

MARCH 2024

WINDSOR

Senior Center

**SEASONS OF
FELLOWSHIP MEETS
ON WEDNESDAY,
MARCH 20 AT 1:00 PM**

**THE SENIOR CENTER CAFE
WILL BE CLOSED FOR
VOTING ON MARCH 12**

**LEARN MORE ABOUT
ARRAYRX ON
MARCH 7 AT 11:45.
SAVE MONEY ON
YOUR PRESCRIPTIONS!**

**SIGN UP TO
PERFORM IN
THE MAY 8TH
VARIETY SHOW!
REGISTRATION
IS OPEN!**

- **PAINT AND CREATE WITH
EMI-SUE**
- **CAPTIVATING CANVAS
WITH SANDY**
- **EASTER CRAFTING WITH
THE WINDSOR FAMILY
RESOURCE OFFICE**

**LIFE REVIEW
JOURNEY: EXPLORE
YOUR PAST TO ENRICH
YOUR FUTURE. ENJOY
A PRESENTATION ON
MARCH 8 ABOUT THE
6-WEEK PROGRAM TO
FOLLOW.**

**HOW TO IDENTIFY
SENIOR BULLYING -
LEARN MORE ON
MARCH 19 AT 10 AM**



Welcome to the Senior Center!

Senior Services is a department under the Windsor Recreation and Leisure umbrella. The Windsor Senior Center tries hard to honor all our members and their interests as we continue to provide quality social, recreational, educational, and informational programs for individuals aged 55 and better.

Enriching Windsor's 55+ population; keeping folks engaged, entertained, informed, and fit (both physically and mentally) is our passion! We love promoting independence, personal growth, and participation within community via our programs.

We provide a wide array of offerings that appeal to the range of ages we serve; most of which may be found in the monthly newsletter. If you have ideas for new programming, or any comments and concerns about current programming, please let us know.

The Windsor Senior Center respects and honors the diversity of all our participants. All are welcomed and embraced here, regardless of sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education, and political perspective.

Rebecca Joyce
Senior Center Coordinator
joyce@townofwindsorct.com
860-285-1881

Stephanie Famiano
Activities Specialist
famiano@townofwindsorct.com
860-285-1994

Dee Abrams
Fitness Instructor
860-285-1995

George Headley
Transportation Coordinator
headley@townofwindsorct.com
860-285-1992

Francisco Espada
Lead Driver

Woody Woodard
Driver

Lennox Small
Driver

Pepe Saldana
Driver

Aziz Harram
Driver

Carnell Freeman
Driver

Belman Ramirez
Driver

Derrick Wallen
Driver

Joselenny Gomez
Driver

Did you know...?

On March 1, 1790, the **Supreme Court** convened for the first time.



March 6 is **White Chocolate Cheesecake Day!**

On March 7, 1933, the **Monopoly** board game was invented.

March 10 is **Harriet Tubman Day!**



The birthstone for March babies is Aquamarine, a blue-green member of the beryl family.

March 13 is **National Good Samaritan Day**. Celebrate this day by performing a special act of kindness today.

March 17 is **Saint Patrick's Day**. The first parade held in St. Patrick's honor took place in America, not Ireland, in 1601 in what is now St. Augustine, Florida.

March is **Women's History Month!** It is an important time to celebrate because it recognizes and honors the contributions and achievements of women throughout history. March provides an opportunity to acknowledge the vital role women have played in shaping society and paving the way for future generations of women.

March 21 is **World Poetry Day!**



March 28 is **Opening Day** for Major League Baseball.



Veteran's Corner



REGULAR MONTHLY PROGRAMMING:



**JOIN
FELLOW
VETERANS**

SECOND WEDNESDAY @6PM

VFW POST 4740, 276 BROAD ST. WINDSOR

LAST THURSDAY @8:30AM

LP WILSON, 599 MATIANUCK AVE. WINDSOR

The planning has begun on the GWVC's annual Military Appreciation Event to be held on April 20 from 10am - 2pm at the L.P. Wilson Community Center. If you'd like to be involved in planning or facilitating, please call 860-285-1992. We will keep you posted on planning meeting dates/times.



VETERANS CRISIS LINE

If you are a veteran or are concerned about a veteran, the Veterans Crisis Line is a free, confidential resource available to anyone, even if you're not registered with VA or enrolled in VA health care.

