



Windsor Seniors' Newsletter

WINDSOR SENIOR CENTER · 599 Matianuck Avenue · Windsor, CT 06095 · 860- 285-1992

JUNE 2017

Windsor's Shining Stars Senior Talent Show!

It's almost showtime!!! Join us for our third annual Windsor's Shining Stars Senior Talent Show on **Wednesday, June 14**, from **1:00 PM to 3:00 PM** in our auditorium! From singing to dancing, comedy to poetry, to playing a musical instrument ~ ALL talents welcome and we encourage you to sign up for this awesome event. Prizes, Prizes, Prizes, Fun, Fun, Fun! Sponsored and judging provided by Seabury. **Entrants must complete and submit an entry form ASAP. Forms are available in the Senior Center office. Audience participants please sign up in the Senior Center office or call 860-285-1992. Free!**

Rise 'n Shine Father's Day Breakfast

On Thursday, **June 15**, from 9:00 AM to 10:00 AM, our hosts, Bloomfield Center for Nursing and Rehabilitation, will provide a **delicious breakfast** of French Toast Sticks, scrambled eggs, hash brown potatoes, bacon, sausage, orange juice, and coffee/tea for all seniors, especially honoring dads! There will be a raffle, plus DJ Sir James, of Panda Homecare, will be providing the game "**Are You Smarter than a Senior**" from 10:00 AM to 11:00 AM, with some great prizes! Sign up in the office, or call 860-285-1992, *beginning Thursday, June 1st. No exceptions. Limit 100 people. Free!*



National Chocolate Ice Cream Day!

Join us on Wednesday, **June 7**, at 1:00 PM in our Senior Center café for an afternoon with trivia, raffle prizes, and ice cream to celebrate National Chocolate Ice Cream Day! It will surely be a fun afternoon! Seating limited, so please sign up soon in the office, or call 860-285-1992. Sponsored by Parkway Pavilion.

Early Bird Supper

This month's early bird supper will be held on Tuesday, **June 27**, from 5:00 PM to 6:30 PM. Join us for Beef Bourguignonne over parsley noodles, tossed salad, dinner rolls, coffee/tea, with sheet cake and ice cream for dessert! Hosted by Stonebrook Village At Windsor Locks. Sign up in the office, online, or call 860-285-1992. **Sign up by June 22. \$8.00.**

Let's Go to the Beach!

Join us on Tuesday, **June 20**, for a trip to Hammonasset Beach State Park! The bus departs the Senior Center at 8:30 AM and will return at approximately 2:00 PM. Please bring one personal bag and a beach chair. Pack a lunch, water, bathing suit, towel/blanket, beach umbrella (if you have one), and don't forget your sunscreen, hat, and sunglasses! Transportation is also available from your home. Cost is \$3.00. Sign up in the office, or call 860-285-1992. Limit 14 beach-goers.



Detecting Early Signs of Dementia

June is Alzheimer's and Brain Awareness Month. On Thursday, **June 29**, from 10:45 AM to 11:45 AM, Kate Bartelmo, MSW, of Kimberly Hall, will present the informative program "**Oops, I Lost My Keys.**" Kate will discuss some of the normal signs of memory loss which come with age, as well as signs and symptoms of Alzheimer's dementia. Also, learn how make lifestyles changes that can help with memory. Sign up in the office or call 860-285-1992. Refreshments served. Free!



Daytime Mall & Shopping Trips

Please call **860-285-1846** by noon at least 2 days in advance to sign up for these shopping trips, and for more information:

- Enfield —** Tues - June 6
- Manchester —** Tues - June 13
- Wal-Mart/Big Y —** Wed - June 14 & 28
- Target/Stop&Shop —** Wed - June 7 & 21

"Art Class with Christine"

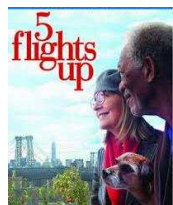
Join us on Wednesday, **June 7 and 14**, from 9:30 AM to 11:30 AM to get in touch with your inner artist! During this class we will create a beautiful 16"x20" acrylic painting on canvas of a moonlit Eiffel Tower, entitled "Spring Time In Paris." No experience needed, just come and enjoy yourself while you create your masterpiece! \$15 for 2 classes, all materials included. Sign up in the office or call 860-285-1992. Sponsored by Homewatch CareGivers.

