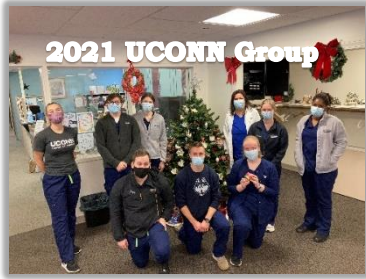




Coming soon to the Windsor Senior Fitness Center... **Key fob entry!** A new, more secure way to get fit at the Senior Center is coming your way. All current and future Senior Fitness Center Members will be receiving a key fob that will allow entry to the Fitness Center beginning October 1. Stay tuned!

WELCOME UCONN NURSING STUDENTS



We are happy to announce that the CEIN UConn Nursing Students who attend the campus in Storrs, CT, are joining us again this fall. We are excited to once again have the students with us and we're sure that they will enjoy their time at the Senior Center.

Each fall, we welcome a new group of students who take part in our daily activities, offer health & wellness programs, and assist with events and activities at the center. The students will be with us on Thursdays from September 7th through December 2nd. Please be sure to provide a warm welcome and say "hello" when you see them around the center. They will be graduating at the end of this semester. Thank you for being with us UCONN Nursing Students!

WELCOME BROOKE, OUR FALL/SPRING INTERN FROM LESLEY UNIVERSITY!



Please join us in welcoming Brooke to the Windsor Senior Center! She will be with us September 2022 through mid-May 2023. Brooke attends Lesley University, and is working toward her Masters in Drama Therapy, with an expected graduation of May 2024.

She will be joining us for approximately 15 hours per week. While she gets started, Brooke will observe and be involved in the current activities, then she will move into a space where she will take the lead in a variety of ways, utilizing her knowledge, creativity, and vast experience in a positive way here at our center. We look forward to Brooke being involved in many of the dance groups, art programs, helping with the annual Wadsworth Atheneum Holiday Tree project, reviving our annual Variety Show, and implementing some of her own drama therapy based programming during her time here. Please be sure to give Brooke a warm Windsor welcome!

Senior Health and Wellness Fair – Flu Shot Clinic

Thursday, October 6, 2022

8:30am – 12:00noon

Senior Center - LP Wilson Community Center

Flu Season is approaching fast and the Windsor Health Department will be holding a Flu Shot Clinic in conjunction with the annual Senior Health and Wellness Fair on Thursday, October 6, 2022 at the LP Wilson Community Center. Persons 18yo and older who would like a flu vaccine are welcome to come and get their flu shot.

In June 2022, the CDC Director, Rochelle Walensky, agreed with the ACIP recommendation that those persons who are 65yo and older should receive a high dose flu shot. There will be a high dose flu shot option at the fair!

The Windsor Health Department will be at the Senior Health and Wellness Fair and will administer the standard dose quadrivalent flu shot. The Windsor Health Department is a provider for the following insurances: Medicare, Medicare Aetna, Medicare Anthem BC/BS, Medicare Cigna, Medicare Connecticutcare and Medicare United Healthcare. The fee for a standard dose quadrivalent flu shot if there is no insurance coverage is \$30 (cash or check only).

Stop and Shop Pharmacy will be joining the Windsor Health Department at the Senior Health and Wellness Fair and will administer the high dose quadrivalent flu shot. Stop and Shop is a provider for Medicare and Medicaid and many other insurances. The fee for a high dose quadrivalent flu shot if there is no insurance coverage is \$100 (cash or check only).

Senior Health and Wellness Fair

Printed Seasonal Flu Shot Consent Forms for both the Windsor Health Department standard dose flu shot and the Stop and Shop Pharmacy high dose flu shot will be available at the Windsor Senior Center prior to the clinic as well as the day of the clinic. This is a walk-in clinic, so appointments will not be necessary. You need to bring your insurance card on the day of the clinic to confirm your coverage or cash/check if you do not have insurance. Please know that we expect all people attending the clinic to wear a face covering/mask and to cooperate with physical distancing while waiting in line and getting vaccinated. We appreciate your patience and cooperation. We look forward to seeing you on Thursday, October 6, 2022!