Call the Veterans Crisis Line by dialing 988, then press 1.

TAX REDUCTIONS AND BENEFITS

Available to qualified Windsor residents (not just vets), is a pamphlet that describes a variety of exemptions and benefits available to individuals meeting the income and/or age guidelines as determined by State of Connecticut regulations. Visit the town's website at townofwindsorct.com/assessor or call the Town Assessor's office at 860-285-1816.



The Month Ahead



HERE IS A SNAPSHOT OF SOME SPECIAL MARCH EVENTS.



REGISTRATION FOR MARCH PROGRAMMING OPENS ON MONDAY, FEBRUARY 26.

Monday, March 4: Driver Safety with AARP @9:00 AM - 1:00 PM

Tuesday, March 5 & 19: Paint Pouring on canvas, and jewelry @ 1:00 PM (more info on pg 5)

Friday, March 8: Life Review Journey with Emerging Leadership Academy @ 10:00 AM - a presentation to introduce a 6 week program. (more info on pg 8)

Sunday, March 10: Ramadan begins at sunset.

Tuesday, March 12: Cafe closed for activities due to voting. *Referendum for the Wilson Park Project.*

AND

Bus Trip to the Aquaturf @ 10:00 AM

Wednesday, March 13: Blood Pressure and Wellness Clinic with HHC @ 12:00 PM (more info on pg 8)

Friday, March 15: Learning the ins and outs of Probate Court with Czepiga Daly Pope & Perri @ 10:00 PM

Sunday, March 17: Saint Patrick's Day

Tuesday, March 19: First Day of Spring

AND

"What is Senior Bullying? How do I avoid it?" @ 10:00 AM (more info on pg 8)

Wednesday, March 20: Easter Crafting with the WFRC @ 11:00 AM

AND

Seasons of Fellowship Spring Meeting @ 1:00 PM

AND

Evening Bingo @ 4:30 PM

Tuesday, March 26: Early Bird Supper (more info on pg 9)

Wednesday, March 27: Monthly birthday party @ 11:45 AM (more info on pg 9)

AND

Memory Screening with HHC - Appointment required @ 10:00 AM-12:00 PM

Friday, March 29: CRT Closed for Good Friday - Bring a brown bag lunch.

Sunday, March 31: Happy Easter!



TAX-AIDE HAS RETURNED!

This program for Seniors will be held every Monday and Thursday through April 8 from 8:45 AM to 11:00 AM at the senior center. Before your scheduled appointment, you will need to stop by the Senior Center to pick up a tax package that includes instructions and an Intake Sheet that must be completed prior to your appointment. You will be required to bring the following items to your scheduled appointment: a completed Intake Sheet, last year's tax forms (i.e., 1099s, W-2s, etc.), a copy of last year's tax return, your photo ID.

- Appointments are required.
- Wearing a mask is encouraged and tax preparers will also be wearing a mask.
- Online registration is strongly encouraged as appointments fill up quickly.
- Free tax preparation & electronic filing services of both Federal & State tax returns are provided.
- To schedule an appointment, please visit our website at www.townofwindsorct.com/senior-services and click "Register".
- You may also view the step-by-step guide under documents to assist in the process.
- You may register online or call 860-285-1992.

**For Monday appointments, the last day to schedule is the Wednesday prior at 11:59pm and for Thursday appointments, the last day to schedule is the Sunday before at 11:59pm.*



Enrichment



Paint and Create with Emi-Sue

Emily of Emi-Sue Creations will be here at **1:00 PM on March 5 & March 19** to instruct a two-part creative class.

Session 1: Use a pour-paint technique on four 4x4 stretched canvases. Take home your masterpieces.

Session 2: Use left over paint from session one to create unique jewelry pieces. Take home your new one-of-a-kind jewelry to wear and enjoy.

\$5.00 per person thanks to "Be Well Windsor"! Register online. No drop-ins.



Monthly Book Club

Monthly Book Club is held on the **2nd Thursday** each month at **10:30 AM** in the Senior Lounge. Club

Leader Martha O'Donnell invites robust conversation about the "book of the month". March's book is *Librarian of Burned Books* by Brianna Labuskas. Free! Drop in!



