



# Windsor Locks Senior Center

41 Oak Street Windsor Locks CT 06096

Email: seniorcenter@wlocks.com

www.windsorlocksct.org

## August 2022

### Hours of Operation

Monday-Thursday 8am-4pm

Friday 8am-1pm

Phone: 860-627-1425

Fax: 860-292-6947



## BINGO IN THE PARK ! Summer Celebration

Tuesday August 9th 12 noon

Veterans Memorial Park Pavilion ~ Southwest Avenue

We are partnering with the Your Services Program for some summer fun

BRING YOUR OWN BAG LUNCH AND ENJOY A PICNIC  
WITH FRIENDS IN THE BEAUTIFUL PARK SETTING.

Bingo Fun provided by our friends from:

**"GET YOUR BINGO ON"**

Shaved Ice Treats from:  
**KONA ICE TRUCK**



FOLLOWING LUNCH WE WILL BE SERVING SWEET TREATS AND ENJOY  
THE KONA ICE TRUCK!

FREE BINGO STARTS AT 1:15 ~ PRIZES & FUN!!!

Registration required.

Please call us 860-627-1425x2 seating limited

Sponsored by :



IN CASE OF INCLEMENT WEATHER THE EVENT WILL TAKE PLACE AT THE SENIOR CENTER

## MEDICARE WORKSHOP - Tuesday 8/16

On Tuesday August 16th 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 co-pays, prescription costs, home care and the guidelines to qualify for prescription and medical assistance. Join us for this no cost no obligation educational workshop. Registration required. Refreshments served.

## 2022 SUMMER CONCERT SERIES

Tuesday Evenings 7pm-8:30pm Southwest Housing 124 Southwest Ave. Bring a lawn chair and enjoy an outdoor concert! in case of rain, concerts will be held at the Senior Center Transportation Available call Sherry 860-627-1426

- 8/2 Pending rain date for July 12th Savage Brothers
- 8/9 Blue Connection : A Seasoned Chicago Blues and R & B band with a little early Rock & Roll thrown in
- 8/16 Great Hill Mountain Band: Playing a blend of what "Rockin" Country and Country Rock, featuring solid three-part singing and layered instrumentation.

## BREAKFAST BY BICKFORD'S- Wednesday 8/10



Our friend Kyle from Bickford Healthcare will be at the Center on Wednesday, August 10th 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! Registration required.



From July 1st - September 5th, Connecticut children age 18 and under plus one accompanying Connecticut resident adult can visit participating museums free of charge through the "Connecticut Summer at the Museum" program. It's a great time to plan a visit with the Grandchildren!

Below is a few of the Museums in the Hartford County area; Some of which are in our own backyard! Connecticut Trolley Museum, East Windsor

- Connecticut Old State House, Hartford
- Lutz Children's Museum, Manchester
- New England Air Museum, Windsor Locks
- Old New-Gate Prison & Copper Mine, East Granby

For a full list go to : <https://www.ctvisit.com/articles/connecticut-summer-museum-2022-free-admission-kids>

## INSURANCE ASSISTANCE PROGRAM

Connecticut's Program for Health Insurance assistance



The Senior Center is happy to announce that Heidi Gilmore, Director of Social Services is now a certified Choices Counselor. If you have questions or need assistance with health insurance coverage you may call 860-627-1446 to schedule an appointment

**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



# SENIOR BUS SCHEDULE



## EXERCISE & WELLNESS

### 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 TRIPS

**Wednesday, August 17th**

We are keeping cool with a trip to the movies ! Movie selection to be determined the week of trip. Lunch at Panera Bread following show.



**Wednesday, August 31st**

Ocean State Job Lot Southwick MA. & Lunch at the Summer House **Sign up with Sherry**

### CHARTER BUS TRIPS

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.**

### Vinnies Little Acre Senior Discount Day

We've added a stop on Mondays! Get your fresh fruits and veggies at Vinnies Little Acres

### 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 .

### MONDAY

**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

**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 8/18**

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

**MASSAGE THERAPY 9am 8/18**

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

### IMPORTANT MESSAGE TO ALL PARTICIPANTS:

- Please be sure to sign in the visitor log located at the buildings main entrance.
- If you have Silver Sneakers or Renew Active insurance coverage please be sure to log your visit in the Fitness Center. If you have trouble swiping your card, please see office staff for assistance.

**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 \*NO BINGO LAST TUES. OF THE MONTH (TRIVIA TUESDAY)**

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

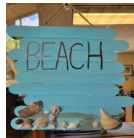
**TUESDAY TRIVIA ~ 8/30 12:30pm**

Trivia with "Trivia Joe" Joe Marinone!

