

October 2020

Happy
Halloween



Hello friends,

As I sit here and write this greeting, I think about all the great times that we have shared here at the center and it makes me hopeful for the future and that we will be together again soon! We are slowly and safely moving toward reopening our center and will begin with expanded outdoor activities!

Although the Governor has issued guidance for Senior Centers to begin to reopen, at this time, we have decided to air on the side of caution and continue to offer these outdoor, at home, and virtual activities until we move into Phase 3, safely. We are so happy to be able to continue to serve Windsor residents in this capacity. We will continue to follow suggestions of our State leaders and Town officials; and work with other Senior Center Directors in the State to keep up with discussions on best practices.

We will continue with CRT meal delivery, providing information and referrals, scheduling medical appointments, Dial-a-Ride transportation, friendly phone calls, drive thru & outdoor, virtual and over-the-phone activities ~ if you or anyone you know could use assistance, please call us at 860-285-1992. We are here for you.

For now, enjoy the cooler air that October brings, go apple picking, go for a foliage drive, take an online course, join us for Conference Call Bingo, prepare a new recipe to share on our Virtual Recipe Swap, roast some pumpkin seeds, create a craft at home, listen to music (my favorite), journal your thoughts, go for a leisurely stroll and know that you are in our hearts!

Sincerely, Rebecca and Your Windsor Senior Services Team

Windsor Senior Flu Shot Clinic and Health Bag "Grab n' Go"

Need your very important flu shot? Don't want to miss out on those awesome Health Fair goodies and information??....

Well, we have you covered! Yes, things will be done a little differently this year, but the show must go on! So, to get your shot and those ever popular goodies and health fair info, join us on **Thursday, October 1st between 8:30AM and 11:30AM** for the Senior Only Flu Shot Clinic. **Shots will be administered by appointment only to adhere to safety procedures.**

Please visit the Town of Windsor website to complete the Seasonal Influenza Consent Form on-line **and schedule a time to come in.** Once completed, submit the form and the Town of Windsor will print it and have it ready for you to sign once you arrive at the Senior Center. You must also bring your insurance card on the day of the clinic to confirm your coverage or your payment if you do not have insurance coverage.

Please know that we expect all people attending the clinic to wear a face covering/mask and to cooperate with physical distancing. One of the ways that will enhance physical distancing is to have assigned times for you to avoid too many people at one time.



You do not have to receive a flu shot to receive a Health & Wellness bag. You will simply pull up outside the Senior Center entrance and a staff member will provide you with your Health & Wellness bag.

We appreciate your cooperation and look forward to seeing you on Thursday, October 1!



The Truth About Medicaid Rules and Long-Term Care Costs

Wednesday, October 14th from 1:00-2:00pm

October is Long-Term Care Planning Month



Long-term care is necessary for a lot of people. But long-term care is expensive. You've likely heard horror stories of people losing their houses to pay for care. Or, about nursing home costs being over \$13,000 per month. Long-term care planning MUST be done the right way. If it's

not, your assets might be at risk! For this session, we welcome back Attorney Ruth Fortune from the law firm Czepiga Daly Pope & Perri. Come learn from Ruth and you'll walk away understanding:

- How you can properly protect your life savings
- How Medicaid can help you pay for long-term care costs
- Strategies to protect money if an unforeseen crisis arises
- Medicaid's confusing rules, what it takes to apply, and who can help you complete an application, and much more...

You must pre-register to attend this program. Please do-so at this link <https://event.webinarjam.com/channel/WindsorSeniorCenter>. After registering, you will receive a link via email with instructions on how to connect on the day of the event.

OUTDOOR BINGO AT THE SENIOR CENTER

Friday, October 9 from 1:00pm – 2:00pm

Join us for some fabulously fun BINGO with prizes on the sidewalk and grassy green in the front of the Senior Center. Chairs will be placed on the sidewalk, markings on the grassy area if you choose to bring a lawn chair, and picnic tables are also available (good for those who reside together) and all measured six feet apart, of course! Masks will be required. No money will be exchanged. FREE disposable bingo cards will be distributed. We are requiring that if you do not feel well, please stay home. Registration is required. **Please call the Senior Center by Monday, October 12 to register as space is limited—860-285-1992.** Preference will be given to Windsor residents.