♪ Happy Birthday to You! ♪

If you have a birthday this month, come celebrate on Wednesday, **June 28**, from 11:45 AM to 12:30 PM with entertainment! Free cake for everyone donated by Geissler's. Birthday surprises and entertainment provided by **Windsor Health & Rehabilitation**. Call 860-285-1992 by **June 22 to sign up**. No exceptions.

Windsor Senior Center's Annual Summer Picnic!

Mark your calendars! Our summer picnic will be held at Northwest Park on Friday, **July 21**, from 11:00 AM to 2:30 PM (rain date July 26). Join us for a BBQ lunch of burgers, hot dogs, veggie burgers, salads, munchies, desserts, and soft drinks! There will be plenty of fun with our popular raffle, games, bingo, music, dancing and more! Shuttle available right to the pavilion and Dial-a-Ride available to the park. **\$10.00; \$12.00 after July 14**. Sign up in the office or call 860-285-1992.



MOVIE OF THE MONTH!

Join us in the Senior Lounge on Tuesday, **June 20**, from **12:45 PM to 3:00 PM** to watch the 2014 movie "5 Flights Up." Rated PG-13, this amiable adaptation of a Jill Ciment novel about an ageing couple selling their beloved Brooklyn apartment, is charmingly played by its well-cast, ever watchable leads. Morgan Freeman and Diane Keaton have unexpectedly great chemistry in this warm and funny comedy! Sign up in the office or call 860-285-1992. Free, including popcorn and soda!

~ Holiday Hill Senior Picnic ~

Mark your calendars now for the Holiday Hill Senior Picnic in Prospect, CT on Monday, **August 21**. Did you attend last year's picnic? If not, you missed a day full of fun, dancing and merriment! Unlimited breakfast buffet, lunch truck, heated pools, bocce and bingo games, and raffles with great prizes! Limited number of tickets, so sign up early *beginning July 17 until August 12*. Call 860-285-1992. \$35.00.

SUMMER EXERCISE

Prices & dates may be subject to change



Exercise Class	Session Dates	Cost
Yoga—Thursdays 10:00 am - 11:00 am	May 4—June 29	\$45
Tai Chi / QiGong Beg. Fridays 10:00 am - 11:00 am	June 2—June 30	\$25
Tai Chi / QiGong Int / Adv Monday & Friday 8:00 am - 10:00 am	June 2—June 30	\$45
Shape Up & Work Out Mon., Wed. & Fri. 8:30 am - 9:30 am	June 2—June 21	\$36
Sit, Stretch & Groove Monday & Wednesday 10:00 am - 11:00 am	June 5—June 21	\$24
Outdoor Water Fitness Classes Monday & Wednesday Welch Park Pool 9:00 AM - 10:00 AM	June 26—Aug 2	\$60



TRIPS

Evening & Weekend Trips

Call **860-285-1992** to sign up. Transportation available from your home; cost of meals and/or fees are your responsibility.

- ☺ **June 3 ~ Lee Outlets**, Lee, MA; bus leaves 9:00 AM; lunch TBD; returns 2:00 PM.
- ☺ **June 6 ~ Tuesday, Pasticceria Italian Bakery**, Bloomfield; bus leaves 3:00 PM; dinner at 4:00 PM at **Park Ave. Pizza**, Bloomfield; returns after dinner.
- ☺ **June 8 ~ Thursday, Deep Sea Fishing**, Waterford; bus leaves 6:30 AM; returns 3:00 PM. \$69.00 pp.
- ☺ **June 11 ~ Sunday, Brunch at Wiggin's Tavern**; Northampton, MA; bus leaves 10:00 AM; returns after brunch.
- ☺ **June 16 ~ Friday, Mohegan Sun Casino**; coach bus leaves 4:00 PM; returns at midnight.
- ☺ **June 17 ~ Saturday, Meriden Mall**; Meriden; bus leaves 9:00 AM; lunch in Food Court; returns after lunch.
- ☺ **June 22 ~ Thursday, New England Air Museum**, Windsor Locks; bus leaves 10:00 AM; returns after trip. \$11.50 pp seniors.