**CRAFT CLASS ~ 12:30pm**

3rd Tuesday of the Month

**Beach Theme Decoration**  
August 16th 12:30 fee \$3  
Sign up by August 11th



**WEDNESDAY**

**WATERCOLOR CLASS ~ 12:30 PM**

Instructor/ Artist Joe Burger ~ 6 week session,  
fee \$40. Beginners welcome, come in for sup-  
ply 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 ~ 9am**

Join us for a delicious breakfast every Friday!  
Weekly Menu posted in Café... no sign up re-  
quired just stop in and see what's cooking!  
(No CRT lunches served on Fridays)



**RESOURCES**

**NOTARY SERVICE** Call 860-627-1425 by appt.

**TECH TIME 10:30 am – August 4th**

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 August 5, 19  
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 ap-  
pointment!

**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 .

**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  
Center for Medicare Advocacy: (860) 456-7790  
Office of Healthcare Advocate: (866) 466-4446

**AARP SAFE DRIVER COURSE**

**September 12th 9am**



"When you take the AARP Smart Driver™  
online course, you could be eligible for a  
multi-year discount on your auto insurance.\* Plus safer driving  
can save you more than just money. The course teaches proven  
driving techniques to help keep you and your loved ones safe  
on the road. " AARP Members \$20 non members \$25 payable  
to AARP . Call to register. Space limited!

**AUGUST BIRTHDAYS:**

**HAPPY BIRTHDAY**

**JOANN SUPPLE August 13th!**

And a Very **HAPPY BELATED BIRTHDAY:**

**Helen Sturgis - Happy 100th**

**Fern Gagne - Happy 101**



## MUNICIPAL AGENT NOTES

### The Benefits of Exercise and Senior's

We all know that we need to exercise, but the reason why it's so important isn't always known or understood by everyone. There are SO many benefits of exercise, but it all boils down basically it is to maintain our quality of life especially as we grow older. That doesn't mean that you need to exercise the same way as you might have in your younger years. It only makes sense to modify your exercise routine to what your body can do at this moment in time, and then to continue to make adjustments along the way. Just know that doing something is always better than doing nothing, in fact experts are encouraging everyone, especially older adults, to move more and sit less throughout the day.

Regular physical activity is one of the most important things you can do for your health, right now and in the future. Being physically active can improve your brain health, help manage your weight, reduce the risk of disease, strengthen your bones & muscles, increase a more restful sleep, reduce stress, and improve your ability to perform everyday activities. The list of health benefits is endless.

If you've never formally exercised, or you are looking to get back into a healthy routine, look no further than the various Fitness Classes that are offered through our own Senior Center. Each Class is specifically designed to get you into "the groove" of a healthier life style without the worry of what you need to do to achieve it. Remember also that the Senior Center Fitness Center Gym is a great place to exercise your heart and burn calories by using the treadmills, elliptical machines, or recumbent bikes, especially if it's too hot or cold outside. There are also numerous weight machines and free weights to help keep your muscles and bones strong. If you're feeling intimidated, don't hesitate to set up an appointment with our Certified Trainer Dee Abrams, who will guide you through the use of the equipment and will answer any fitness questions you might have.

And remember to keep healthy, there's always walking for 30 minutes or more each day along with some moderate strength training, by either taking a Class or by going on the internet to find a weight training routine that is easy to follow can sometimes be the best option for you. Exercise is supposed to be fun, and it usually is especially once you get into it and

realize how much better you feel afterwards. Not only does it improve your mood but it also has a way of encouraging you to make healthier food choices throughout the day.

Exercise is the gift you can give to yourself everyday – embrace it for a happier & healthier you!

*Sue Barsanti, Municipal Agent*

*Positive Thoughts for the Soul*

*"Instead of counting the days, make each day count. Time is not going to be on your side forever, so enjoy every breath, every moment and try to make the best out of each day."* **Roger Lee**

*Dear Friends,*

*Hope your having a good summer. Some of you I've seen on the bus, going to Dr.'s appts.! That's no fun! The Dr's do take good care of us, Right? Some of the ladies look darn good for almost 90 plus years. I guess they've been to the 'fountain of youth'? Is that in Florida? No wonder they call us up north in the winter 'snow birds'...we just flap our wings and fly down! All kidding aside, I'm taking a 7 week tech class at the Senior Center to help with my tablet, with the assist of our high school students. When I am in class with them, it makes me feel young again, like I'm in high school too! I do most of the talking but we laugh a lot, they are so funny and do they know technology! I have a lot to learn in the next 3 weeks. One week the director brought hot fudge sundaes to us. She looked like an ad for Friendly's. That's probably what Ann Marie did for a summer job when she was a 'hip' gal. Since I just had a Hoodsie Cup before I left home, I had to refuse. On the 75th anniversary of Hoodsie Cups, they brought back the wooden spoon! Only 100cal. for you calorie watchers!! I'm off track now, back to my class...I'm no match to these kids. I thought I at least knew something about my tablet! With only 3 classes to go, I can tell you right now I will be getting a D-....Oh well there's always next year! Enjoy the summer, love you all!*

