

APRIL 2024

WINDSOR Senior Center

**APRIL IS
NATIONAL
PARKINSON'S
DISEASE
AWARENESS
MONTH**

NEW Join us for **2** opportunities
in April to try Afrodance with
Jolie! Paid classes begin in May.

**THE "UNDER THE
STARS" SPRING FLING
WILL BE HELD ON
APRIL 30. DRESS IN
YOUR BEST AND BE
READY TO DANCE TO
THE MUSICAL TALENTS
OF ASHLY CRUZ.**

**"Captivating
Canvas" Paint
Classes return
to mornings on
April 3!**

collette will join us on
April 24 at 1:00 pm to
share all the details about
international trips in 2025!

**THE STUDENTS FROM
LOOMIS CHAFFEE
RETURN TO OFFER
WEEKLY TECH SUPPORT!**

AARP RETURNS TO
OFFER THE CARFIT
PROGRAM ON
SATURDAY, APRIL 6

**The Senior Center Cafe will be
closed on April 2 for voting**

TOWNOFWINDSORCT.COM/SENIOR-SERVICES
FACEBOOK.COM/WINDSORSENIORCENTER
599 MATIANUCK AVE., WINDSOR, CT 06095

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.



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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...?

- April Fool's Day likely originated in France in 1582.
- April 1 is National Sourdough Bread Day.
- April is National Parkinson's Awareness Month.
- April is National Volunteer Appreciation Month - Where would we be without our loyal and dedicated volunteers!? We are so grateful for you all!
- The name April is the 453rd most popular name in the US.
- The first Wednesday in April is National Walking Day.
- April 11 is National Pet Day.
- April 17 is National Banana Day. Give Stephanie a copy of your favorite baked-good recipe with banana in it. Recipes will be used to make the first WSC Banana Bake Book.
- April 18 is National Exercise Day! Commit to better health by joining a fitness program at the Senior Center today! Every first class is free!
- April is International Amateur Radio Month. To help celebrate, we will replay the first WSCP Troupe's Radio play "Cleaning the Closet", a rendition of Fibber McGee and Molly's show.

Have you signed up for a fitness program with your Wellness Benefit yet?

Many insurance plans offer a "wellness benefit" which means you may qualify for a free fitness center membership, or free classes, or both! Call the phone number on the back of your insurance card and find out if you have Silver Sneakers, Renew Active, Silver & Fit, Active & Fit, or Prime.

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 Greater Windsor Veterans Council, in partnership with the Town of Windsor present:



MILITARY APPRECIATION DAY



Fun for the whole family!

- Touch-a-truck
- Face painting
- Inflatables/Bounce Houses
- Yard games
- Live music
- Food trucks
- Refreshments
- Valuable resources for all military personnel, veterans, and their families

WHERE: L.P. WILSON COMMUNITY CENTER

WHEN: SATURDAY, APRIL 20
10 AM TO 2 PM

A not-to-miss event! See you there!

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 April events.
Registration for April programming opens on Monday, March 25

Tuesday, April 2: Senior Center Cafe is CLOSED for Voting

Saturday, April 6: **AARP CarFit Event** from 9 am - 1 pm (more info on page 8)

Monday, April 8: Poetry with Mark from 11:15 am - 12:15 pm (more info on page 8)

Tuesday, April 9: Music Men & Broadway Gals @ the Aquaturf Club. Bus departs at 10 am

Wednesday, April 10: **Intergenerational Crafting**, courtesy of **Home Depot** from 12:30 pm - 1:30 pm (more info on page 5)

Wednesday, April 10: Today is the cutoff to register as a performer in the **Annual Variety Show**

Friday, April 12: FreedomCare Presents: **Adult Family Living**, How to get paid to care for a loved one from 10:30 am - 11:30 am (more info on page 8)

Tuesday, April 16: **Afrodance Class Demo** from 1 pm - 2 pm (more info on page 8)

Tuesday, April 16: FreedomCare Presents: **Adult Family Living**, How to get paid to care for a loved one from 5:30 pm - 6:30 pm (more info on page 8)

Wednesday, April 17: **Evening Bingo** from 4:30 pm - 6 pm

Thursday, April 18: **Rise n' Shine Breakfast** from 9 am - 10 am, courtesy of **Touchpoints of Bloomfield**

Thursday, April 18: **Curb Appeal** with Cate at 10 am (more info on page 8)

Saturday, April 20: **Military Appreciation Event** from 10 am - 2 pm (more info on page 3)

Monday, April 22: **Afrodance Class Demo** from 5:30 pm - 6:30 pm (more info on page 8)

Wednesday, April 24: April Birthday Celebrations at 11:45 am

Wednesday, April 24: **Collette Travel** Presents: Int'l Travel 2025 at 1 pm (more info on page 5 & 9)

Tuesday, April 30: **Spring Fling**, themed "Under the Stars" from 5 pm - 7 pm (more info on page 9)

Volunteers
needed



Volunteering with the Windsor Senior Center offers a unique opportunity to make a positive impact on the lives of seniors in our community. By lending your time and support, you contribute to enhanced well-being, foster social connections, and play a crucial role in creating a vibrant and caring environment for our seniors. Inquire today about helping us in the following roles: Office Assistant, Mentor, Medical Driver, Special Events, or Fitness Center.