CLUBS & CLASSES

Adult Coloring Group— Meets every **Thursday** in the Senior Center. All supplies provided. Free! Just stop by between 9:30 AM and noon!

Bowling— The Windsor Sportsters' co-ed bowling league meets every **Monday** from 10:00 AM to 12:00 PM at Bradley Bowl. Cost is \$11.00 for three games.

Computer Classes: *Currently looking for volunteers experienced in Word and Office 2013, Windows, and email instruction, to teach our patrons at our senior center. Please see Rebecca in the office or call 860-285-1992.*

Coffee Talk— Coffee, tea, current events... every **Monday and Friday** from 9:00 AM to 10:00 AM. Stop by!

Crafty Fingers— Meets every **Friday** from 10:00 AM to noon. Bring your supplies and creative ideas. Learn how to knit & crochet! Storage available. Free!

CLUBS / CLASSES



French Club— Join us for conversations in French every **1st & 3rd Friday** from 1:30 PM to 2:30 PM. Free!

Genealogy Club— Research your family tree on **Monday, JUNE 12**, from 10:00 AM to 11:30 AM. Computer experience not necessary. Join us! Free!

Hiking Club— Hike with the Happy Hikers! Call the Senior Center for more details. 860-285-1992.

Line Dancing— Meets every **Friday** from 1:30 PM to 3:00 PM in the Ballet Room. Men and women are invited to join the fun. Free!

MahJongg— Meets every **Monday and Thursday** from 1:00 PM to 3:30 PM in the Senior Lounge. Free!

Multi-Cultural Dance Group— Join us **Fridays** from 3:00 PM to 4:00 PM in Ballet Room. All are welcome to learn; moves can be done while seated. Free!

Pickleball— **Additional hours!** Games are played on **Mon. 10-2:00; Tues. 10-noon; Wed. 11-2:00; Thurs. 10-noon; Fri. 9-11:00. New players welcome. We'll show you how to play! Just drop in! Free!**

Quilting Club— The First Towne Quilters meet in the Craft Room on the **2nd and 4th Wednesdays** from 12:30 PM to 2:30 PM. All welcome! Free!

ROLEO Group— Meets **3rd Friday** of each month at **Friendly's**, Rt. 75, Windsor Locks, at 9:00 AM. New women members welcome. Come eat, chat & enjoy!

ROMEO Group— Meets **2nd Friday** each month at Bart's Restaurant, Windsor, at 8:00 AM for breakfast and conversation. New men members welcome!

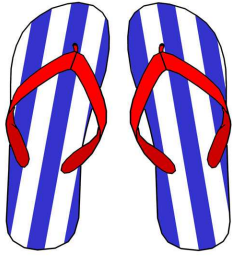
Tap Dancing— Have some fun every **Thursday** from 1:00 PM to 3:00 PM in the auditorium. Men and women are invited to join. In the auditorium. Stop by! Free!

Walking Club— Walk with the Jolly Jaunters every **Tuesday and Thursday** at 9:00 AM. **Call the Senior Center for information on walking locations and to be on the contact list.** 860-285-1992.

Wii Bowling— Join us for Wii Bowling in the Senior Lounge every **Wednesday** from 1:00 PM to 3:00 PM, for good fun and camaraderie. Free! **New players welcome!**

Windsor Whirlers— Square Dancing every **Thursday** from 1:00 PM to 3:00 PM in the Fitness Room. Come and try us out. No partner needed.

WOW (Watch Our Weight) — Meets every **Wednesday** from 9:00 AM to 11:00 AM in Room AP1. Gain support while taking off weight. Call 860-688-2515.



