



# Windsor Seniors' Newsletter

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

## September 2020

# HAPPY 50<sup>th</sup>!



Greetings, Happy Senior Center Month and **Happy 50<sup>th</sup> Anniversary to our wonderful Windsor Senior Center!** This is certainly not the way we envisioned celebrating such a special and monumental time in our center's history, and although we've come this far through COVID-19, we have to stay positive, keep plugging away, and continue to stay safe and healthy.

We were in the process of planning some very special 50<sup>th</sup> Anniversary celebrations including an off-site dinner dance with live entertainment which we have decided to postpone until we can all celebrate together and **DO IT RIGHT!** In the meantime, we have planned some special and fun things this month – both outdoors here at the Senior Center, and via Zoom and conference calling! With our outdoor events that we have planned, social distancing of 6' must be maintained at all times and masks must be worn as well.

Even though Connecticut has entered Phase 2 of our reopening, and at the time of writing this, Phase 3 is currently on hold, activities **inside** the Senior Center remain on hold. So, despite Connecticut's progress in reopening, our friends and neighbors over 65 and those with health issues such as diabetes, heart disease, and lung diseases such as asthma and COPD, should continue to exercise caution and stay home/stay safe as much as possible. Thank you! ~ Rebecca and the entire Senior Services staff

### **Drive-thru 50th Anniversary Celebration!**

Come on over to the LP Wilson Community Center Drive-thru Pick Up Line on **Friday, September 11, anytime between 10:00 AM and 11:30 AM**, so we can see each other and to pick up your goody bag to celebrate this very special time in the history of the Windsor Senior Center! Goody bags will include special treats and a raffle ticket for the grand prize ~ a lovely gift basket! We will draw the winner on Facebook Live on Monday, September 14 at 1:00 PM and the winning ticket will also be posted on our webpage for you to verify at <https://townofwindsorct.com/senior-services/>. Our 50th Anniversary celebration "Golden" cake will be sliced up and served in to-go containers for you to enjoy at home!

**If you will be attending, please call ahead by Tuesday, September 8, so we can get a head count.**

For registered Senior Center Members only. 860-285-1992.

## BEST WISHES, CAROL McOMBER!!!

It is with mixed emotions that I share with you Carol McOmber's decision to retire from Windsor Senior Services this past August 14th. Carol has been employed with the Town of Windsor since November of 2012. She has been a valuable and dedicated member of our team and an important part of our days here at the center. She has been responsible for many things, but especially for creating well-written, informative newsletters each month to spread the word about our many Senior Center activities. We have shared so many great times, as these pictures depict, and we will miss having Carol with us each day. So, that part is sad for us, however, we are so excited for Carol as she begins her next adventure ~ spending time with family including her husband, Steve, who has recently retired, and their new puppy "Tank" who you may have gotten to know on our WIN-TV show "The Daily Check-In –Senior Edition" episodes of "Keeping Up with Tank"... our version of a reality show! Our days will surely be different, but we wish Carol so much happiness in her future endeavors and we hope that she will come back to visit us soon!

Thank you, Carol! All the best to you!

Sincerely, your friends from the Windsor Senior Center



## National Ice Cream Cone Day!

Join us beginning at 1:00 PM on **Tuesday, September 22**, as we hand out free ice cream cones at the Windsor Senior Center for National Ice Cream Day! Stay in your car, wear your mask and bring along a cooler bag to keep your treat frozen! You must be a registered Senior Center Member to participate (one cone per person). **Please call ahead by Thursday, September 16, so we can get a head count.** *[Please note: While we are offering alternative programming this month, we want to be clear... The current federal, state, and local recommendations for seniors 65 and older is to stay home and stay safe. Any interaction with those outside your homes comes with risk. We want you all to be safe and healthy. Participation is at your own risk.]*