Enrichment

Captivating Canvas Paint Class

Wednesday, April 3 at 10:00 AM

Monthly 2 hour classes are moving back to the mornings! The first of many will commence in April. Artist Sandy Poirier. Register online or by scanning this QR code with your smart phone \$16/\$18:



Crafting with Home Depot

Wednesday, April 10 at 12:30 PM

Students are on spring break, so pick up the grandkids and bring them to the Senior Center for some intergenerational crafting, courtesy of **Home Depot**. Home Depot is bringing all the goods for open crafting. Just arrive with the kiddos and your creativity. Space is limited. Please call 860-285-1992 to register.



Mya's Makerspace

Thursdays in April at 10:00 AM

Have you met Mya yet? She's a fresh burst of energy and has been helping us out in the Senior Center as part of a work-study program several days each week. On Thursdays in April, she will host **Mya's Makerspace**, a guided crafting session. Please join in on Thursdays at 10. Free! Call 860-285-1992 to register.



Movie of the Month

Thursday, April 18 at 1:00 PM

Now on the 3rd Thursday of each month! April's movie will be "Cleaning the Closet", a Fibber McGee and Molly show, performed by the WSCP Troupe in February 2023. Replay will be in the Senior Lounge. Call 860-285-1992 to register. Free!

Monthly Book Club

Thursday, April 11 at 10:30 AM

Held on the 2nd Thursday each month in the Senior Lounge. Club Leader Martha O'Donnell invites robust conversation about the "book of the month". April's book is Harry's Trees by John Cohen. Free! Drop in!



Returning soon:

the

Annual Variety Show!

It's the Windsor Senior Center's 7th Annual 55+ Variety Show on Wednesday, May 8 from 1:00 pm - 3:00 pm.

Windsor's 55+ population will sing, dance, recite comedy and poetry, play musical instruments and more! You won't be disappointed by this fun, community event. Refreshments served from 3 - 4 pm after the show. Tickets available online or in person: \$3/\$5

Collette Travel Presents:

International Travel 2025

Wednesday, April 24 at 1:00 PM

Our friends from Collette return to share all the details about Greece and additional locations so you can sign up with confidence! Call 860-285-1992 to register.

Regularly scheduled programming at the Windsor Senior Center

Mondays

- 9:00 Tai Chi
- 9:00 Pickle Ball - Advanced Players
- 9:00 Coffee Connection
- 9:00 SS BOOM Muscle
- 10:00 SCRIBE Writer's Workshop (*2nd & 4th Monday)
- 10:30 SS Classic
- 11:45 CRT Lunch
- 1:00 BINGO
- 1:00 Mahjongg

SCRIBE Writer's Workshop:

Instructed by Elizabeth Thomas, arts educator to students of all ages. She has taught in most of the Hartford schools, and is a master teaching artist for the Connecticut Commission of the Arts and the Bushnell Center for the Performing Arts. She is the author of two poetry books: "Full Circle" and "From the Front of the Classroom." Classes will be held in person, as well as via Zoom. No experience necessary. Free.

Tuesdays

- 9:00 Coffee Connection
- 9:00 Pickleball - Beginners & Intermediate
- 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

Dance Therapy with Deanna:

In this therapeutic movement session led by Lesley University Dance Therapy Intern, Deanna St. Germain, you will have an opportunity to interact using free/improvised movement to music. Dance/movement therapy allows you to express yourself through the use of movement to promote emotional, social, cognitive, and physical integration. Free.



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)



Daily Pickleball

Pickleball has taken the world by storm! The benefits are endless - from its low-impact nature, to the many physical health and social benefits; come play at the Windsor Senior Center 9 am - 12 pm daily. Advance play: M/W. Beginner/Intermediate play: T/Th. All play on Fridays. Residents play indoors for free. Non residents play indoors for \$30 until May 31.

SUPPORT OUR ADVERTISERS!

Thursdays

- 8:30 Dancing Feet Foot Care (*3rd & 4th Thurs.)
- 9:00 Coffee Connection
- 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

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!



Walking Club meets twice weekly!

Get your steps in with friends. Every Tuesday and Thursday at 10:45 am, the Walking Club begins their workout. Many days walks are done indoors at the LP Wilson Center. On favorable weather days, the group walks outdoors. Free. Drop-in!



Fridays

- 9:00 Tai Chi
- 9:00 Coffee Connection
- 9:00 Pickleball - All Play
- 9:00 SS BOOM Muscle
- 9:30 Crafty Fingers & Scrap Booking
- 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

Saturday, April 6

- 9:00 am - 1:00 pm CarFit with AARP (see more info on page 8)

Saturday, April 20

- 10:00 am - 2:00 pm Military Appreciation Day (see more info on page 3)

Check out our robust schedule of Evening and Weekend Trips on page 10.