Fall Outdoor Activities

During Coffee Connections (see Page 3, under Ongoing Activities, for additional details), we will be offering some fun & prizes including:

- ✦ Thursday, October 8—Guess the weight of the pumpkin!
- ✦ Thursday, October 15—Guess how many candies are in the jar!
- ✦ Thursday, October 22—join us for trivia today as well as HOT Apple Cider and Apple Cider Donuts! YUM!!
- ✦ Thursday, October 29—Have some fun, come in costume, if you'd like—we will be! Prizes given for Most Creative!

For Windsor Senior Center Registered Members. Please call the Senior Center at 860-285-1992 to register as space is limited. FREE!

EXERCISE CLASSES

Prices & dates may be subject to change.

Please pay costs listed; you can register online, mail in a check, or come to LP Wilson Community Center to make payment. Thank you for your support!

Exercise Class	Days to be held	Cost
Yoga— Thursdays 10:00 am - 11:00 am	On Hold Will resume as soon as possible	N/A
Tai Chi / QiGong Monday & Friday 8:30 am – 9:30 am	On Hold Will resume as soon as possible	N/A
Shape Up & Work Out Held via Zoom, login info found on our website	Tuesdays and Fridays 9:00-10:00am	\$18.00/ month of October
Sit, Stretch & Groove Held via Zoom, login info found on our website	Mondays and Wednesdays 11:30am-12:30pm	\$16.00/ month of October
Chair Yoga Tuesdays 1:30 pm - 2:30 pm	On Hold Will resume as soon as possible	N/A

~ SUPPORT FOR YOU! ~

☺ CRT Elderly Nutrition Program

(860) 285-1843 – meal reservation line.

- Deliveries are made right to your home on Wednesdays starting at 11:00AM. The suggested donation is \$3.00 per meal or \$15.00 for all 5 meals. If you want to donate, please make a check out to CRT and mail it to Community Renewal Team, ATTN: Nutrition Dept., 555 Windsor St., Hartford CT 06120 and put “frozen meals” in the memo line. These donations go directly to CRT.

☺ The Friendship Line

~ CALL the Friendship Line at 1-800-971-0016, 24 hours a day, for friendly conversation! You can call daily to chat about what’s on your mind and also for emotional support! Institute on Aging’s 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 and older, and adults living with disabilities... but not only for people in crisis... for people who just want to chat!

☺ Well Connected:

~ Free phone and/or online programs offering a wide variety of activities, educational programs, conversation and support groups to adults age 60 or older in the comfort of their own homes. Join a book club or TED Talk, learn a language, play games, take virtual tours of museums all from your favorite armchair. Don’t like computers? Then you can participate by telephone (toll-free). Visit <https://covia.org/services/covia-connections/> or call 1-877-797-7299.

ONLINE COURSES

Online games/crosswords/word searches, etc.
<http://games.courant.com/category/allgames/>

documentaries-

<https://documentaryheaven.com/>
Misc. Info: <https://www.discovery.com/>

Courses-

<https://www.open.edu/openlearn/free-courses>
<https://www.coursera.org/>
<https://www.edx.org/school/smithsonianx>

AARP Driver Safety ONLINE Course-

AARP Smart Driver online course is an alternative for those who need to complete their Smart Drivers course. Promo code for 25% discount: DRIVINGSKILLS. Extended through 12/31/20.

Website: <https://www.aarpdriversafety.org/>

ONGOING ACTIVITIES

OUTDOOR AT THE CENTER!

Coffee Connection Social Hour –

When: Every Thursday, 10:00-11:00AM

NOTE: NEW TIME & LOCATION ~ NOW HELD OUTDOORS! Join us for socialization and we’ll provide the cup of joe! Held on the grassy area in front of the Senior Center! Limited seating at picnic tables or bring your own lawn chair! Please call to register so we know who will attend!



(NO SOCIAL HOUR 10/1 due to Flu Clinic)

OVER THE PHONE!

Let’s Play Conference Call BINGO!

