



January 2019



Fitness Center Open House

Start the New Year off right and stop by our **Senior Fitness Center Open House** from 3:00 PM to 5:00 PM on Wednesday, **January 16**. Meet our certified fitness instructor, Dee Abrams, and see demonstrations of the exercise and strength training equipment. **Enjoy some refreshments and enter to win a free 3 month membership!** You only have to be age 55 or older to take advantage of the best fitness deal in town, so consider a membership while you're here.



Membership Fees:

\$30.00 for 3 months

\$45.00 for 6 months

\$75.00 for 1 year

Our exercise equipment includes: treadmills, elliptical trainers, stationary bicycles, recumbent bicycle, hybrid seated elliptical, strength training equipment, weights and exercise bands. Dee is available to work with you on an individual basis to customize a program to meet your needs. **The open house is free; call 860-285-1992 to sign up, or just stop by!**

Change Your Nutrition to Reduce Aches & Pains

Are you waking up achy all over? Are muscle spasms, leg cramps or back pain causing you to rely on an over-the-counter pain killer? The secret is proper nutrition! Join us on Wednesday, **January 9**, from 1:00 PM to 2:00 PM as ShopRite Dietitian, Michelle Mattia, will show you **how to make simple nutrition changes to manage your pain.** Learn which foods may cause aches and pains, and which foods reduce inflammation. Sign up in the office or call 860-285-1992 to register for this informative presentation. Free!



Tax Assistance

Free income tax consulting will be offered at the Windsor Senior Center **starting Monday, February 4, and will be held every Monday and Thursday through March 29 between 9:00 AM and 11:00 AM** in room AP1 (no consulting held on February 18). Get the advice you need to fill out your federal and state income tax return from trained AARP volunteers.



You must bring your 1099 and W/2 forms together with a copy of last year's tax return. Tax returns will be filed electronically. **Appointments are necessary and can be made by calling 860-285-1992 between the hours of 10:00 AM and 2:00 PM beginning January 2.**



Early Bird Supper

Join us on Tuesday, **January 29**, from 5:00 PM to 6:30 PM, for our Early Bird Supper in the Senior Center café. The menu features Bourbon Glazed Meatloaf, garlic mashed potatoes, fresh dill buttered carrots, salad with dressing, rolls with butter, coffee/tea, and Hearty Bread Pudding for dessert! Sign up in the office or call 860-285-1992 before January 24. \$8.00. Sponsored by The Ivy in Ellington.

★ The next **AARP DRIVER SAFETY CLASS** will be held on Monday, **January 7**, from 9:00 AM to 1:00 PM, in the Senior Lounge. CT residents 60 and older, by law, qualify for a minimum 5% auto liability insurance discount for at least 2 years by completing the course. Call 860-285-1992 to register. \$15 AARP member/\$20 non-member. Space limited to 20 students.

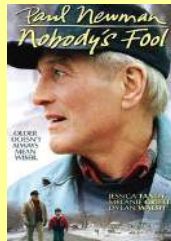
Daytime Mall & Shopping Trips

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

- Enfield — Tues - Jan 8
- Manchester — Tues - Jan 15
- Wal-Mart/Big Y — Wed - Jan 2, 16 & 30
- Target/Stop&Shop — Wed - Jan 9 & 23

MOVIE of the Month!

Join us in our Senior Lounge on Tuesday, **January 15**, from 12:45 PM to 3:00 PM, to watch **"Nobody's Fool"** starring Paul Newman. A luminous slice-of-life story set in a blue-collar upstate New York town, this movie is laced throughout with humor and heart, where older doesn't always mean wiser. Melanie Griffith and Jessica Tandy, in one of her final roles, are among the talented costars of this engaging film honored on numerous Ten Best Movies lists!



Free, including popcorn and soda!

Sign up in the office or call 860-285-1992.

Cooking Demonstration!

Join us on Wednesday, **January 23**, from 1:00 PM to 2:30 PM, as Chef Carlos, from Suffield by the River, holds a free cooking demonstration in our Senior Center café! He will prepare **Apple Butternut Bisque Soup** and all attendees may taste the dish and receive a recipe card. There will be a free drawing where gift certificates will be given away for dinner for two at their dining room, "Seasons Restaurant," which is open to the public. Please call 860-285-1992 to sign up.



"Painting with Christine"

Join us for a relaxing, collaborative class where you will be guided step by step by professional artist, Christine MacClintic, on how to paint your own impressionistic acrylic painting on an 18"x 20" canvas. No experience necessary, just a desire to get in touch with your artistic self. All materials are included.