## ~ SUPPORT FOR YOU! ~

### ☺ CRT Elderly Nutrition Program:

**(860) 285-1843 – meal reservation line.**

The Windsor Senior Center continues to deliver meals right to your home. If you are new to the program, age 60 or older and a Windsor resident, a "Form 5" must be filled out to receive the meals which can be done over the phone. There is no income limit to participate. This subsidized program is funded by Federal and State pass-through dollars and, due to COVID-19, additional CARES Act funds. Deliveries are made on Wednesdays starting at 11:00AM and you will receive 5 meals for the week. Senior Center members as well as non-members who are interested in having meal deliveries, please call the number above. Donations are not required, however there is a suggested donation of \$2.50 per meal which would be \$12.50 for 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. This is separate from the Senior Center. These donations go directly to CRT.

### Online Courses:

~ **Watercolors for Beginners** ~ Be inspired with watercolors and learn how to create wonderful special texture effect paintings. 1 hr. of on-demand video; created by Deborah Burrow.

<https://www.udemy.com/share/1027vE/>

~ **Healing the Heart** ~ How to prepare for open heart surgery, minimize discomfort in the hospital and maximize your recovery. 2 hr. 22 min. on-demand video; created by Mitchel Schwindt.

<https://www.udemy.com/share/101UcW/>

~ **Rock Painting for Beginners** ~ Learn the basics of this fun hobby and how to create beautiful rock art with confidence. 40 min. of on-demand video; created by Rich Cheadle.

<https://www.udemy.com/share/101UPE/>

~ **Complete Personal Finance Course** ~ Learn how to easily record your expenses, determine your budget, follow-up and monitor expenses, and set a yearly expense plan. 40 min. of on-demand video; created by S. Almeri.

<https://www.udemy.com/share/101LIE/>

~ **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/>

## Weekly Ongoing Activities

### 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, delivered to those who do not drive, or we can email you a link to your card. One per person. If you get a confirmed Bingo on the last round, you will be mailed a prize. Free!

### SCRIBE Writing Workshop – ZOOM!

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

### Coffee Connection Social Hour – ZOOM!

**When:** *Every Thursday at 9:00am*

(This month we will be playing the word game "Scattergories")

### **\*IMPORTANT UPDATE\***

➔ The exercise classes listed below with our fabulous fitness instructor, Dee Abrams, are free through the month of September for Senior Center Month, however beginning the month of October, and until we can start classes at the center again, we will be charging \$2 per class. We want to give you advance notice of this change. Thank you for understanding. Dates of classes and payment information will be listed in our October newsletter.

### Sit, Stretch, with Yoga Poses – ZOOM!

**When:** *Mondays and Wednesdays, 11:30pm - 12:30pm*

### Shape Up & Work Out – ZOOM!

**When:** *Tuesdays and Fridays, 9:00am -10:00am*

Virtual activities can be accessed via our website and email blasts listing ZOOM information on how to join the activity, including meeting ID's and passwords at:

<https://townofwindsorct.com/senior-services/>

## WHAT'S ON THE TUBE?!

### The Daily Check-in: Senior Edition on WIN-TV

(Comcast channel 5 or Frontier channel 6102) Windsor Senior Services, in collaboration with Windsor's Community Television (WIN-TV), have produced uplifting videos for our seniors which air *every Tuesday through Sunday at 7:30 AM and 7:30 PM.* Watch our current episode "Keeping Up with Your Memory!"