When: Every 1st and 3rd Monday at 1:00pm

Register with the Windsor Senior Center by calling 860-285-1992 and you will be provided with the call-in information. Bingo cards can be picked up at the center or delivered to those who do not drive. If you get a confirmed Bingo on the last round, you will win a prize. Free!



VIRTUAL!

Exercise Classes with Dee – via ZOOM!

See Page 2 for Exercise Class Info with Dee and Pricing. Zoom info can be found on our website www.townofwindsorct.com/senior-services

SCRIBE Writing Workshop – via ZOOM!

When: Every 2nd & 4th Monday at 10:00am

Virtual Recipe Swap – via ZOOM!

When: October 23rd at 1:00pm—call to register at 860-285-1992

Create some of your favorite dishes such as an appetizer, side dish, main dish or dessert... whatever you would like to share, and we will swap recipes and discuss any new ones we’ve tried! Visit our website at www.townofwindsorct.com/senior-services for Zoom login information, and join in the fun!

ON TELEVISION!

On WIN-TV (Comcast channel 5 or Frontier channel 6102) look for

Windsor Senior Center programs such as:

Sit, Stretch & Groove Chair Exercise on WIN-TV ~

When: Mondays at 7:30am and Wednesdays at 7:30am & 7:30pm



MONDAY

TUESDAY

WEDNESDAY



October 2020

<p style="text-align: right;">5</p> <p>7:30.....Sit, Stretch & Groove Chair exercises on WIN-TV 1:00....Conference Call BINGO! Be sure to join us for a fun afternoon!</p> 	<p style="text-align: right;">6</p> <p>UCONN STUDENTS! 9:00.....Shape Up & Work Out with Dee via Zoom 10:30....Pumpkin Craft at the center!</p> 	<p>UCONN STUDENTS! 7:30.....Sit, Stretch & Groove Chair exercise with Dee on WIN-TV 11:00....CRT meal (5) deliveries 11:30...Sit, Stretch with Yoga Poses with Dee via Zoom 7:30 PM... Sit, Stretch & Groove Chair exercises on WIN-TV</p>
<p style="text-align: right;">12</p> <p>7:30.....Sit, Stretch & Groove Chair exercises on WIN-TV 10:00...Scribe Writing Workshop via Zoom</p>	<p style="text-align: right;">13</p> <p>UCONN STUDENTS! 9:00.....Shape Up & Work Out with Dee via Zoom 1:00.....Painting Class Via Zoon!</p> 	<p>UCONN STUDENTS! 7:30.....Sit, Stretch & Groove Chair exercise with Dee on WIN-TV 11:00....CRT meal (5) deliveries 11:30...Sit, Stretch with Yoga Poses with Dee via Zoom 1:00.....Long Term Care via webinar 7:30 PM... Sit, Stretch & Groove Chair exercises on WIN-TV</p>
<p style="text-align: right;">19</p> <p>7:30.....Sit, Stretch & Groove Chair exercises on WIN-TV 1:00....Conference Call BINGO!</p> 	<p style="text-align: right;">20</p> <p>UCONN STUDENTS! 9:00.....Shape Up & Work Out with Dee via Zoom 1:00...BINGO via Zoom with Sandy from Home Helpers!</p>	<p>UCONN STUDENTS! 7:30.....Sit, Stretch & Groove Chair exercise with Dee on WIN-TV 11:00....CRT meal (5) deliveries 11:30...Sit, Stretch with Yoga Poses with Dee via Zoom 7:30 PM... Sit, Stretch & Groove Chair exercises on WIN-TV</p>
<p style="text-align: right;">26</p> <p>7:30.....Sit, Stretch & Groove Chair exercises on WIN-TV 10:00...Scribe Writing Workshop via Zoom</p>	<p style="text-align: right;">27</p> <p>UCONN STUDENTS! 9:00.....Shape Up & Work Out with Dee via Zoom</p>	<p>UCONN STUDENTS! 7:30.....Sit, Stretch & Groove Chair exercise with Dee on WIN-TV 11:00....CRT meal (5) deliveries 11:30...Sit, Stretch with Yoga Poses with Dee via Zoom 7:30pm Sit, Stretch & Groove WIN-</p>

