

# WINDSOR

## Senior Center

November 2024



- NO BINGO ON MONDAY, NOV. 4
- CAFE WILL BE CLOSED ON TUESDAY, NOV. 5
- THE SENIOR CENTER WILL BE CLOSED ON THURSDAY, NOV. 28 & FRIDAY, NOV. 29

- LIVE WELL WITH CHRONIC CONDITIONS CONTINUES UNTIL NOVEMBER 15
- LIVE WELL WOMEN'S SERIES: BLADDER AND BOWEL HEALTH BEGINS NOVEMBER 18
- LAURI VOLKERT, WINDSOR FIRE MARSHALL PRESENTS ON FIRE & FALL SAFETY ON NOVEMBER 22

Transportation Coordinator, George Headly retires on November 1. Come to his retirement party on October 31 at 12:30!

**THE WINDSOR SENIOR CENTER THANKS ALL VETERANS FOR THEIR SERVICE TO THIS COUNTRY!**

- Learn about Tiny Home Living on November 4
- Bloom Where Planted workshop on November 6
- Early Bird Supper on November 12
- Evening Bingo on November 20

# Welcome to the Senior Center

## Meet *the* Team:

### Rebecca Joyce

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

### Stephanie Famiano

Activities Specialist  
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860-285-1994

### Audrey Kennedy

Admin. and Program Assistant  
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### Ramonda Elkey

Transportation Coordinator  
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### Dee Abrams

Fitness Instructor  
860-285-1995

### Dwayne Wilson

CRT Kitchen Manager  
860-285-1843

### Carnell Freeman

Driver

### Belman Ramirez

Driver

### Aziz Harram

Driver

### Derrick Wallen

Driver

### Woody Woodard

Driver

### Pepe Saldana

Driver

Dear Windsor Senior Center Community,

It is with mixed emotions that I share our Senior Transportation Coordinator, George Headley will be retiring after seven years of dedicated service to the Town of Windsor and its senior community. His last working day is November 1.

Working alongside George has been a genuine pleasure. His unwavering dedication to providing reliable transportation for our seniors, combined with his professionalism and meticulous attention to detail, has significantly impacted many lives within our community. He has been a consistent and trustworthy figure, and we will all feel his absence at the Windsor Senior Center. While we will miss George's daily contributions, we hope he continues to stay connected to the transportation program and the Windsor Senior Center.

On behalf of the entire Windsor Senior Services team, I would like to express our sincere gratitude to George for his years of service. We wish him and his wife the very best as they enter this new phase of retirement. May they enjoy traveling and savoring some much-deserved relaxation together.

George, thank you for everything you've accomplished, and we eagerly anticipate seeing you again soon.


Warm regards,  
*Rebecca Joyce*  
Senior Services Coordinator



# November At A Glance:

Here is a snap-shot of the special events we have on tap this month. Registration for November programming opens on Monday, October 28.

**\*Thursday, October 31\***: at 12:30 PM - 1:30 PM, George's Retirement Party, stop by and say goodbye!


 **Friday, November 1**: from 10:00 AM - 12:30 PM, Live Well with Chronic Conditions continues on Fridays until November 15.


**Monday, November 4**: from 9:00 AM - 1:00 PM, AARP Presents Driver's Safety. (more info on pg.8)

**Monday, November 4**: from 10:00 AM - 11:00 AM, Adam Michaud presents on Independent Living with Tiny Homes. (more info on pg. 8)

**Monday, November 4**: NO BINGO!!!

**Tuesday, November 5**: Cafe closed all day due to voting. NO senior lunch will be served.


 **Wednesday, November 6**: from 12:00 PM - 2:00 PM, CT Money School continues until December 4.


 **Wednesday, November 6**: from 4:00 PM - 5:00 PM, Bloom Where Planted presents: Fall Harvest Centerpieces. (more info on pg. 5)

**Thursday, November 7**: from 10:00 AM - 12:00 PM, Veterans and a family member may enjoy a yummy breakfast before the Veteran's Photo Share, in partnership with the Windsor Historical Society. (registration required, more info on pg. 4)

**Tuesday, November 12**: from 5:00 PM - 6:30 PM, enjoy the Thanksgiving Early Bird Supper, sponsored by the Rotary Club of Windsor Locks and Windsor. (more info on pg. 9)

**Thursday, November 14**: from 10:00 AM - 12:00 PM, paint with Artist Sandy Poirier at the "Captivating Canvas" paint class. (more info on pg. 5)

 **Monday, November 18**: from 10:00 AM - 12:30 PM, the Live Well Women's Series: Bladder & Bowel Health begins. (more info on pg. 8)

 **Tuesday, November 19**: from 10:00 AM - 11:00 AM, Melissa Richards presents Mystical Art. (more info on pg. 5)

**Wednesday, November 20**: from 10:30 AM - 11:30 AM, Parkinson's Support Group meets.

**Wednesday, November 20**: from 4:30 PM - 6:00 PM, Evening Bingo.

**Friday, November 22**: from 10:00 AM - 11:00 AM, Lauri Volkert, Windsor's Fire Marshall presents Fire & Fall Safety. (more info on pg. 6)

**Friday, November 22**: from 10:00 AM - 12:00 PM, reserve your 20-minute appointment with Greater Hartford Legal Aide. (more info on pg. 8)