Our **Movie of the Month** is now on the **3rd Thursday** of each month! March's movie will be shown in the Senior Lounge on March 21 at **1:00 PM**. The movie shown will be: *Young @ Heart*. Call 860-285-1992 to register. Free!

Coming soon...

Windsor CARES Annual Fundraiser SPAGHETTI DINNER

Save the Date! Friday April 5th at 5pm in the L.P. Wilson Community Center Cafe. Special guest servers will be our own Windsor Police Officers. For more information or tickets call Deb Sheldon at 860-285-1839.



The **Seasons of Fellowship** will meet on March 20 from 1PM to 2:30PM in the Sr. Ctr. Cafe. After a short meeting, the group will dedicate the new Senior Center Library to the memory of past Fellowship President Pauline Martin. Entertainment, coffee, light refreshments, and a raffle will close out the program. \$2. guest fee or \$20. to join annually.

Captivating Canvas Paint Class



Monthly on the third Thursday from 6pm-8pm, create a masterpiece with Artist Sandy Poirier. Register online! Residents: \$16 Non-residents: \$18

Easter Crafting

Enjoy some intergenerational fun at the Senior Center on March 21 at 11 am! We are excited partner with our friends from the Family Resource Center at Oliver Ellsworth Elementary School. The WFRC will be visiting with some crafty students and will need the help of our crafty seniors to make some fun Easter-themed masterpieces. Please register by calling 860-285-1992.

Get your Act Together!

Returning on Wednesday, May 8 is the

Annual Variety Show!

Registration forms are available in the Senior Center and online.

Do you dance, sing, do magic? Solo, duo, ensemble acts are all welcome!



Regularly scheduled programming at the Windsor Senior Center

Mondays

9:00 Tai Chi
 9:00 Pickle Ball - Adv. Play
 9:00 Coffee Connection
 9:00 SS BOOM Muscle
 10:30 SS Classic
 11:45 CRT Lunch
 1:00 BINGO
 1:00 Mahjogg



Tai Chi with Ginger on Mondays & Fridays at 9:

Tai chi is important for seniors as it improves balance, flexibility, and reduces stress, ultimately enhancing overall health and quality of life. See pricing and full fitness schedule on page 12. Every first class is Free!

Tuesdays

9:00 Coffee Connection
 9:00 Pickleball - Beg. Play
 9:30 Mindfulness & Meditation w/ Fay
 10:45 Walking Club
 11:45 CRT Lunch
 1:00 Set Back
 1:00 Wii Bowling - **Now every Tuesday!**
 1:00 Cornhole League
 1:00 SS Chair Yoga
 2:30 Dance Therapy with Deanna

Mindfulness and Meditation with Fay on Tuesdays at 9:30:

Engaging in mindfulness practices can help older adults manage challenges by promoting relaxation, reducing stress levels, and fostering a sense of connectedness to the present moment. Meditation, in particular, can enhance cognitive function, improve focus and memory, and even potentially lower blood pressure.

BE KIND
to yourself

Wednesdays

9:00 Pickleball - Adv. Play
 9:00 SS BOOM Muscle
 9:00 Cribbage
 10:00 Yoga
 10:30 SS Classic
 10:30 Bereavement (closed group)
 11:45 CRT Lunch
 12:30 Quilting (*2nd & 4th Wednesday)



Cribbage on Wednesdays at 9:

Cribbage is a classic card game that has been enjoyed for centuries, known for its combination of strategy and luck. The game involves scoring points by forming various combinations of cards in your hand and on the playing board. It is played with a special cribbage board and pegs to keep track of the score. Free! Drop-in!

SUPPORT OUR ADVERTISERS!

Thursdays

8:30 Dancing Feet Foot Care (*3rd & 4th Thurs.)
 9:00 Pickleball - Beg. Play
 10:00 Chess Club (*1st & 3rd Thurs.)
 10:45 Walking Club
 11:45 CRT Lunch
 1:00 Set Back
 1:00 Cornhole League
 2:30 Dance Therapy with Deanna

Cornhole League on Tuesdays and Thursdays at 1:

Combine skill and strategy in a relaxed setting. Enjoy friendly competition during open-play in the LP Wilson Gymnasium. Free! Drop-in!