June 2017



8:00.....Tai Chi/QiGong—Int./Adv
 8:30.....Shape Up & Work Out
9:00.....Coffee Talk
 10:00...Pickleball
 10:00...Sit, Stretch & Groove
 10:00...Bowling
11:30...Zumba Gold
 12:45...BINGO
 1:00....Mahjongg

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9:00....Jolly Jaunters
 10:00...Bridge
10:00...Windsor Trail Riders
 10:00...Pickleball
 12:45...Setback
**3:00....Pasticceria Italian Bakery w/
 dinner at 4:00 at Park Ave.
 Pizza**

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8:30....Shape Up & Work Out
 9:00.....Cribbage
 9:00.....WOW
9:30....Art Class with Christine
10:00...WIN-TV Senior Voice
 10:00...Sit, Stretch & Groove
 11:00...Pickleball
 11:30...Posture, Strength & Yoga
12:45...Progressive WHIST
 1:00.....Wii Bowling
1:00.....Ice Cream Treat in café

8:00.....Tai Chi/QiGong—Int./Adv
 8:30.....Shape Up & Work Out
9:00.....Happy Hikers
9:00.....Coffee Talk
 10:00...Sit, Stretch & Groove
 10:00...Pickleball
10:00...Genealogy Club
 10:00...Bowling
11:30...Zumba Gold
 12:45...BINGO
 1:00.....Mahjongg

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9:00....Jolly Jaunters
 10:00... Bridge
10:00...Windsor Trail Riders
 10:00...Pickleball
 12:45...Setback
 1:00....Windsor C.A.R.E.S.

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8:30....Shape Up & Work Out
 9:00.....Cribbage
 9:00.....WOW
9:30....Art Class with Christine
 10:00...Sit, Stretch & Groove
10:30...“Ask the Nurse” BP Clinic
10:00...Craft Sale in café
 11:00...Pickleball
 11:30...Posture, Strength & Yoga
 12:30...Quilting Club
 1:00.....Wii Bowling
**1:00....Windsor’s Shining Stars Senior
 Talent Show!**

8:00.....Tai Chi/QiGong—Int./Adv
 8:30.....Shape Up & Work Out
9:00.....Coffee Talk
 10:00...Pickleball
 10:00...Bowling
 10:00...Sit, Stretch & Groove
 12:45...BINGO
 1:00.....Mahjongg

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8:30....Hammonasset Beach!
9:00....Jolly Jaunters
10:00...Windsor Trail Riders
 10:00...Bridge
 10:00...Pickleball
 11:00...Diabetic Support Group
 12:45...Setback
12:45...Movie of the Month

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8:30....Shape Up & Work Out
 9:00.....Cribbage
 9:00.....WOW
9:30....MEMORY SCREENINGS
10:00...WIN-TV Senior Voice
 10:00...Sit, Stretch & Groove
 11:00...Pickleball
 11:30...Posture, Strength & Yoga
1:00....Golden Fellowship Meeting
 1:00...Wii Bowling
4:00.....EVENING BINGO!

8:00.....Tai Chi/QiGong—Int./Adv
 8:30.....Shape Up & Work Out
9:00.....Coffee Talk
9:00....Outdoor Water Fitness
 10:00...Pickleball
 10:00...Bowling
 10:00...Sit, Stretch & Groove
 12:45...BINGO
 1:00.....Mahjongg

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9:00....Jolly Jaunters
9:30....Hearing Clinic
 10:00...Bridge
10:00...Windsor Trail Riders
 10:00...Pickleball
 12:45...Setback
5:00....Early Bird Supper

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8:30....Shape Up & Work Out
 9:00.....Cribbage
 9:00.....WOW
9:00....Outdoor Water Fitness
 10:00...Sit, Stretch & Groove
 11:00...Pickleball
11:45...Birthday Lunch
 12:30...Quilting Club
 1:00.....Wii Bowling

HEALTH & WELLNESS CLINICS AT WINDSOR SENIOR CENTER

"ASK THE NURSE" & Blood Pressure Clinic

Meet our new nurse, Zenna, from Touchpoints at Home
June 14 — 10:30 AM to noon

FOOT CLINIC by Pedi-Care Services, LLC

June 15 & 22 — 9:00 AM to 2:00 PM; \$29.00

FREE HEARING CLINIC

June 27 — 9:30 AM to Noon — Call for appt.

