

WINDSOR

MAY 2024

Senior Center

- MOTHER'S DAY BREAKFAST ON MAY 3
- MOTHER'S DAY LUNCHEON AT MILL ON THE RIVER ON MAY 9
- EARLY BIRD SUPPER ON MAY 21
- SHOP RITE COOKING DEMO ON MAY 22

OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

All Town Buildings will be closed on Monday, May 27 to observe Memorial Day.

AT LONG LAST - WE WELCOME BACK THE ANNUAL 55+ VARIETY SHOW! JOIN US ON MAY 8 AT 1 PM. DETAILS INSIDE.



Mystic Aquarium comes to the Windsor Senior Center! Join us for "Pollinator Gardens" on May 1.

TOWNOFWINDSORCT.COM/SENIOR-SERVICES

FACEBOOK.COM/WINDSORSENIORCENTER
599 MATIANUCK AVE., WINDSOR, CT 06095

***NEW* AFRO DANCE CLASS BEGINS. TWO 6-WEEK SESSIONS TO PICK FROM!**

Greater Hartford Legal Aid begins monthly visits to the Senior Center in May. Make your appt. to consult on a variety of legal questions.



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

Carnell Freeman
Driver

Belman Ramirez
Driver


Derrick Wallen
Driver



May is Older Americans Month

May is Older American's Month so we are celebrating all month long!

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2024 theme is "Powered by Connection", which recognizes the profound impact that meaningful relationships and social connections have on our health and wellbeing. There is a vital role that connectedness plays in supporting independence and aging in place by combatting isolation, loneliness, and other issues. Join us in promoting the benefits of connecting with others!

Look throughout the newsletter. Where ever you see this symbol:  you'll know it's a great opportunity to embrace a sense of connectedness.

Additionally, please join the Senior Center staff as we echo the Administration for Community Living in proclaiming May as Older American's Month within the town of Windsor.

We'll be at the Windsor Town Council meeting on Monday, May 6 at 7:00 PM to accept the Proclamation. Please join us! The meeting will be held in Council Chambers at the Windsor Town Hall on Broad Street on the first floor.

#PoweredByConnection.

**OLDER
AMERICANS
MONTH**



POWERED BY CONNECTION: MAY 2024

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

Rowing and Kayaking Lessons for Veterans and Military Service members

presented by:



Mount Sinai
Rehabilitation Hospital
Trinity Health

**RIVERFRONT
RECAPTURE**

In collaboration with Riverfront Recapture, Inc., the Connecticut Adaptive Rowing Program (CARP) is offering veterans and military service members the opportunity to participate in the sports of rowing and kayaking. Based on the Connecticut River and led by therapeutic rehabilitation specialists from Mount Sinai Rehabilitation Hospital, this first-of-its-kind program provides military service members and veterans with physical disabilities—including PTSD and/or visual impairments—the opportunity to stay active and enhance their sense of wellbeing through an enjoyable leisure activity in a stunning outdoor setting.

Register for Saturday dates in June:

June 15 & 29 / Time: 9:00 – 11:00am

Location: Greater Hartford Jaycees Community Boathouse
Riverside Park, 20 Leibert Road, Hartford, CT 06120

Classes are FREE but registration is required. For more information, contact Paige McCullough-Casciano at 860-714-2421 or email PMccullo@TrinityHealthOfNE.org.

Military Spouse Appreciation

Friday, May 10th is Military Spouse Appreciation Day and we want to thank this special group of people for THEIR service too! From 10 am -12 pm, military spouses may have the pleasure of having their finger nails shaped and polished by a Happy Homecare professional at the Senior Center. Space is limited, and registration is required. Call 860-285-1992 to sign up.

The Month Ahead

Here is a snapshot of some special May events.
Registration for May programming opens on Monday, April 29

Happy Older Americans Month!