[not actual painting]

- WHEN:** January 2 and 9
- WHERE:** Senior Center Lounge
- TIME:** 9:30 AM to 11:30 AM
- COST:** \$15.00

Class size limited to 12 students. You may sign up in the office or call 860-285-1992 *beginning Tuesday, December 18, at 9:00 AM.* Sponsored by Homewatch CareGivers.

WINTER EXERCISE

Prices & dates may be subject to change. Please pay costs listed; any adjustments will be made for the next session.



Exercise Class	Session Dates	Cost
Yoga— Thursdays 10:00 am - 11:00 am	Jan 3—Feb 28	\$45
Tai Chi / QiGong Beg. Fridays 10:00 am - 11:00 am	Jan 4—Jan 25	\$20
Tai Chi / QiGong Int / Adv Monday & Friday 8:00 am -10:00 am	Jan 4—Jan 28 [no class 1/21]	\$35
Shape Up & Work Out Mon., Wed. & Fri. 8:30 am - 9:30 am	Jan 7—Jan 30 [no class 1/21]	\$40
Sit, Stretch & Groove Monday & Wednesday 10:00 am- 11:00 am	Jan 7—Jan 30 [no class 1/21]	\$28
Chair Yoga Tuesdays 12:00 pm - 1:00 pm	Jan 8—Feb 12	\$30



TRIPS

Evening & Weekend Trips

Call 860-285-1992 to sign up. Transportation from home available for Dial-A-Ride patrons; cost of meals and/or fees are your responsibility. **\$2.00 donation encouraged. Must have at least 7 people signed up for each trip to go (35 for casino trips).**

- ☺ Jan 5 ~ Saturday, **Westbrook Outlets**; leave 9:00 AM; lunch 12:30 PM at **Flanders Fish Market Restaurant**; return after lunch.
- ☺ Jan 12 ~ Saturday, **IKEA**, New Haven; leave 9:00 AM; lunch 12:00 PM at **Sandra's Next Generation**; return after lunch.
- ☺ Jan 14 ~ Monday, **Elizabeth's Restaurant**, Bloomfield; leave 11:00 AM; return after lunch.
- ☺ Jan 17 ~ Thursday, **Knights of Columbus**, New Haven, "**Christmas in Poland**"; leave 9:00 AM; lunch 12:00 PM at **Kevin's Seafood**; return after lunch.
- ☺ Jan 18 ~ Friday, **Foxwoods Casino**; leave 8:30 AM, park in north lot near tennis courts; **Cost: \$25.00**, includes coach bus transportation, gratuities, \$15 meal coupon, \$15 bonus play; return 5:00 PM. **[Must have at least 35 people signed up by January 4 for this trip to go. Age 21 and older.]**
- ☺ Jan 19 ~ Saturday, **Consignment Originals**, Manchester; leave 9:00 AM; lunch 11:30 AM at **Rein's Deli**; return after lunch.
- ☺ Jan 26 ~ Saturday, **The Angry Egg**, Manchester; leave 8:30 AM; to **Home Goods, TJ Max** at 10:00 AM; leave stores 12:30 PM.

CLUBS & CLASSES

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

Bowling— The Windsor Senior Sportsters' co-ed bowling league meets **every Monday** from 10:00am to 12:30pm at Spare Time Bowling Center in Windsor Locks. Enjoy fellowship and fun in this non-competitive league which you can join anytime. No bowling skills required. \$12 for 3 strings. **Call 860-688-6119 for more information.**

Chess Club (NEW!)— Meets every **1st and 3rd Thursday** at 10:00 AM. Call 860-285-1992 to sign up or for more information. Free!

CLUBS / CLASSES



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

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

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

Hiking Club— **Hike with the Happy Hikers!** Hike with us April through November. Call Bill Locker for info at 860-688-8037 or wjlocker62@gmail.com.

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 **Tuesdays** from 10:00 AM to 11:00 AM in the Fitness Room. Moves can be done while seated. Free!

Pickleball— New players always welcome! We'll show you how to play! Just drop in! Free. **[see calendar for indoor schedule]**

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 for breakfast and conversation. **Looking for someone to volunteer to lead this group and choose a restaurant.** New women members welcome!

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— Meet **every Thursday** from 1:00 PM to 3:00 PM. Men and women are invited to join whether beginner or experienced. Stop by! Free!

Wii Bowling— Join us for Wii Bowling in the Senior Lounge **every 1st, 2nd and 4th Tuesdays** from 1:00 PM to 3:00 PM, for good fun and camaraderie. Free!

Windsor Trail Riders— Every **Tuesday** morning from April through October to bicycle on nearby trails. Call 860-219-9193 to join email list.

