hot or humid conditions, or if you're going to be exercising.

If you are unsure of your hydration needs, talk to your Healthcare Provider to find out how much water you should be drinking each day.

MUNICIPAL AGENT NOTES

Making sure you get enough water intake each day is an easy yet vitally important way to stay healthy and active as an older adult.

Have a Safe, Happy & Hydrated Summer.



July Tip of the Month

Being able to clean your own house as you get older, even if it's just a few chores, provides an important sense of self independence and achievement.

Here is a quick and easy way to clean your lampshades that always seem to collect a lot of dust and allergens. Lampshades can be difficult to clean because of their odd shapes, and trying to vacuum them is challenging and awkward. A simple and very effective solution is to run a lint roller up and down them a few times – you will be amazed at the results!

Sue Barsanti
Municipal Agent

Happy Retirement Charlie Siedlecki

Congratulations to Senior Center Bus Driver Charlie Siedlecki. Enjoy the good life ! We will miss your smile, positive attitude and most of all your hysterical sense of humor !

BUS PASS RENEWAL: It's time to renew your bus pass! Fee: \$30 Stop into transportation or mail your check payable to: Windsor Locks Senior Center 41 Oak Street Windsor Locks Ct 06096 All checks must be dated July 1st or after.

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
JULY CONGREGATE MEAL MENU 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 what you can afford.				1 BBQ Chicken Leg Potato Salad Seasoned Corn Corn Bread Watermelon Slice
4 CRT Closed In Observance of Fourth of July	5 <u>Nat'l Hot Dog & Beans Month</u> Grape Juice Beef Hot Dog / Hot Dog Bun Mustard, Relish and Ketchup Baked Beans Creamy Cole-slaw Home-Baked Cookie	6 Orange Juice Cobb Salad w/ Bacon, Hard-boiled Egg, Red Onion, Cherry Tomatoes and Avocado / Ranch Dressing / Dinner Roll Fresh Fruit	7 Italian-Style Meatballs Baked Ziti w/ Mozzarella Seasoned Green Beans Garlic Knot Fresh Fruit	8 Baked Pork Chop / Gravy Corn Bread Stuffing California Blend Veggies 12 Grain Bread Pineapples & Mandarins
11 Apple Juice Beef & Bean Burrito Rice & Beans Roasted Corn Fresh Fruit	12 Tomato Soup Grilled Cheese & Tomato Sandwich Curly Fries / Catsup Cole-slaw Fresh Fruit	13 Orange Juice Margherita Pizza Garden Salad w/ Toms & Cucumbers / Dressing Brownie	14 General Tso Chicken Vegetable Fried Rice Asian Vegetable Blend 2 Grain Bread Applesauce	15 Fruit Punch Juice Hamburger w/ Lett, Tom, Cheese on Kaiser Roll / Ketchup / Mustard Tortellini Salad / Biscuit w/ Berries / Topping
18 Orange Juice Meat Ravioli w/ Sauce California Blend Veggies Garlic Bread Fresh Fruit	19 Grape Juice Greek Chicken Salad w/ Romaine Lettuce; Lemons ; Feta Cheese ;Cucs ; Cherry Toms ; Red Onions ;Black Olives / Pita Chips / Frosted Carrot Cake	20 <u>Nat'l Fortune Cookie Day</u> Fruit Punch Juice Teriyaki shrimp Skewers Fried Rice / Broccoli Oatnut Bread Fortune Cookie	21 Spinach & Tomato Quiche Lyonnaise Potatoes Asparagus Rye Bread Fresh Fruit	22 Popcorn Shrimp Crinkle Fries / Catsup Vegetable Medley Wheat Dinner Roll Fresh Fruit
25 Apple Juice Meatloaf w/ Veg Gravy Seasoned Eggnoodles Spinach / 12-Bread Frosted Cake	26 Chicken Fajita w/ Peppers / Onions / Red Rice & Beans / 4-Way Vegetable Blend / Peaches	27 BBQ Beef Brisket Macaroni & Cheese / Brussel Sprouts / Rye Bread / Fresh Fruit	28 Chicken Alfredo with Penne Pasta Broccoli Florets / 100 % Whole Wheat Bread / Fruit Cocktail	29 <u>National Lasagna Day</u> OJ / Vegetarian Lasagna/ Italian Mix Veggies / Garlic Knot / Home baked Cookie