THURSDAY		FRIDAY		SAT/SUN	
	<p>UCONN STUDENTS! 1</p> <p>8:30...Flu Shots/Health Bags to Go ~NO COFFEE CONNECTION TODAY~</p> <p>3:30.....Farmer's Market </p>	<p>2</p> <p>9:00.....Shape Up & Work Out with Dee via Zoom</p>	<p>3</p>  <p>4</p>		
7	<p>UCONN STUDENTS! 8</p> <p>10:00...Outdoor Coffee Connection Guess the pumpkin weight</p> <p>3:30.....Farmer's Market</p>	<p>9</p> <p>9:00.....Shape Up & Work Out with Dee via Zoom</p> <p>1:00.....Outdoor Bingo</p> 	<p>10</p> <p>11</p>		
14	<p>UCONN STUDENTS! 15</p> <p>10:00...Outdoor Coffee Connection Guess how many candies...</p> <p>3:30.....Farmer's Market</p>	<p>16</p> <p>9:00.....Shape Up & Work Out with Dee via Zoom</p> <p>1:00.....Virtual Recipe Swap via Zoom</p>	<p>17</p>  <p>18</p>		
21	<p>UCONN STUDENTS! 22</p> <p>10:00...Outdoor Coffee Connection Hot Cinder & Donuts</p> 	<p>23</p> <p>9:00.....Shape Up & Work Out with Dee via Zoom</p>	<p>24</p> <p>25</p>		
28	<p>UCONN STUDENTS! 29</p> <p>10:00...Outdoor Coffee Connection Halloween Get Together</p>	<p>30</p> <p>9:00.....Shape Up & Work Out with Dee via Zoom</p>	<p>31</p> 		

HEALTH & WELLNESS CLINICS

✦ FOOT CLINIC by Pedi-Care Services, LLC:

We will resume this service as soon as we can. Please keep an eye out in our newsletters and email blasts for an update and information.

In the meantime, if you require foot care service, please contact your podiatrist.

✦ Information from Alzheimer's Foundation of America

Link to video "The Importance of Memory Screenings"

<https://www.youtube.com/watch?v=9ys9aYKpwCA&feature=youtu.be>

Take an online memory test at www.afamemorytest.com



Windsor Senior Transportation



*** UPDATED *** DIAL-A-RIDE INFORMATION DURING COVID-19

IN TOWN TRANSPORTATION IS EXPANDING AS OF TUESDAY, OCTOBER 6, 2020.

- ✦ CDC social distancing rules will continue with no more than 4 individuals on the bus at one time. Please wash and sanitize hands prior to entering the bus, maintain 6 foot distance, and BE SURE to wear your mask/face covering.
 - ✦ Remember: Dial-a-Ride Transportation is on a **First Come, First Served** basis especially during this time of limited seating and priority will be given to basic needs trips (i.e.: grocery, medical appointments, etc).
- IN TOWN TRANSPORTATION** (for the Food Bank, Pharmacies, Hairdresser/Barber Appointments, to the Library, etc.)
- ✦ During this time, we cannot accept reservations for trips before 9:00AM and all passengers must be picked up by 3:45PM.
 - ✦ We will do our best to drop off and pick up as close to your appointment/return time as possible.

GROCERY SHOPPING (Pick ups will begin at 8:00AM to allow for 1 hour of shopping time)

- ✦ Geissler's and Price Chopper - Tuesday & Wednesday 8:30am to 9:30am ~ Stop & Shop on Thursday from 8:30am to 9:30am ~ Price Rite on Friday from 8:30am to 9:30am

MEDICAL TRANSPORTATION (Please follow reservation guidelines in your DAR Booklet or on our website, www.townofwindsorct.com/senior-services)

- ✦ Out-of-town Medical Rides will be provided on Monday, Tuesday, Thursday and Friday (no rides for medical appointments on Wednesdays). Appointments will not be scheduled before 9:00am. Out-of-town medical appointments will be at least 1 hour in duration as Dial-A-Ride drivers are unable to wait for passengers at doctor's offices. Transportation will be provided on the mini buses only and not in the town cars ~ Please follow the out-of-town scheduling procedures listed in your Windsor Senior Transportation booklet.
- ✦ In-town Medical Rides will be provided Monday through Friday
- ✦ For an IN TOWN ride, call: 860-285-1846 and OUT OF TOWN ride, call: 860-285-1992 . Thank you!