COMFORT TOUCH MASSAGES by Corinne
Every Friday — 9:00 AM to 2:30 PM; \$1 per min

Appointments required for all clinics.

Call 860-285-1992 to schedule an appointment.

Weekly Cards & Games

Cribbage

Wed

9:00 AM

Bingo

Mon & Fri

12:45 PM

Setback

Tue & Thu

12:45 PM

Bridge

Tuesdays

10:00 AM

Mahjongg

Mon & Thu

1:00 PM

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12:45 PM

ATTENTION CRIBBAGE PLAYERS

Looking for more Cribbage players! Join us every Wednesday at 9:00 AM in the Senior Center café.

New players welcome!



Windsor Transportation Services



DIAL-A-RIDE IN WINDSOR

Dial-A-Ride is available Monday through Friday, 8:00 AM to 4:30 PM. Transportation is provided for medical appointments, shopping, and other activities in town. Schedule a ride, call 860-285-1846 no later than 12:00 noon two business days before you want a ride.

To Schedule a Ride: 860-285-1846

To Cancel a Ride: 860-285-1996

For any other transportation questions, please call the Senior Transportation Coordinator at 860-285-1996.

OUT-OF-TOWN MEDICAL RIDES

Transportation is available for out-of-town medical appointments Monday through Friday, 9:00 AM to 2:30 PM. You must call by noon 7 days in advance of your appointment. **Wheelchair transportation** is available on Mondays, Wednesdays & Thursdays only to Bloomfield, Hartford & W. Hartford. **To schedule a ride, call 860-285-1992 between 9:00 AM—3:00 PM.** Provide your doctor's name, phone, address, appointment time & length. **Cancellations, call 860-285-1992 immediately. Patient pays all parking fees.**

Golden Fellowship Announcements

Our next regular meeting will be on Wednesday, **JUNE 21 at 1:00 PM.** For information on the upcoming trips, call Pauline Martin (860) 758-7378 or Donna Hodgson (860) 335-7069. Join us for an afternoon of socializing, entertainment, and refreshments. Please stop by! Membership dues \$5/year. You do not have to be a member to attend our trips!

→ **Tues., June 27, Lobsterfest, buffet lunch & show at Newport Playhouse;** depart 8:30 AM, return 6:30 PM; \$98 pp.

→ **Wed., Aug. 9, Neil Diamond Tribute, twin lobsters or prime rib lunch at Chicopee Huki Lau;** depart 10:30 AM. [Call for cost]

→ **Tues, Sept. 12, Foxwoods Casino; \$15 food coupon, \$15 slots;** depart 9:00 AM, return 5:00 PM. \$22 pp.

→ **Tues, Oct. 24, Fall Foliage Mystery Trip and German favorites buffet lunch;** depart 9:30 AM. \$91 pp.

Senior Lunch Program

Hot lunch is provided by CRT for seniors 60 years or older in the cafeteria, 12:00 noon, Monday through Friday. Make reservations by **noon** the day before by calling **860-285-1843.** Donation is \$2.50 for seniors; \$5.00 required for guests under age 60.

Windsor Senior Center

599 Matianuck Avenue, Windsor, CT 06095

Phone: (860) 285-1992

Visit us on Twitter or on our website:

www.townofwindsorct.com/seniorservices/

Hours: Mon—Fri, 8:00 AM — 5:00 PM

Senior Center Coord: Rebecca Joyce

Senior Center Staff: Millicent Gill, Carol McOmber and Alma McCormick

Kitchen CRT Staff: Mary Ann Westry

Transportation Coord: Rebecca Joyce

Transportation Staff:

Jake Trotman, Carl Thomas, Ed Sargalski, Ellis Cobbs, Woody Woodard, Frank Granato,

Bob Glamuzina, Derrick Wallen, Alphons Wilson and Lorraine Chasse

Deep Sea Fishing Trip!