ARCHERY DISCOVERY COURSE



On October 1 from 10:00 AM to 11:30 AM, learn from the experts at L.L. Bean all about Archery. Bus from the Windsor Senior Center leaves at 9:15 AM and heads to the Glastonbury Boathouse where a certified Archery Instructor will advise your group on Archery Discovery. Return to the Windsor Senior after the activity around 12:00 PM.

Space is limited. \$32.00 per person. Register online!

Volunteers Needed!

Are you looking to give back to our community? We have a few opportunities for you! Inquire by calling 860-285-1992.

Volunteer Driver Program

The Windsor Senior Center is in need of individuals with good driving skills whom enjoy driving. Duties include picking up Dial-a-Ride patrons within town and transporting them to medical appointments in Bloomfield, Hartford, East Hartford, West Hartford, Newington, Farmington, Enfield, and Windsor Locks. You will be able to create your own schedule and as well choose the towns you wish to drive to. Hours of operation for this program are Monday – Friday, 8:30 am - 4:30 pm. We offer the use of Town of Windsor pool cars (4 door sedans). Please call 860.285.1992 for additional information. Join our team and experience all the benefits that volunteering can bring!

Wadsworth Athenaeum Festival of Trees Preparation

For the past several years, creative Windsor seniors have volunteered their time to beautifully decorate a themed Christmas tree with all handmade ornaments which is then donated to the Wadsworth Athenaeum for their annual Festival of Trees. It's a wonderful community effort. We are hoping to secure a donated (pre-lit) Christmas tree by early October, so our "elves" then have ample time to create the ornaments and decorate the tree before it's delivered to the Wadsworth by December 1. If you would like to donate a tree, or donate your time to helping decorate, please let us know. Thanks!

To all of the local businesses that supported the Windsor Senior Center's Annual Summer Picnic...

Thank You

for your support !!


With many thanks also to patrons Beverly Duff, Val Jennings, and Margaret Meikle for their generous donations.



September 2022 Lunch Menu

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	<u>Nat'l Chicken Month</u> Grape Juice Chicken Francaise Linguini Broccoli Florets Dinner Roll Frosted Cake	2	Apple Juice Cheeseburger Macaroni Vegetable Medley Oatnut Bread Fresh Fruit
5	CRT Closed In Observance of Labor Day Holiday	6	100 % Fruit Punch Juice Crab Cakes w/ Old Bay Remoulade Yellow Rice Mixed Vegetables 12 Grain Bread Frosted Cake	7	Brown Sugar Glazed Baked Ham Sweet Potato Casserole Green & Yellow Wax Beans Wheat Dinner Roll Fresh Fruit	8	Orange Juice Guinness Beef Stew w/ Root Vegetables 100 % Whole Wheat Bread Home-Baked Cookie	9	Stuffed Green Pepper w/ Tomato Sauce Pasta Yellow Squash Rye Bread Fresh Fruit
12	100 % Fruit Punch Juice Chicken Empanadas Spanish Rice Chuck Wagon Blend Veggies 100 % Whole Wheat Bread Wholegrain Fruit Oatmeal Bar	13	Classic Pot Roast w/ Gravy Boiled Potatoes Parslied Carrots Oatnut Bread Fresh Fruit	14	Orange Juice Chicken a la Vodka w/ Penne California Blend Vegetable Wheat Dinner Roll Frosted Cake	15	Shrimp Teriyaki Vegetable Fried Rice Asian Style Vegetables 12 Grain Bread Fresh Fruit	16	Roast Turkey and Gravy Corn Bread Stuffing Brussel Sprouts Cranberry Sauce Wheat Bread Fresh Fruit
19	Southern Style Catfish Potato Wedges w/Ketchup Prince Edward Veggies Wheat Bread Fresh Fruit	20	Grape Juice Vegetable Pizza Salad Greens w/ Cherry Toms Cucs / Salad Dressing Home-Baked Cookie	21	Beef & Bean Chili Baked Potato w/ Cheese Sca Broccoli Scallions Cornbread Loaf Fresh Fruit	22	BBQ Pulled Pork 5- Cheese Mac n Cheese Collard Greens Dinner Roll Fresh Fruit	23	<u>National Chocolate Day</u> Grape Juice BBQ Chicken Drumsticks Potato Salad Seasoned Corn Oatnut Bread Chocolate Cake
26	Country Fried Steak w/Gravy Garlic Smashed Potatoes Capri Blend Veg Oatnut Bread Fresh Fruit	27	Sticky Honey Garlic Meatballs White Rice w/ Vegetables Broccoli Florets 12 Grain Bread Fresh Fruit	28	<u>National Apple Month</u> Orange Juice Chef Salad-Romaine Lettuce Hard-Boiled Egg; Julienned Turkey & Cheese Cherry Toms, Cucs, Croutons Dressing Autumn Apple Crisp	29	Apple Cider Pork Loin Seasoned Orzo Spinach Garlic Knot Fresh Fruit	30	Orange Juice Chicken 'n Dumplings Seasoned Peas 100% Whole Wheat Bread Home-Baked Cookie