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

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

MONDAY	TUESDAY	WEDNESDAY
	<p style="text-align: right;"><b>1</b></p> <p>7:30.....Daily Check In—Senior Edition on WIN-TV</p> <p>9:00.....Shape Up &amp; Work Out with Dee via Zoom</p> <p>7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p>	<p>7:30.....Sit, Stretch &amp; Groove Chair exercise with Dee on WIN-TV</p> <p>11:00....CRT meal (5) deliveries</p> <p>11:30...Sit, Stretch with Yoga Pose with Dee via Zoom</p> <p>7:30 PM... Sit, Stretch &amp; Groove Chair exercises on WIN-TV</p>
<p style="text-align: right;"><b>7</b></p> <p><b>Senior Center and all town offices closed.</b></p> 	<p style="text-align: right;"><b>8</b></p> <p>7:30.....Daily Check In—Senior Edition on WIN-TV</p> <p>9:00.....Shape Up &amp; Work Out with Dee via Zoom</p> <p>7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p> 	<p>7:30.....Sit, Stretch &amp; Groove Chair exercise with Dee on WIN-TV</p> <p>11:00....CRT meal (5) deliveries</p> <p>1:30...Sit, Stretch with Yoga Poses with Dee via Zoom</p> <p>7:30 PM... Sit, Stretch &amp; Groove Chair exercises on WIN-TV</p> 
<p style="text-align: right;"><b>14</b></p> <p>7:30.....Sit, Stretch &amp; Groove Chair exercises on WIN-TV</p> <p>10:00...Scribe Writing Workshop via Zoom</p> 	<p style="text-align: right;"><b>15</b></p> <p>7:30.....Daily Check In—Senior Edition on WIN-TV</p> <p>9:00.....Shape Up &amp; Work Out with Dee via Zoom</p> <p><b>1:00.....50th for our 50th — Call in!</b></p> <p>7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p>	<p>7:30.....Sit, Stretch &amp; Groove Chair exercise with Dee on WIN-TV</p> <p>11:00....CRT meal (5) deliveries</p> <p>11:30...Sit, Stretch with Yoga Pose with Dee via Zoom</p> <p>7:30 PM... Sit, Stretch &amp; Groove Chair exercises on WIN-TV</p>
<p style="text-align: right;"><b>21</b></p> <p>7:30.....Sit, Stretch &amp; Groove Chair exercises on WIN-TV</p> <p>1:00....Conference Call BINGO!</p> 	<p style="text-align: right;"><b>22</b></p> <p>7:30.....Daily Check In—Senior Edition on WIN-TV</p> <p>9:00.....Shape Up &amp; Work Out with Dee via Zoom</p> <p><b>1:00....National Ice Cream Cone Day!</b></p> <p>7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p>	<p>7:30.....Sit, Stretch &amp; Groove Chair exercise with Dee on WIN-TV</p> <p><b>10:00...Dimensions of Wellness</b></p> <p>11:00....CRT meal (5) deliveries</p> <p>11:30...Sit, Stretch with Yoga Pose with Dee via Zoom</p> <p>7:30 PM... Sit, Stretch &amp; Groove Chair exercises on WIN-TV</p>
<p style="text-align: right;"><b>28</b></p> <p>7:30.....Sit, Stretch &amp; Groove Chair exercises on WIN-TV</p> <p>10:00...Scribe Writing Workshop via Zoom</p>	<p style="text-align: right;"><b>29</b></p> <p>7:30.....Daily Check In—Senior Edition on WIN-TV</p> <p>9:00.....Shape Up &amp; Work Out with Dee via Zoom</p> <p>7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p>	<p>7:30.....Sit, Stretch &amp; Groove Chair exercise with Dee on WIN-TV</p> <p><b>9:00....Short Story Contest winner selected.</b></p> <p>11:00....CRT meal (5) deliveries</p> <p>11:30...Sit, Stretch with Yoga Pose with Dee via Zoom</p> <p>7:30pm Sit, Stretch &amp; Groove WIN-</p>