Windsor Whirlers— Square dancing every **Thursday** from 1:00 PM to 3:00 PM in the Fitness room. 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.

MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: center;">JANUARY 2019</p> 	<p style="text-align: center;">SENIOR CENTER AND ALL TOWN OFFICES CLOSED</p> <p style="text-align: center;"><i>Happy New Year!</i></p> 	<p>9:00...Cribbage 9:00...WOW 9:30...Adult Coloring Group 9:30...Art Class with Christine 11:00...Pickleball-Advanced 1:00...Pickleball Learn To Play 12:45...Progressive WHIST</p>
<p>8:00...Tai Chi/QiGong—Int./Adv 8:30...Shape Up & Work Out 9:00...Coffee Talk 9:00...AARP Driver Safety Class 9:30...Adult Coloring Group 10:00...Brainteaser Trivia 10:00...Sit, Stretch & Groove 10:00...Sportsters' Bowling 10:00...Pickleball—Advanced 12:45...BINGO 1:00...Mahjongg</p>	<p>9:00...Pickleball-Beginner/Inter. 9:30...Adult Coloring Group 10:00...Multi-Cultural Dance Group 11:00...Pickleball Learn To Play 12:00...Chair Yoga 12:45...Setback 1:00...C.A.R.E.S. 1:00...Wii Bowling</p>	<p>8:30...Shape Up & Work Out 9:00...Cribbage 9:00...WOW 9:30...Art Class with Christine 9:30...Adult Coloring Group 10:00...Sit, Stretch & Groove 11:00...Pickleball-Advanced 12:30...Quilting Club 1:00...Pickleball Learn To Play 1:00...ShopRite Nutrition Program</p>
<p>8:00...Tai Chi/QiGong—Int./Adv 8:30...Shape Up & Work Out 9:00...Coffee Talk 9:30...Adult Coloring Group 10:00...Sit, Stretch & Groove 10:00...Pickleball—Advanced 10:00...Writing Workshop 10:00...Sportsters' Bowling 11:00...Elizabeth's Restaurant 12:45...BINGO 1:00...Mahjongg</p>	<p>9:00...Pickleball-Beginner/Inter. 9:30...Adult Coloring Group 10:00...Multi-Cultural Dance Group 11:00...Diabetic Support Group 11:00...Pickleball Learn To Play 12:00...Chair Yoga 12:45...Setback 12:45...MOVIE OF THE MONTH</p>	<p>8:30...Shape Up & Work Out 9:00...Cribbage 9:00...WOW 9:30...Adult Coloring Group 10:00...Sit, Stretch & Groove 10:30...Blood Pressure Clinic 11:00...Pickleball-Advanced 1:00...Golden Fellowship Meeting 1:00...Pickleball Learn To Play 3:00...FITNESS CENTER OPEN HOUSE 3:30...Evening Bingo</p>
<p style="text-align: center;">21</p> <p style="text-align: center;"><i>Martin Luther King, Jr. Day</i></p> <p style="text-align: center;">Senior Center and all town offices closed</p>	<p>9:00...Pickleball-Beginner/Inter. 9:30...Adult Coloring Group 10:00...Multi-Cultural Dance Group 11:00...Pickleball Learn To Play 12:00...Chair Yoga 12:45...Setback 1:00...Wii Bowling</p>	<p>8:30...Shape Up & Work Out 9:00...Cribbage 9:00...WOW 9:30...Adult Coloring Group 10:00...Sit, Stretch & Groove 11:00...Pickleball-Advanced 12:30...Quilting Club 1:00...Pickleball Learn To Play 1:00...Cooking Demonstration</p>
<p>8:00...Tai Chi/QiGong—Int./Adv 9:00...Coffee Talk 9:30...Adult Coloring Group 10:00...Pickleball-Advanced 10:00...Writing Workshop 10:00...Sit, Stretch & Groove 10:00...Sportsters' Bowling 12:45...BINGO 1:00...Mahjongg</p>	<p>9:00...Pickleball-Beginner/Inter. 9:30...Adult Coloring Group 10:00...Multi-Cultural Dance Group 10:00...Hearing Clinic 11:00...Pickleball Learn To Play 12:00...Chair Yoga 12:45...Setback 1:00...Wii Bowling 5:00...Early Bird Supper</p>	<p>9:00...Cribbage 9:00...WOW 9:30...Adult Coloring Group 10:00...Sit, Stretch & Groove 11:00...Pickleball-Advanced 11:45...Birthday Lunch 1:00...Pickleball Learn To Play</p>