*Mary Ann Giannelli*

*P.S. One little girl had auburn hair, just like me when I was her age! Memories...*

**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**

<b>1 Italian Sausage w/ Peppers &amp; Onions Linguini / Broccoli Normandy / Oatnut Brd/ Fresh Fruit</b>	<b>2 Orange Juice Baked Airline Chicken Potato Stuffin' ( Potatoes w/ Onions, Carrots &amp; Celery ) Green Beans / Wheat Roll Apple Nut Pie ** <u>Contains NUTS</u></b>	<b>3 <u>National Watermelon Day</u> Salisbury Steak w/ Gravy Egg noodles Mixed Vegetables Wheat Bread Fresh Watermelon Slice</b>	<b>4 Grape Juice Chili Cheese Dog on Hot Dog Roll Baked Potato Fries / Catsup Seasoned Carrots Pudding w/ Topping</b>	<b>BREAKFAST</b>
<b>8 Cheese Lasagna w/ Tom Sauce / Vegetable Medley / Italian Bread / Fresh Fruit</b>	<b>9 Grape Juice Maple-Glazed Kielbasa Mustard / Mashed Potatoes Prince Edward Blend Veg / Rye Bread / Frosted Cake</b>	<b>10 Honey Mustard Grill Chicken Sandwich on Kaiser Roll w/ Sliced Tomato / Lettuce / Mustard &amp; Mayo / Potato Salad / Fresh Fruit</b>	<b>11 Meat Raviolis / Tomato Sauce 4-Way Vegetable Blend Parmesan Cheese Garlic Knot Fresh Fruit</b>	<b>BREAKFAST</b>
<b>15 Orange Juice / Crab Cake / Wheat Hamb Bun Tartar Sauce / Sliced Tomatoes Lettuce / Macaroni Salad / Fresh Fruit</b>	<b>16 <u>National Catfish Month</u> Southern Style Catfish Seasoned Yellow Rice Spinach 12 Grain Bread Fresh Watermelon Slice</b>	<b>17 Grape Juice / Corned Beef / Boiled Potatoes / Braised Cabbage &amp; Carrots / Mustard / Wheat Dinner Roll / Frosted Cake</b>	<b>18 Orange Juice Pepperoni &amp; Cheese Pizza Tossed Greens w/ Cherry Tomatoes and Cucumbers / Ranch Dressing Fresh Fruit</b>	<b>BREAKFAST</b>
<b>22 Country Fried Steak / Gravy / Garlic Smashed Potatoes / Brussels Sprouts / Rye Bread / Fresh Fruit</b>	<b>23 Stuffed Cabbage w/ Tomatoes White &amp; Wild Rice Blend Capri Blend Vegetables 12 Grain Bread Fresh Fruit</b>	<b>24 Italian Wedding Soup Chef Salad w/ Romaine Lettuce ; Julienned Ham, Turkey, Cheese / Cherry Tomatoes / Cucumbers / Onions / Dressing / Garlic Knot / Baked Cookie</b>	<b>25 <u>Nat'l Eat A Peach Month</u> 100 % Fruit Punch Juice Orange Marmalade Pork Mash Potatoes / California Veggies / 100 % Whole Wheat Bread / Peach Pie</b>	<b>BREAKFAST</b>
<b>29 Grape Juice Spaghetti &amp; Meatballs w/ Marinara Sauce / Parmesan Cheese / Vegetables / Roll Fruit Oatmeal Bar</b>	<b>30 Orange Juice / Grill'd Ham Steak / Scrambled Eggs / Catsup / Grill'd Asparagus / Home Fries / Cinnamon Roll</b>	<b>31 BBQ Chicken Leg Mashed Potatoes Seasoned Corn/ Corn Muffin Loaf / Fresh Fruit</b>	<b>AUGUST CONGREGATE MEAL MENU ELDERLY NUTRITION PROGRAM MEALS ARE SERVED MON-THUR TO PERSONS 60 YEARS AGE OR OLDER AND THEIR SPOUSES . SUGGESTED DONATION \$3.00 OR WHAT YOU CAN AFFORD. REGISTRATION REQUIRED BY NOON THE DAY BEFORE. 860-627-1425 X4</b>	