**THURSDAY**

**FRIDAY**

**SAT/SUN**

<p>2 TV s hair</p>	<p>3 7:30.....Daily Check In—Senior Edition on WIN-TV 9:00.....Coffee Connection via Zoom 3:30.....Farmer's Market 7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p>	<p>4 7:30.....Daily Check In—Senior Edition on WIN-TV 9:00.....Shape Up &amp; Work Out with Dee via Zoom 7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p>	<p>5 7:30.....Daily Check In—Senior Edition on WIN-TV 7:30 PM ... Daily Check In—Senior Edition on WIN-TV 6 7:30.....Daily Check In—Senior Edition on WIN-TV 7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p>
<p>9 TV hair</p>	<p>10 7:30.....Daily Check In—Senior Edition on WIN-TV 9:00.....Coffee Connection via Zoom 3:30.....Farmer's Market 7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p> 	<p>11 7:30.....Daily Check In—Senior Edition on WIN-TV 9:00.....Shape Up &amp; Work Out with Dee via Zoom 10:00.....Drive-thru 50th Anniversary Celebration! 1:00.....Facebook Live Raffle Winner Drawing from Drive-Thru 7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p> 	<p>12 7:30.....Daily Check In—Senior Edition on WIN-TV 7:30 PM ... Daily Check In—Senior Edition on WIN-TV 13 7:30.....Daily Check In—Senior Edition on WIN-TV 7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p> 
<p>16 TV s hair</p>	<p>17 7:30.....Daily Check In—Senior Edition on WIN-TV 9:00.....Coffee Connection via Zoom 3:30.....Farmer's Market 7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p>	<p>18 7:30.....Daily Check In—Senior Edition on WIN-TV 9:00.....Shape Up &amp; Work Out with Dee via Zoom 1:00.....Virtual Recipe Swap via Zoom 7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p>	<p>19 7:30.....Daily Check In—Senior Edition on WIN-TV 7:30 PM ... Daily Check In—Senior Edition on WIN-TV 20 7:30.....Daily Check In—Senior Edition on WIN-TV 7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p>
<p>23 TV s hair</p>	<p>24 7:30.....Daily Check In—Senior Edition on WIN-TV 9:00.....Coffee Connection via Zoom 3:30.....Farmer's Market 7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p>	<p>25 7:30.....Daily Check In—Senior Edition on WIN-TV 9:00.....Shape Up &amp; Work Out with Dee via Zoom 5:00.....Entry deadline for Short Story Contest 7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p>	<p>26 7:30.....Daily Check In—Senior Edition on WIN-TV 7:30 PM ... Daily Check In—Senior Edition on WIN-TV 27 7:30.....Daily Check In—Senior Edition on WIN-TV 7:30 PM ... Daily Check In—Senior Edition on WIN-TV</p>

**SEPTEMBER 2020**

## HEALTH & WELLNESS CLINICS

### ✦ FOOT CLINIC by Pedi-Care Services, LLC:

We hope to resume the Pedi-Care Foot Clinic this coming fall. 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](http://www.afamemorytest.com)



## Windsor Senior Transportation



### TRANSPORTION INFORMATION RELATED TO COVID-19

- ✦ Limited transportation under 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 and maintain 6 foot distance.
- ✦ Protective masks or coverings must be worn while on the bus.

### GROCERY SHOPPING

- ✦ Grocery shopping to Geissler's and Price Chopper on Tuesday and Wednesday from 8:30am to 9:30am. Pick ups will begin at 8:00am to allow one hour of shopping time.
- ✦ Grocery shopping to Stop & Shop on Thursday from 8:30am to 9:30am. Pick ups will begin at 8:00am to allow one hour of shopping time.
- ✦ Grocery shopping to Price Rite on Friday from 8:30am to 9:30am. Pick ups will begin at 8:00am to allow one hour of shopping time.

### MEDICAL TRANSPORTAION

- ✦ Out-of-town Medical Rides will be provided on Monday, Tuesday, Thursday and Friday (no rides for medical appointments will be provided on Wednesday). Appointments will not be scheduled before 9:00am. These rides will be provided to towns already serviced by Dial-A-Ride. 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 ~ Please follow the in-town scheduling procedures in your Windsor Senior Transportation booklet.
- ✦ Rides to in-town pharmacies will be provided to pick up prescriptions ~ Please follow the in-town scheduling procedures in your Windsor Senior Transportation booklet.
- ✦ Passengers must make their own reservations in accordance with the current Dial-A-Ride guidelines at least 2 days before for in-town and 7 days before for out-of-town. Reservations on behalf of another patron will not be accepted. 860-285-1846 (in-town Dial-A-Ride); 860-285-1992 (out-of-town Dial-A-Ride)