Chess Club is played at 10 on the 1st and 3rd Thursday each month!

Enjoy some friendly competition over this 1500 year old board game. Free! Drop-in!



Fridays

9:00 Tai Chi
 9:00 Coffee Connection
 9:00 Pickleball - All Play
 9:00 SS BOOM Muscle Booking
 9:30 Crafty Fingers & Scrap
 10:00 Yoga
 11:45 CRT Lunch
 1:00 BINGO
 1:30 Line Dancing

Daytime BINGO on Mondays and Fridays at 1:

It's one of the Senior Center's most popular activities! Join with friends to try to win cash prizes. Pots pay up to \$30! \$1 per card. (Evening BINGO is also played on the 3rd Wednesday each month at 4:30)



Line Dancing on Fridays at 1:30:

No need for a partner! Join volunteer instructor Connie and friends for a great workout in the Ballet Room. A great way to close out the week. Free! Drop-in!



Weekends

Check out our robust schedule of Evening and Weekend Trips on page 10. A \$2.00 donation encouraged in order for us to continue offering these wonderful trips. A NAPIS Form 5 must be completed annually to enjoy participation in evening and weekend trips, as this is grant funded through the North Central Area Agency on Aging. Form 5's are available at the Senior Center.



To receive a digital copy of our Monthly Newsletter, please be sure to register by completing a Windsor Senior Center Membership form, available in the Senior Center or on our website, and providing your email address.

SUPPORT OUR ADVERTISERS!

Education & Enlightenment

Senior Bullying:



Bristol Health

Bloomfield
Center for Nursing & Rehabilitation

What happens when an adult becomes the victim of bullying? Bullying among senior citizens has been making news in recent years. Sit with Heather Hitchcock, Community Education Manager with Bristol Behavioral Health, as she discusses the realities of bullying among seniors and the impact it has on everyone.

Sponsored By Bloomfield Health Center and Bristol Hospital

Navigating Probate Court



CZEPIGA DALY POPE & PERRI

Estate Planning | Elder Law | Special Needs | Litigation | Probate

We will welcome back Atty. Jeff Rivard for an in depth look at Probate Court and what you need to know.

Call to register: 860-285-1992. Free!

Do you want to save money on prescription drugs?

Comptroller Sean Scanlon will be visiting the Windsor Senior Center to discuss the state's new Prescription Drug Discount Card Program called ArrayRx. ArrayRx launched on October 2, 2023 and is available for FREE to all CT residents.

We look forward to sharing details about the program and how you can benefit! Presented in collaboration with the Windsor Commission on Aging & Persons with Disabilities.

On Thursday, March 7 11:00 AM - 11:45 AM

A Life Review Journey:

Explore Your Past to Enrich Your Future

March 8, 2024
10:00 AM

If you are over 55, in a transition, or feeling unsure about what the future holds, you may be ready for A Life Review Journey.

Join us for this one-hour seminar to learn exactly what you would need to do to complete your life review. You will learn that all you need to do is create 6 lists, the special order of those lists, how to prepare for your journey and all the benefits you'll receive from completing your review. You'll also have the opportunity of joining a group program.

Take care of unfinished business and create a stress-free life for your future where you can still add value and have fun while you are doing it.

EMERGE LEADERSHIP ACADEMY

Presents speaker... *Maureen Ross Gemme*

Maureen Ross Gemme, MS Ed, has a lifetime of experience in training and mentoring others to become their best selves. She is a personality expert, speaker, trainer, coach, and author. Maureen had a 27-year corporate career and started her own training business in 2013. She's been sober since 1985, is a grandmother of 4, and lives in Windsor Locks, CT with her husband, Paul.



Hartford Healthcare will join us twice this month! Please register by calling 860-285-1992 for either the Blood Pressure and

Hartford HealthCare

Wellness screening with our friends from Cedar Mountain Commons or for Memory Screening with Amina from the Center for Healthy Aging!

BP/Wellness: March 13 @ 12 pm - 1 pm & Memory Screening: March 27 @ 10 am - 12 pm

On Thursday, March 28 @ 10 AM, Zenna Bell, BSN, RN, MSN, APRN of **Zen Wellness** will return to explore essential aspects of memory and cognition, focusing on strategies crafted to enhance cognitive function and elevate overall quality of life. Register by calling 860-285-1992.