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses
All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>September 2022</h1>						
4	5 All Town Offices closed in observance of Labor Day 	6 9:00 Indoor Pickleball Returns! *See new pricing for non-residents* 10:00 Trail Riders Club 10:45 Walking Club 11:45 CRT Daily Lunch 12:00 Tai Ji Quan—#88 100 Set-Back 5:30 Dinner and Town Council Meeting	7 9:00 Indoor Pickleball 9:00 Gribbage 10:00 Yoga 11:00 Renovation Support Group 11:45 CRT Daily Lunch 12:30 Quilting 1:00 Golden Fellowship Meeting 6:00 ZUMBA Gold	8 9:00 Indoor Pickleball 10:30 Book Club Returns! 11:45 CRT Daily Lunch 12:00 Tai Ji Quan—#88 100 Set-Back 4:30 Bus Trip to TX Roadhouse 6:00 Floral Arrangement Class 	9 8:30 Tai Chi 9:00 Indoor Pickleball 9:30 Coffee Connection 9:30 Crafty Fingers 10:00 Hiking Club 10:00 Yoga 11:45 CRT Daily Lunch 100 Bingo 1:30 Line Dancing Returns 5:00 Chess & Connections  *Spirit Day—Decades Day	10 11:15 Bus Trip to Lassard Lunas 
11	12 8:30 Tai Chi 9:00 Indoor Pickleball 9:00 Shape up & Workout 9:00 AAAP Drivers Safety 9:30 Coffee Connection 10:00 SCRIBE Writing Workshop 10:30 Chair Aerobics (FKA St. Steven & Groove) 11:00 Tech on the Road 11:45 CRT Daily Lunch 100 Bingo 100 Mahjong 6:00 ZUMBA Gold	13 7:30 Bus Trip to Providence's Little Italy 9:00 Indoor Pickleball 9:30 Adult Coloring 10:00 Trail Riders Club 10:45 Walking Club 11:45 CRT Daily Lunch 12:00 Tai Ji Quan—#88 100 Set-Back 4:30 Bus Trip to Seph's	14 9:00 Indoor Pickleball 9:00 Gribbage 9:00 Shape up & Workout 10:00 Yoga 10:30 Chair Aerobics (FKA St. Steven & Groove) 11:45 CRT Daily Lunch 1:00 Health by Nutrition Workshop 5:00 Family Bingo 6:00 ZUMBA Gold	15 8:30 Foot Care Clinic 9:00 Indoor Pickleball 10:00 Hearing Presentation 10:30 Return of Hearing Clinics 10:45 Walking Club 11:45 CRT Daily Lunch 12:00 Tai Ji Quan—#88 100 Set-Back 4:30 Bus Trip to Ginza	16 8:30 Tai Chi 9:00 Indoor Pickleball 9:30 Coffee Connection 9:30 Crafty Fingers 10:00 Hiking Club 10:00 Yoga 11:45 CRT Daily Lunch 100 Bingo *Spirit Day—Mason & White Day (School Spirit)	17 9:00 Pancake Breakfast 