- **Wednesday, May 1** - Mystic Aquarium Presents: Pollinator Gardens at 12:30 PM (more info on page 8).
- **Friday, May 3** - Mother's Day Breakfast and nail salon at the Windsor Senior Center at 9:00 AM (more info on page 9).
- **Monday May 6** - Driver's Safety with AARP at 9:00 AM (more info on page 8), **PLUS**, join the Windsor Senior Center staff, volunteers, and patrons as we accept a proclamation during the Town Council Meeting from the Town of Windsor that May is officially "Older Americans Month" at 7:00 PM. (more info on page 3).
- **Tuesday, May 7** - Town Budget Presentation at 10:00 AM (more info on page 8).
- **Wednesday, May 8** - Annual 55+ Variety Show: A Shad Derby Event at 1:00 PM.
- **Thursday, May 9** - *Special* Mother's Day Luncheon at Mill on the River at 12:00 PM (more info on page 9).
- **Friday, May 10** - Military Spouse Appreciation Nail Salon Pop-up at 10:00 AM (more info on page 3).
- **Tuesday, May 14** - The Windsor Senior Center Cafe will be CLOSED for voting. *Lunch and Set Back will be held in AP-1.*
- **Wednesday, May 15** - Monthly Parkinson's Support Group at 10:30 AM (more info on page 6), **PLUS**, Evening Bingo at 4:30 PM.
- **Thursday, May 16** - "Captivating Canvas" Paint Class at 10:00 AM (more info on page 5).
- **Friday, May 17** - Estate Planning with Czepiga Daly Pope and Perri @ 10:00 AM (more info on page 8).
- **Tuesday, May 21** - Older American's Month special Early Bird Supper at 5:00 PM (more info on page 9).
- **Wednesday, May 22** - ShopRite presents: No-Bake Peanut Butter Hemp Seed Bars cooking demo at 1:00 PM (more info on page 9).
- **Friday, May 24** - William Raves Realtor Nikki Kozak presents: "Ask the Realtor" at 10:00 AM (more info on page 8).
- **Monday, May 27** - All town buildings are closed in observance of Memorial Day
- **Wednesday, May 29** - Monthly Birthday Celebration at 11:45 AM, **PLUS** Hartford Healthcare hosts a Memory Screening at 10:00 AM
- **Thursday, May 30** - Monthly Veteran's Coffee Hour at 8:30 AM

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

Returning on May 8:

the Annual Variety Show!

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

13 acts from 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

Monthly Book Club

Thursday, May 9 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". May's book is *The Women* by Kristin Hannah. Free! Drop in!

Captivating Canvas Paint Class

Thursday, May 16 at 10:00 AM

Monthly two-hour classes are back to mornings! On the third Thursday each month, paint with Artist Sandy Poirier. Register online or by scanning this QR code with your smart phone \$16/\$18:



Movie of the Month

Thursday, May 16 at 1:00 PM

On the 3rd Thursday of each month! May's movie will be *Sleepless in Seattle* starring Tom Hanks and Meg Ryan. Run time is 105 mins., Movie will play in the Senior Lounge. Call 860-285-1992 to register. Free!

Mya's Makerspace

Thursdays in May at 10:00 AM

Mya is a high school student whom has been interning in the Senior Center as part of a work-study program several days each week. On Thursdays in May, she will host **Mya's Makerspace**, a guided crafting session. Please join in on Thursdays at 10. Free! Call 860-285-1992 to register.

"Unwired"

with the Loomis Students

Thursdays May 2 and 9 at 4:00 PM

Students from the Loomis Chaffee School will be here to puzzle and craft with our patrons Tuesdays, May 7 and 14, at 4 pm. Get "unwired" and enjoy time unplugged with our student-volunteers. Register for free: 860-285-1992.

Foot Care

with Dancing Feet

3rd and 4th Thursday each month



Popular Registered Nurse, April Jacques is here twice monthly to offer footcare to Windsor's patrons. \$35 for basic care. All other services will be mutually agreed upon. Call 860-285-1992 to register.

Regularly scheduled programming at the Windsor Senior Center

Mondays

9:00 Tai Chi (on hiatus)
 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 🎮

Outdoor Pickleball Returns!

55+ plus Pickleball will resume to
 outdoor play this spring! We hope
 you enjoy the beautiful new courts
 on the north side of the L.P. Wilson
 campus. Courts #1 - #6 are
 designated for those 55+ between
 the hours of 9 am - 12 pm.
 Portable nets are available for use
 on the tennis courts if there is no
 tennis in session. Open play (all
 ages and abilities) is after 12 pm.



Wednesdays

9:00 Pickleball - Adv.
 Play
 9:00 SS BOOM Muscle
 9:00 Cribbage 🎮
 10:00 Yoga
 10:30 SS Classic
 10:30 Parkinson's
 Support (*3rd Wed.)
 10:30 Bereavement
 (closed group)
 11:45 CRT Lunch
 12:30 Quilting (*2nd &
 4th Wednesday)

Monthly Parkinson's Support

On the third Wednesday of
 each month, 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!



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 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 (on hiatus)
 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 1:00:

It's one of the Senior Center's most popular activities! Join with friends to try to win cash prizes. \$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 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

Pollinator Gardens with Mystic Aquarium

Wednesday, May 1 at 12:30 PM

Mystic Aquarium is travelling to Windsor to teach us about Pollinator Gardens. You'll learn why protecting pollinators is important for local ecosystems, and you'll discover the fascinating story of the monarch butterfly life cycle and ways to protect these migration marathoners. This program is free thanks to Be Well Windsor. Register online or call: 860-285-1992.

Driver's Safety with ~~AARP~~

Monday, May 6 from 9:00 AM to 1:00 PM

Roads and rules change. So do drivers. Brush up on your skills for behind the wheel with this popular driving course, hosted by AARP. AARP members pay \$20. Non-members pay \$25. Payable in cash or check to AARP.