Treats & Eats

Coffee Connection is weekly on Mondays, Tuesdays, Thursdays, and Fridays from 9am-11am. Free! Drop-in!



Fill up on Fiber!

Monday March 4 @ 11:45 am

Lorri Lennon, CRT Registered Dietician will be back to deliver an informative presentation about lowering cholesterol, blood sugar, and improving your digestion by adding fiber-rich foods to your diet. Free! Drop-in!



March Early Bird Supper



Held on **Tuesday, March 26 from 5PM - 7PM**, this supper is not to miss! A meal of corned beef and cabbage with potatoes and carrots, served with rye bread and tossed salad will be catered by Chef Luke of MyLocalChefs.

Dessert and hot and cold beverages also served. Entertainment provided by the Griffith Academy Irish Step Dancers. Generously sponsored by Carmon Funeral Home.

Windsor residents: \$13, non-residents: \$15. Register online or by calling 860-285-1992.



Do you have a March Birthday?

Celebrate at the Windsor Senior Center on March 27 at 12 pm with cake sponsored by Geissler's and gifts sponsored by Harbor Chase. Call to sign up for a gift no later than March 20. 860-285-1992. Free!

Get Outta Town!

The Windsor Senior Center has partnered with Collette and Friendship to offer you a variety of trips this year!

For complete info, pick up a flyer at the Senior Center or call 860-285-1992!



Encore, Boston Harbor:
June 5, 2024
\$145 per person

Cruisin' Cape Cod:
June 17-19, 2024
Single: \$865 pp
Double: \$710 pp

Salem & Marblehead, MA:
July 16, 2024
\$155 pp



2024:
Ireland: 10 days, 13 meals
October 17 - 26

Spain:
12 days, 16 meals
November 1 - 12

2025:
Greece: 11 days, 14 meals
April 25 - May 5, 2025



Dial-A-Ride



WITHIN WINDSOR

Available Monday - 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 noon two business days before your ride. Call (860) 285-1996 to cancel a ride.

OUT-OF-TOWN MEDICAL RIDES

Transportation for out-of-town medical appointments is offered Mon-Fri 9:00 AM to 3:45 PM.

Call by noon four business days or up to one month ahead of your appointment. Call (860) 285-1992 between 9:00 AM and 3:00 PM to schedule your ride. Provide doctor's name, phone, address, appointment time, and length. Wheelchair transportation is available.

For complete Dial-A-Ride information, including schedules to grocery stores and other shopping/errands please visit our website, call, or come visit us to receive a fully detailed brochure.

Evening and Weekend Trips

- Call 860-285-1992 to sign up for weekend, evening, and leisure trips.
- The cost of meals and/or fees are your responsibility.
- Know that restaurants may not be able to split bills, so bringing cash is advised.
- No additional sign-ups may be made less than 24 hours in advance of the trip.
- Trips marked with ★ indicates registration for non-Windsor residents opens a week later than for residents.

- Trips marked with 🎫 indicates a ticketed event.
- Transportation from home is available for Dial-A-Ride patrons.
- \$2.00 donation encouraged in order for us to continue to offer evening and weekend trips.
- A NAPIS Form 5 must be completed annually and prior to any trip to participate in evening and weekend trips, as this is grant funded through the North Central Area Agency on Aging. Form 5's are available at the Senior Center.

Day/Date	Location	Departure/Return times
Sunday March 3	Blue Plate & Marshall's, West Hartford	10:00 AM/1:00 PM
Tuesday March 5	Ted's Montana Grill, South Windsor	4:30 PM/7:30 PM
Saturday March 9	Westfarms Mall, Farmington	10:00 AM/3:00 PM
Tuesday March 12	Aquaturf St. Patrick's Event 🎫	10:00 AM/4:30 PM
Thursday March 14	Mulberry St. Pizza, Manchester	4:30 PM/7:30 PM
Sunday March 17	Ikea & Archie's, New Haven	10:00 AM/4:00 PM
Saturday March 23	Outback Steakhouse, Newington	4:30 PM/7:30 PM
Thursday March 28	Red Heat Tavern, South Windsor	4:30 PM/7:30 PM
Saturday March 30	Beam House & TJ Maxx, Glastonbury	11:00 AM/2:30PM