A \$2.00 donation is encouraged 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 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

Carfit with **AARP**

Saturday, April 6 from 9:00 AM - 1:00 PM
AARP volunteers return to the Windsor Senior Center to again offer their free Carfit Program. We change as we age, so let the experts from AARP give a comprehensive review of how well you and your vehicle work together. Call 860-285-1992 to book your 20 minute appointment. Free!

Poetry with Mark

Monday, April 8 at 11:15 AM
Mark Gervino, Head of Reference and Technical Services at the Windsor Public Library will lead a crash course on the different types of poetry and how to write prose to our SCRIBE Writer's group. Join in the fun and present your poetry after the session.

Adult Family Living

Fri, April 12 at 10:30 AM + Tues, April 16 at 5:30 PM
Andrea Barrett, Health Coach from FreedomCare will be here to tell us all about Adult Family Living (AFL). AFL is a program that allows aging individuals to remain living in their homes instead of moving into assisted living communities or nursing homes. AFL also provides funding to those in the caretaker role. Learn more by attending this session. Free! Call 860-285-1992 to sign up.



Afro Dance Demo

Tuesday, April 16 at 1:00 PM*
Monday, April 22 at 5:30 PM



We are excited to introduce a ***NEW*** dance class in May - Afro Dance with Jolie! Learn all about the class, as well as participate in the demonstrations in April. Paid classes will begin in May. Sign up for the free demo by calling 860-285-1992. *No Chair Yoga on 4/16.

Monthly Parkinson's Support

Third Wednesday each month at 10:30 PM
On Wednesday, April 17, join with others battling Parkinson's Disease, as well as with experts in the field. Facilitated in partnership with the American Parkinson's Disease Association and Trinity Health of New England. First timers, please let us know you're coming: 860-285-1992. Free!

Curb Appeal with Cate

Thursday, April 18 at 10:00 AM
Cate Evans, Realtor with Coldwell Banker will give you the tools and guidance you need to confidently "glow up" your yard this Spring. This program is immediately after the Rise n' Shine Breakfast. Call 860-285-1992 to register. Free!

Tech Help & Conversation



Our friends from the Loomis Chaffee School will be here to assist our patrons with their tech questions on Tuesdays, April 2nd, 9th, and 16th at 4 pm. Bring your tablets, smart phones, and laptops to get advice. Register for free: 860-285-1992. Sessions will continue into May.

Treats & Eats

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



Bus Trip to the Aquaturf

Tuesday, April 9 at 11:00 AM



The Senior Transportation Bus departs the Senior Center at 10:00 am to get participants to the Aquaturf Club for "Music Men & Broadway Gals" at 11:00 am. Your day will be filled with music, entertainment, raffles, and delicious treats and eats. Enjoy your day!

Rise n' Shine Breakfast

Thursday, April 18 at 9:00 AM

Our friends from **Touchpoints of Bloomfield** will return to serve a delicious Rise n' Shine Breakfast. Space is limited to the first 50 participants. Call 860-285-1992 to register.

"Under the Stars" Senior Formal Dinner & Dance

Tuesday, April 30 at 5:00 PM

Enjoy a special night out at the Annual Senior Spring Fling. Enjoy dinner, live music by Ashly Cruz, dancing, and "stargazing" with your family and friends at the center. Dress in your best to match the sparkling décor. Register online or by calling 860-285-1992. \$13/\$15

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/\$155

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

Salem & Marblehead,
MA:
July 16, 2024
\$155/\$165



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





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
Tuesday April 2	Bertucci's, Glastonbury	4:30 PM/7:30 PM
Tuesday April 9	Aquaturf: Broadway 🎫	10:00 AM/4:30 PM
Thursday April 11	Bricco, West Hartford	4:30 PM/7:30 PM
Saturday April 13	Tunxis Grille, Windsor	11:30 AM/2:00 PM
Thursday April 18	Joey Garlic's, Newington	4:30 PM/7:30 PM
Saturday April 20	Union Street Tavern, Windsor	11:30 AM/2:00 PM
Tuesday April 23	Maine Fish Market, East Windsor	4:30 PM/7:30 PM
Thursday April 25	Antonio's, Simsbury	4:30 PM/7:30 PM
Saturday April 27	Dom's, Windsor	11:30 AM/2:30 PM

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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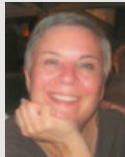
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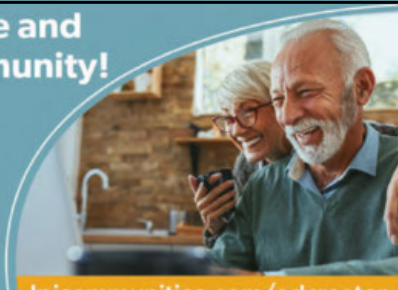
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\$60

Sign up for 6 months at the 55+ Fitness Center

\$100

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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:

Weekly trail hikes in CT and MA. (Free)

SilverSneakers BOOM

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

Line Dancing:

No partner necessary! (Free)

Tai Chi:

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

Trail Riders:

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.

Don't forget about the Afrondance demos on 4/16 + 4/22

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