Town Budget Workshop

Tuesday, May 7 at 10:00 AM



This is one of many opportunities to engage with Town Manager, Peter Souza, and Superintendent, Terrell Hill about the town budget. Sponsored by CT Votes and the League of Women Voters, Peter Souza and Dr. Hill will provide the latest budget information and will answer questions from residents. Refreshments will be served. Drop-in or call 860-285-1992 to register.

Estate Planning

Friday, May 17 at 10:00 AM

We welcome back Atty. Jeff Rivard for an in depth look at Estate Planning and what you need to know. Call to register: 860-285-1992. Free!



CZEPIGA DALY POPE & PERRI

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

Ask the Realtor

Friday, May 24 at 10:00 AM

During Coffee Connection, Realtor Nikki Kozak will be discussing aging in place, tips for decluttering and downsizing and answering questions you may have, such as "What's my next step?" Other experts in the Assisted Living industry will join the conversation and baked goods will be provided.

Memory Screening with Hartford Healthcare

Wednesday, May 29 from 10:00 AM to 12:00 PM

Amina Weiland of Hartford Hospital's Center for Healthy Aging will be here to assess your memory and give you next steps for continued wellness. Free. Call 860-285-1992 to register.

Consulting Services

with Greater Hartford Legal Aid

Friday, May 31 from 10:00 AM to 12:00 PM

Once monthly, patrons will have the pleasure of connecting with Greater Hartford Legal Aid's consulting services, which provides high-quality legal services to address critical needs to folks relating to housing, family, senior, employment law and more.

Treats & Eats

Coffee Connection

Every weekday, except Wednesday. from 9 am- 11 am. Drop-in! Donations welcomed.

Mother's Day Breakfast

Friday, May 3 from 10:00 AM to 12:00 PM

We want to honor all of our incredible moms with a hot breakfast, catered by Dom's and sponsored by Carmon's Funeral Home. Space is limited. Free! Call 860-285-1992 to register.

Mother's Day Luncheon at Mill On The River

Thursday, May 9 at 11:30 AM

Travel with the fellow moms from the Senior Center to a luncheon at the Mill on the River in South Windsor. Transportation only. Meals to be paid for individually. Space is limited. Call 860-285-1992 to register.

May Early Bird Supper

Tuesday, May 21 at 5:00 PM

Celebrate Older American's Month at May's Early Bird Supper. Dinner will include Baked Stuffed Cod or Chicken Francaise; rice pilaf, fresh steamed carrots, a salad, dinner roll, dessert, and beverages. Live entertainment by the Soul Queens. Sponsored by Access Health. Residents: \$13, non-residents: \$15.

Shop Rite Cooking Demo

Wednesday, May 22 at 1:00 PM

Sarabeth returns to host another demo - no-bake peanut butter hemp seed bars! Free! Register online, or call 860-285-1992.

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!

for sold-out trips, please call to get on a waitlist



Encore Bay Harbor:
June 17-19, 2024
\$145/\$155

SOLD OUT

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
Thursday, May 2	Red Heat Tavern, South Windsor	4:30 PM/7:30 PM
Saturday, May 4	Cosmic Omelet & shopping @ Evergreen Walk, SW	10:30 AM/2:30 PM
Tuesday, May 7	Elizabeth's, East Windsor	4:30 PM/7:30 PM
Thursday, May 9	*Mother's Day* Luncheon @ Mill on the River, SW	11:30 AM/2:30 PM
Tuesday, May 14	Red Lobster, Wethersfield	4:30 PM/7:30 PM
Thursday, May 16	Joey Garlic's, Manchester	4:30 PM/7:30 PM
Thursday, May 30	Outback Steak House, Newington	4:30 PM/7:30 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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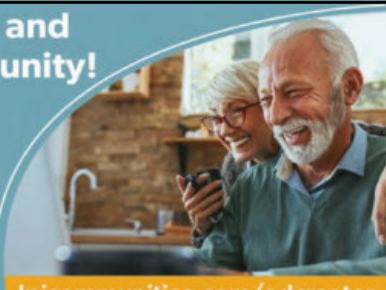
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Find Your Perfect FIT

\$60

Sign up for 6 months at the 55+ Fitness Center
includes use of machines (no classes included)

\$100

Sign up for 1 year at the 55+ Fitness Center
includes use of machines (no classes included)

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)

NEW Afro Dance with Jolie:

Choreographed dance with a professional instructor. (\$40 for 6 weeks)

- **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.

NEW Afro Dance Classes Begin this Month!

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 Class 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 5-6: *NEW* Afro Dance	8-8: 55+ Fitness Center Open 9-12: Pickleball 10: Trail Riders 10:30-11:30: *NEW* Afro Dance 10:45: Walking Club 1-2: SS Chair Yoga	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