THURSDAY		FRIDAY		SAT/SUN		
2	9:30...Windsor Senior Sangha 9:30...Adult Coloring Group 10:00...Pickleball-Beginner/Inter. 10:00...Yoga 10:00...Chess Club 12:45...Setback 1:00...Tap Dancing 1:00...Mahjongg 1:00...Square Dancing	3	8:00...Tai Chi/QiGong—Int./Adv 8:45...Mobile Food Share 9:00...Massage Therapy 9:00...Coffee Talk 9:00...Pickleball—All Play 9:30...Adult Coloring Group 10:00...Tai Chi/QiGong for Beginners 10:00...Crafty Fingers 12:45...BINGO 1:30...French Club 1:30...Line Dancing	4	9:00... Westbrook Outlets w/lunch at Flanders Fish Market Restaurant	5
9	9:30...Windsor Senior Sangha 9:30...Adult Coloring Group 10:00...Pickleball-Beginner/Inter. 10:00...Yoga 12:45...Setback 1:00...Tap Dancing 1:00...Mahjongg 1:00...Square Dancing	10	8:00...ROMEO Group 8:00...Tai Chi/QiGong—Int./Adv 8:30...Shape Up & Work Out 9:00...Massage Therapy 9:00...Coffee Talk 9:00...Pickleball—All Play 9:30...Adult Coloring Group 10:00...Crafty Fingers 10:00...Tai Chi/QiGong for Beginners 10:30...Groceries to Go 12:45...BINGO 1:30...Line Dancing	11	9:00... IKEA w/lunch at Sandra's Next Generation 	12
16	9:00...Knights of Columbus w/ lunch at Kevin's Seafood 9:00...Foot Clinic 9:30...Windsor Senior Sangha 9:30...Adult Coloring Group 10:00...Pickleball-Beginner/Inter. 10:00...Yoga 10:00...Chess Club 12:45...Setback 1:00...Tap Dancing 1:00...Mahjongg 1:00...Square Dancing	17	8:00...Tai Chi/QiGong—Int./Adv 8:30...FOXWOODS CASINO 8:30...Shape Up & Work Out 8:45...Mobile Food Share 9:00...Coffee Talk 9:00...Massage Therapy 9:00...Pickleball-All Play 9:00...ROLEO Group 9:30...Adult Coloring Group 10:00...Crafty Fingers 10:00...Tai Chi/QiGong for Beginners 12:45...BINGO 1:30...French Club 1:30...Line Dancing	18	9:00... Consignment Originals w/lunch at Rein's Deli 	19
23	9:00...Foot Clinic 9:30...Windsor Senior Sangha 9:30...Adult Coloring Group 10:00...Pickleball-Beginner/Inter. 10:00...Yoga 12:45...Setback 1:00...Tap Dancing 1:00...Mahjongg 1:00...Square Dancing	24	8:00...Tai Chi/QiGong—Int./Adv 8:30...Shape Up & Work Out 9:00...Coffee Talk 9:00...Pickleball-All Play 9:00...Massage Therapy 9:30...Adult Coloring Group 10:00...Tai Chi/QiGong for Beginners 10:00...Crafty Fingers 10:30...Groceries to Go 12:45...BINGO 1:30...Line Dancing	25	8:30... The Angry Egg; Home Goods & TJ Max	26
30	9:30...Windsor Senior Sangha 9:30...Adult Coloring Group 10:00...Pickleball-Beginner/Inter. 10:00...Yoga 12:45...Setback 1:00...Tap Dancing 1:00...Mahjongg 1:00...Square Dancing	31			27	

Health & Wellness Clinics

"ASK THE NURSE" & Blood Pressure Clinic

with a registered nurse from Seabury Care Now
January 16— 10:30 AM to noon. Free.

FOOT CLINIC by Pedi-Care Services, LLC

January 17 & 24 — 9:00 AM to 2:00 PM; \$29.00

Mindfulness Meditation

"Windsor Senior Sangha"
meditation group

Every Thursday — 9:30 AM to 11:00 AM

Free.

COMFORT TOUCH MASSAGES by Corinne

Every Friday — see calendar for times; \$1/min.

HEARING CLINIC by Discount Hearing

January 29 — 10:00 AM to noon. Free.

APPOINTMENTS REQUIRED FOR ALL CLINICS.

PLEASE CALL 860-285-1992



Windsor Transportation Services



DIAL-A-RIDE IN WINDSOR

Dial-A-Ride: available Monday through Friday, 8:00 AM to 4:30 PM. Transportation is provided for medical appointments, shopping, and other activities in town. 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 for out-of-town medical appointments Monday through Friday, 9:00 AM to 2:30 PM. Call by noon 7 days or one month in advance of your appointment. **Wheelchair transportation** is available on Mon., Wed., & Thurs. only to Bloomfield, Hartford & W. Hartford. **To schedule a ride call 860-285-1992, BETWEEN 9:00 AM—3:00 PM ONLY.** Provide your doctor's name, phone, address, appt. time & length. **Cancellations, call 860-285-1992 immediately.**
Patient pays all parking fees.