### 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](http://www.townofwindsorct.com/senior-services)

Hours: Mon—Fri, 8:00 AM — 5:00 PM

Senior Center Coordinator: Rebecca Joyce

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

Kitchen CRT Staff: Kristin Simpson

Transportation Coordinator: George Headley

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



**Be sure to take a look at our September newsletter insert for some history of the Windsor Senior Center and enjoy some old photos! Also, in celebration of our 50th Anniversary, be the "50th for our 50th" to win a \$50 gift card to a Windsor restaurant! (please see full details below)**

## Be the 50th for our 50th!

In celebration of the Windsor Senior Center's 50th Anniversary, if you are the 50th Senior Center Member to call us on **Tuesday, September 15th**, you will win a \$50 gift card to a local restaurant! A few rules do apply → only one call per Senior Center Member, and the contest runs from **1:00 PM to 2:00 PM sharp!**

Special prizes will be issued for the 10th, 20th, 30th, and 40th callers, as well, so **don't be shy to call!** For all winners, we will arrange a time for you to pick up your prize! Contest eligibility for **registered Windsor Senior Center Members only**. The phone number to call is **860-285-1992**. Have fun and good luck!



## Short Story Contest!



We are pleased to announce our Short Story Contest! Beginning in May, we encouraged you to share your stories, write down your thoughts and to begin journaling. Now, we would like to read your stories!

All Senior Center members are encouraged to share their stories and talents through the written word. Your story can be fictional or nonfictional, but should definitely reference times spent at the Windsor Senior Center, or your experiences during this quarantine. The rest is up to your imagination! **Senior Center staff will choose one winner on Wednesday, September 30** (judging on theme, structure, interest and clarity). The winner will receive a \$25 gift card! You may submit your story two ways to be **received on or before September 25**: mail to LP Wilson Community Center, ATTN: Windsor Senior Center/Story Contest, 599 Matianuck Avenue, Windsor, CT 06095; or deliver your story in person to the Senior Center. Good luck!

## Dimensions of Wellness

Join us on **Wednesday, September 23**, from 10:00 AM to 11:00 AM via ZOOM for "Dimensions of Wellness for Older Adults." This is an interactive and engaging presentation that reviews a wellness model that encompasses the following dimensions of wellness: physical, emotional, intellectual, spiritual, vocational, and environmental. It is a guide to help you look closely at your life and recognize and celebrate your unique triumphs and what you're already doing to live your best life. You might be wondering, "What might I like to change or add to my life to enhance my sense of well-being?" Share ideas on what it means to be fully engaged in life! Presented by Amina Weiland, Resource Coordinator, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center and Windsor Senior Center. **RSVP to 860-285-1992**. To **join the Zoom meeting**, please visit our website at [www.townofwindsorct.com/senior\\_services/](http://www.townofwindsorct.com/senior_services/) and click on Virtual Programs for all Zoom login information.



## Live Well with Diabetes

Join this free 6-week workshop and learn how to better manage your diabetes. You may join with a computer, tablet or cellphone with reliable internet connection OR the workshop is now available to seniors in the comfort of their home without having to use technology beyond the telephone. A technology training session will be provided prior to starting the workshop. Learn about diabetes including: what to eat; foot care; low and high blood sugar; sick day guidelines; tips for dealing with stress; and how to set small and achievable goals.

The workshop toolkit will be sent directly to participants at no cost and includes a Living a Healthy Life Book, instruction booklet, exercise and relaxation CDs, and a My Diabetes Plate magnet. Weekly phone calls from a trained Live Well leader enhances the experience and can help to alleviate social isolation during the COVID epidemic. Sponsored by CT Dept. of Public Health, Dept. of Aging & Disabilities, and North Central Area Agency of Aging. **Contact Rebecca Joyce, Senior Services Coordinator, at 860-285-1992, for complete details and to sign up.**