We are excited to announce some new changes to our Out-of-Town Medical Ride Reservation process. Going forward, ALL reservations will now be left on a dedicated reservation line. When calling the Windsor Senior Center, you will be given the following options:

- **PRESS 1** To schedule an In Town ride (in Windsor only).
- **PRESS 2** To schedule an Out-of-Town Medical ride (Be sure to leave your name, address, phone number, doctor name, address, phone number, time and duration of your appointment, if you use a walker or wheelchair or bring along an aide).
- **PRESS 3** To reserve a CRT meal from the LP Wilson Kitchen.
- **PRESS 4** To speak to George, the Senior Transportation Coordinator.
- **PRESS 5** To speak with a Senior Center staff member.

We want your experience with us to be as seamless as possible. We hope this new phone tree system will help us to achieve that. Thank you for your cooperation and we look forward to continuing to serve you.



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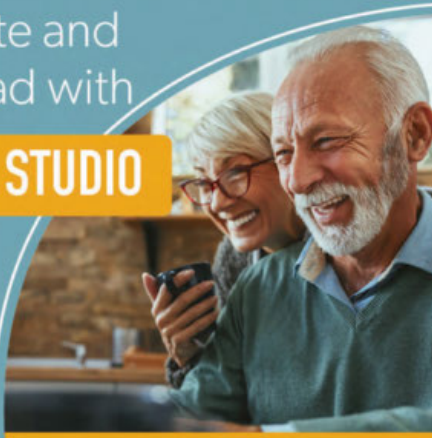
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GROUP WORKOUT INFO

SilverSneakers Chair

Yoga: Build core strength and increase flexibility while seated. (\$5/\$7 per class)

SilverSneaker Classic

(FKA Chair Aerobics): Build endurance while seated. (\$5/\$7 per class)

Happy Hikers (seasonal):

Weekly trail hikes in CT and MA. (Free)

SilverSneakers BOOM

MUSCLE (FKA Shape up & Workout): A great aerobic workout. (\$5/\$7 per class)

Tai Chi:

Rise and Flow with Ginger (\$5/\$7 per class)

Trail Riders (seasonal):

Ride locally on paved trails with beautiful scenery. (Free)

Walking Club:

Get your steps in! (Free)

Yoga:

Enhance your core and flexibility. (\$5/\$7 per class)

Dance Therapy with

Deanna:

Dance and move therapy class with our intern! (Free)

PICK YOUR PAYMENT PLAN

- **Residents:** \$60 per 10-class drop-in card
- **Non-Residents:** \$70 per 10-class drop-in card
- **Pay ahead** for the month's classes
 - Prices are as indicated on class descriptions (resident/ non-resident), and paid for on a monthly basis. Class schedules may differ each month due to instructor availability.

Please ask for a printed schedule from your instructor in case last minute changes don't make it into the newsletter.

The Windsor Senior Center is a proud partner and host site to the following wellness benefit programs: SilverSneakers, RenewActive, Silver & Fit, Active & Fit, and Prime! Call your provider today to see if you qualify! **Please note that non-SilverSneakers folks may take SS classes, but at the cost listed to the left.*

WEEKLY FITNESS SCHEDULE:



S	M	T	W	Th	F	S
8-2: 55+ Fitness Center Open	8-8: 55+ Fitness Center Open 9-9:45: Tai Chi 9-12: Pickleball 9-10: SS BOOM Muscle 10:30-11:30: SS Classic	8-8: 55+ Fitness Center Open 9-12: Pickleball 10: Trail Riders 10:45: Walking Club 1-2: SS Chair Yoga 2:30: Dance Therapy with Deanna	8-8: 55+ Fitness Center Open 9-12: Pickleball 9-10: BOOM Muscle 10-11:15: Yoga 10:30-11:30: SS Classic	8-8: 55+ Fitness Center Open 9-12: Pickleball 10:45: Walking Club 2:30: Dance Therapy with Deanna	8-8: 55+ Fitness Center Open 9-9:45: Tai Chi 9-12: Pickleball 9-10: BOOM Muscle 10-11:15: Yoga 10: Happy Hikers 1:30-3: Line Dancing	8-2: 55+ Fitness Center Open