Golden Fellowship Announcements

Our next monthly meeting will be held on **January 16 at 1:00 PM** in the Windsor Senior Center. Join us for an afternoon of socializing, entertainment & refreshments! \$5/year. You don't have to be a member to attend our trips! Please call Pauline Martin 860-758-7378 or Donna Hodgson 860-335-7069 for more information.

→ Tues. March 12: **Andy Rooney's Irish Cabaret at The Aqua Turf Club with lunch;** depart 10:00 AM; \$89 pp.

→ Tues. April 16: **Newport Playhouse, buffet lunch and show;** depart 8:30 AM; \$94 pp

→ Wed., August 21: **Twin Lobsters & The Riverboat Ramblers show at The Log Cabin;** depart 10:15 AM; \$87 pp

All prices include gratuities and driver tip. For more information, see flyers in the Golden Fellowship rack at the Windsor Senior Center.

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 Facebook, 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: Kristin Simpson

Transportation Coord: George Headley

Transportation Staff: Ellis Cobbs, Michael Fournier, Frank Granato, Marisol Rodriguez, Lennox Small, Carl Thomas, John Tolve, Jake Trotman, Derrick Wallen, Al Wilson and Woody Woodard.

Mindfulness Meditation

Thursday, **January 3**, begins our NEW meditation group “**Windsor Senior Sangha**” (to be held every Thursday from 9:30 AM to 11:00 AM) instructed by certified meditation teacher, Yoga practitioner and Reiki master, Fay Lavin-Lavoie. Mindfulness meditation from ancient times is a way to keep a healthy mind, body balance and maintain a peaceful life. Today in the west, advanced modern science research has proved that this ancient practice offers so many health benefits to us all, mentally and physically, such as:

- ✦ Improve memory and help prevent dementia;
- ✦ Relieve stress;
- ✦ Lower blood pressure;
- ✦ Enhance immune system;
- ✦ Produce relaxed and peaceful mind;
- ✦ Increase blood flow, alertness and much more!
- ✦ Meditation practice helps our brain to change and cultivate new traits the way we want. We can not say anymore “I am too old to change.”

Please sign up in the office or call 860-285-1992 to register for these ongoing classes. Free!



🎵 IS IT YOUR BIRTHDAY?!



If you have a birthday this month, come celebrate on Wednesday, **January 30**, at 11:45 AM. Free cake for everyone! Birthday surprises provided by Love & Caring Homecare Agency. Must call 860-285-1992 *by January 24* to sign up for birthday gifts; call the cafeteria at 860-285-1843 *by noon the day before* to sign up for lunch.



Inclement Weather Policy for Windsor Senior Center

➔ Please remember to keep your sidewalks and driveways **clear of ice and snow** for the Dial-A-Ride buses and volunteer medical drivers.

➔ Please watch local WFSB TV station for Windsor’s schools delayed start times and closings. **The Senior Center is on the same schedule as Windsor’s public schools.**

- **If schools are delayed**, ALL Senior Center activities that fall within that delay time-frame are cancelled, and it is up to the instructor if they choose to make up a class. Transportation also follows the delay time-frame.
- **If schools are closed**, ALL Senior Center activities (transportation, programs, special events, clubs, classes, etc., including Pickleball) and CRT lunches are cancelled; however, the computer lab and fitness center remain open during normal hours.
- **If schools have an early release**, ALL afternoon and evening activities will be cancelled (as Recreation also follows the Windsor public school system.).

Weekly Cards & Games

Cribbage

Wednesdays
9:00 AM

Bingo

Mon & Fri
12:45 PM

Setback

Tues & Thu
12:45 PM

Chess

1st & 3rd
Thursdays
10:00 AM

Mahjongg

Mon & Thurs
1:00 PM

Whist

1st Wed of
month
12:45 PM

A Friendly Reminder from the Windsor Police Department

“Hello, Town of Windsor residents! Happy New Year! It’s that time of year again and the parking ban is in effect. Please do not park your vehicle on the street between the hours of 1:00am-6:00am from Nov. 15-Apr. 15 or you will be fined \$15. If your vehicle is parked on the street during a snow storm, you will be fined \$15 and your vehicle may be towed (per Windsor Town Ordinance). Have a safe, healthy and happy 2019!” ☺

~ Officer Kristen Manfredi