18	19 8:30 Tai Chi 9:00 Indoor Pickleball 9:30 Coffee Connection 9:30 Men's Club 11:45 CRT Daily Lunch 100 Bingo 100 Mahjong 6:00 ZUMBA Gold 	20 9:00 Indoor Pickleball 9:30 Coffee Connection 9:30 Adult Coloring 10:00 Trail Riders Club 10:45 Walking Club 11:30 Bus Trip to Shady Glen 11:45 CRT Daily Lunch 12:00 Tai Ji Quan—#88 100 Set-Back 1:00 Movie of the Month: Eddie the Eagle 3:00 *NEW* Backgammon	21 9:00 Indoor Pickleball 9:00 Gribbage 10:00 Yoga 10:00 Wellness Screenings 11:00 Renovation Support Group 11:45 CRT Daily Lunch 12:00 Hypertension Presentation 12:30 Quilting 4:30 Evening Bingo 6:00 ZUMBA Gold	22 8:30 Foot Care Clinic 9:00 Indoor Pickleball 10:45 Walking Club 11:45 CRT Daily Lunch 12:00 Tai Ji Quan—#88 12:30 End of the Summer Party & Tea 100 Set-Back 4:30 Bus Trip to Margarita's 	23 8:30 Tai Chi 9:00 Indoor Pickleball 9:30 Coffee Connection 9:30 Crafty Fingers 10:00 Hiking Club 10:00 Yoga 11:45 CRT Daily Lunch 100 Bingo 1:30 Line Dancing *Spirit Day—Silly Socks Day	24 9:00 Bus Trip to Mahogan Sun Caste 
25	26 8:30 Tai Chi 9:00 Indoor Pickleball 9:00 Shape up & Workout 9:30 Coffee Connection 10:00 SCRIBE Writing Workshop 10:30 Chair Aerobics (FKA St. Steven & Groove) 11:00 Bring your Apple Gadgets to the Geek 11:45 CRT Daily Lunch 100 Bingo 100 Mahjong 6:00 ZUMBA Gold	27 9:00 Indoor Pickleball 9:30 Coffee Connection 9:30 Adult Coloring 10:00 Trail Riders Club 10:45 Walking Club 11:45 CRT Daily Lunch 12:00 Tai Ji Quan—#88 100 Set-Back 5:00 Early Bird Supper 	28 9:00 Indoor Pickleball 9:00 Gribbage 10:00 Yoga 10:30 Chair Aerobics (FKA St. Steven & Groove) 11:45 CRT Daily Lunch 11:45 August Birthday Celebration 1:00 Medicine Uncomplicated 6:00 ZUMBA Gold	29 8:30 Veterans Coffee Hour 9:00 Indoor Pickleball 10:45 Walking Club 11:45 CRT Daily Lunch 12:00 Tai Ji Quan—#88 100 Set-Back 	30 8:30 Tai Chi 9:00 Indoor Pickleball 9:30 Coffee Connection 9:30 Crafty Fingers 10:00 Hiking Club 10:00 Yoga 11:45 CRT Daily Lunch 12:00 Senior Cookie Swap 100 Bingo 1:30 Line Dancing *Spirit Day—Hawaii Shirt Day 	

Free Introductory Fitness Class Week! See Monthly Newsletter for More Information!

Happy National Senior Center Month!