Windsor Senior Center

599 Matianuck Avenue, Windsor, CT 06095

Phone: (860) 285-1992

Visit us on Facebook, Twitter, and on our website:

www.townofwindsorct.com/senior-services

Hours: Mon—Fri, 8:00 AM — 5:00 PM

Senior Center Coordinator: **Rebecca Joyce**

Senior Center Staff: Millicent Gill and Alma McCormick

Kitchen CRT Staff: Kristin Simpson

Transportation Coordinator: **George Headley**

Transportation Staff: Michael Fournier, Lennox Small, Jake Trotman, Derrick Wallen & Woody Woodard.

WELCOME BACK UCONN NURSING STUDENTS!



I'm happy to announce that the CEIN UConn Nursing Students who attend the campus in Storrs, CT, are joining us again this fall. It will be a different experience for them this year, but I am sure that they will enjoy their time at the Senior Center. Each fall, we welcome a new group of students who partake in our daily activities at the Senior Center. They've taken Tai Chi, Yoga and meditation classes, jumped in on Pickleball matches, assisted with our annual Veterans' Celebration and Holiday Party, performed Blood Pressure checks, taken art classes, and so forth. This year, they will be joining us on scheduled Zoom calls, and assisting with drive thru and other scheduled activities, so be on the lookout for them and to say "hello". They will be with us 2 days a week for 8-9 weeks starting in September and going through mid-November. They will be graduating at the end of this semester. Thank you for being with us UCONN Nursing Students!

Create Your Own Pumpkin Craft

Join us on Tuesday, October 6, from 10:30-11:30AM on our "front porch" (the walkway, in front of the Senior Center) for a fun, late morning craft session. Receive your pumpkin, all of the supplies, and the craft instructions. Masks must be worn and social distancing will be required. If you prefer, this class will be presented via Zoom, as well. Register and pick up your supplies ahead of time. Space is limited so please call to register at 860-285-1992 and notify us if you will attend in person or via Zoom.

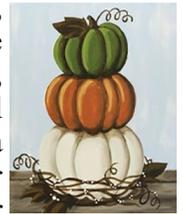


HAPPY FALL Y'ALL!

ZOOM PAINTING CLASS

Tuesday, October 13th from 1:00-3:00PM

Join The Firestone Art Studio for a virtual Canvas Painting Class! Each participant will receive all materials needed to create their own, beautiful 12X12, canvas painting (pre-sketched canvas, paint brushes, paints, instruction sheet + more). All participants will be invited to join a Live Video Class where our Instructor will walk you step by step through our project design. **COST: \$24 & includes 2 hours of instruction.** Space is limited so call 860-285-1992 to register and for more information. **Deadline to register is October 8.** Once we know we have the minimum, we will call you to pick up your items. number of students, we will contact you to pick up



"ZOOM BINGO" SPONSORED BY HOME HELPERS

Instructions:

BINGO ~ called by Sandra Cook from Home Helpers
Please email Sandra

scCook@homehelpershomecare.com by

OCTOBER 9th with your home address and under subject, list Windsor Senior Center Bingo. She will mail you a bingo card ahead of time and email you a Zoom invite for the game. All you must do is accept Zoom invite with your email and be ready with your computer open to your email on

Tuesday, October 20th at 1:00 pm to join in on the fun!

Prizes will be awarded!

If you win Sandra will either deliver or mail the prize to you.

WANT TO "STAY CONNECTED" WHILE STAYING HOME AND STAYING SAFE?

The CT Department of Aging and Disability Services has a new grant program called "Stay Connected" that will provide technology such as laptops and tablets to older adults and individuals with disabilities who are increasingly socially isolated because of COVID-19. The grant even provides training on how to use the devices so you do not need to be a "techie" to give it a try. If you would like to be screened for the program, please call your local Area Agency on Aging at 1-800-994-9422 and ask for the "Stay Connected Program" in the CHOICES Department.