Join us on Thursday, **June 8**, aboard The Sunbeam fishing boat in Waterford, CT for a day of deep sea fishing! The cost of \$69.00 includes fishing for striped bass & bluefish, transportation, rod and reel rental, and cleaning of fish (please tip the mate 15% if possible). Bring your own cooler, food, and non-alcoholic drinks. The bus leaves the Windsor Senior Center at 6:30 AM and returns at 3:00 PM. Sign up in the office or call 860-285-1992. Credit cards accepted.

Windsor Trail Riders

It's not too late to join the Windsor Trail Riders bicycling group! We ride every Tuesday morning from April to October on Connecticut's nearby multi-purpose trails, with an occasional foray into Massachusetts to travel their beautiful trails. Our routes are relatively flat and mostly paved, so riders of all skill levels should feel comfortable. Join us for fun and good company! Helmets must be worn. For more information and/or to get on our contact list, please call 860-219-9193.



Happy Hikers

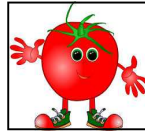
Join the Happy Hikers group to hike various Connecticut hiking trails! The hikes this month are scheduled for Friday, **June 2**, at Enders State Park, Hartland; Monday, **June 12**, at Dividend Park, Rocky Hill; and Friday, **June 30**, at Penwood Park, Simsbury. All hikes start at 9:00 AM. Please call Skip, at 860-688-1535, to sign up and for maps of the hiking locations and meeting places. New members always welcome!



✦ **CRAFT SALE!** ~ On Wednesday, **June 14**, from 10:30 AM to 12:15 PM, check out the beautiful items for sale right in our Senior Center, and stop by to pick up something for Father's Day! If interested in space at the table, please call 860-285-1881 for more information.

✦ The next **AARP Driver Safety Class** will be held on Monday, **July 10**, from 9:00 AM to 1:00 PM, in the Senior Lounge. Call 860-285-1992 to register. Space limited to 20 students.

Tomato Growing Contest!



It's not too early to start thinking about how to grow the biggest tomato! Our Annual 55+ Tomato Growing Contest **registration** begins Thursday, **June 1**, in the Senior Center office. **The contest will be held at the Windsor Senior Center Senior Center on Thursday, August 10, at 1:00 PM.** Cash prizes and trophies will be awarded! Sponsored by Homewatch Caregivers. Please call 860-285-1992 for more information. *Registration forms available in the Senior Center office and must be returned to the office by August 3.* One winner per household.

"Enjoy the Spring" Courtyard Luncheon



Let's welcome the warmer weather on Friday, **June 9**, as we will be hosting a lunch in our courtyard from 11:30 AM to 1:00 PM. Enjoy the fresh air, music and comraderie with friends while also enjoying delicious food! Please sign up in the office, or call 860-285-1992 *before Wednesday, June 7.* \$4.00. Seating limited to 50.

Looking for Women Golfers!



If you love to golf, please join us **every Wednesday mornings at 9:00 AM, May thru September** at Copper Hill Golf Club in Granby, CT. \$45.00 initial membership fee. For more information, please call Paul Banks at the Pro Shop at 860-653-6191, or Elaine Attanasio at 860-688-5085. Looking forward to new members! *Checks payable to Copper Hill.*

TRIP TO MOHEGAN SUN!

Our next trip to Mohegan Sun Casino will be on Friday, **June 16**. This will be an evening trip, leaving the Senior Center promptly at **4:00 PM and returning at midnight.** Cost: \$22 which includes coach bus transportation, \$10 meal coupon and \$10 slot play. **Call 860-285-1992 or sign up in the office or online.** Please park in the Senior Center parking lot.