**Thursday, November 28**: the Senior Center is CLOSED for Thanksgiving

**Friday, November 29**: the Senior Center is CLOSED



*This symbol denotes support from the American Rescue Plan Act*



**November 11th is:**

# Veteran's Day

**Here is a list of Veterans Day Observances:**

## Windsor on Thursday November 7:

The Windsor Senior Center in partnership with the Windsor Historical Society will host the Annual Veteran's Photo Share Event. Veterans are encouraged to submit a photo from their service and a short description of the photo. A free breakfast for veterans and a family member will take place at 10:00 AM, before the Photo Share at 10:30 AM at the Senior Center

## Windsor on Friday November 8:

The Windsor Veteran's Day Observance will be held in the Council Chambers at Windsor Town Hall from 7-8 PM. Everyone is welcome to join us in honoring those who have served our country. Free. Call 860-285-1835 for more information.

## Bristol on Saturday November 9:

A Veterans Appreciation Coffee Social is planned for 10-11 AM at Manross Memorial Library, 260 Central Street, Bristol. Veterans and their guests are invited for fellowship and refreshments. Open to all who have served, their families, friends and supporters. Call 860-584-7790 with any questions.



## Regular Monthly Veteran Programming:



**JOIN  
FELLOW  
VETERANS**

- **SECOND WEDNESDAY @6PM**  
VFW POST 4740, 276 BROAD ST. WINDSOR
- **LAST THURSDAY @8:30AM**  
LP WILSON, 599 MATIANUCK AVE. WINDSOR

To stay up-to-date with veteran programs, and available resources, visit [townofwindsorct.com/senior-services/greater-windsor-veterans-council/](http://townofwindsorct.com/senior-services/greater-windsor-veterans-council/)



## Windsor Senior Center Loves our Veterans!



**Don't Forget: Town Offices are CLOSED on Thursday Nov. 28 & Friday Nov. 29**

*Happy Thanksgiving!*



# Enrichment

## R.O.M.E.O. Club

### Retired Old Men Eating Out

Monday November 4 at 9:00 AM

R.O.M.E.O. Club will take it on the road this month! Meet at the new Bart's & Lobster Tales on Palisado Ave. for robust conversation and great company. Free. Drop-in.



## Bloom Where Planted

Wednesday, November 6 4:00 PM - 5:00 PM

Learn to create a table wreath using natural foraged materials including some things found from the garden harvest. Your project will then be complete and ready to grace your table with a candle or pumpkin from home. \$5/\$7 thanks to the American Rescue Plan Act. Register online or by calling 860-285-1992.

## Captivating Canvas Paint Class



Thursday, November 14 at 10:00 AM

Paint these cute lambs in a snowy barn with friends and Artist Sandy Poirier. Register online, in person or over the phone. \$16/\$18

## Mystical Art

Tuesday, November 19 at 10:00 AM

Create art inspired by goddesses who have shaped beliefs worldwide. Enjoy relaxing your mind and nourishing your spirit with inspiration from the Mawu, West African Goddess of Life. \$5 per resident/\$7 per non-resident, thanks to the American Rescue Plan Act. Register online or by calling 860-285-1992.



## Fragments of Life: Memoir Mosaic

Tuesdays at 9:30 AM beginning November 5

Join this new weekly writer's group to create a memoir mosaic, exploring your life non-linearly for a rich narrative. Instructor Helga Maggi will guide you through this creative process in the months of November, December, and January. With her extensive experience and warm approach, she brings valuable skills to help you achieve your memoir. \$50 for 12 weeks. Register online, in person, or over the phone. 860-285-1992.

## Movie of the Month

Thursday, November 21 at 1:00 PM

On the 3rd Thursday of each month! November's movie is the classic Elf starring Will Farrell. Call 860-285-1992 to register. Free!

## Coming up soon:



The Rotary Club of Windsor and Windsor Locks presents their Annual Poinsettia Drive on Tuesday, December 3 AND Thursday, December 5 - It's important to note that the cafe will be closed to all activities on both these days. We are looking for volunteers to assist with the unloading and organizing of hundreds of plants and wreaths. Please call 860-285-1992 to learn more.



National Ugly Sweater Day is coming up next month! On Friday, December 13, we will have our Annual Ugly Sweater Decorating Party. Find an old sweater and start saving bows, tinsel, ornaments and other trinkets to don on your "Ugly Sweater". Stay tuned for timing!

# 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  
**9:30** Beginner Guitar with Marc  
**10:00** SCRIBE Writer's Workshop (\*2nd & 4th Monday)  
**10:30** SS Classic  
**11:45** CRT Lunch  
**1:00** BINGO (\*no Bingo on Nov. 4)  
**1:00** Mahjongg

## Tuesdays

**9:00** Coffee Connection  
**9:00** Pickleball - Beginners & Intermediate  
**9:30** \*NEW PROGRAM\*Fragments of Life: Creating a Memoir  
**9:30** Mindfulness & Meditation w/ Michael  
**10:30** SS Chair Yoga  
**10:45** Walking Club  
**11:45** CRT Lunch  
**1:00** Set Back  
**1:00** Wii Bowling  
**1:00** Cornhole League  
**1:00** Expressive Arts

## Wednesdays

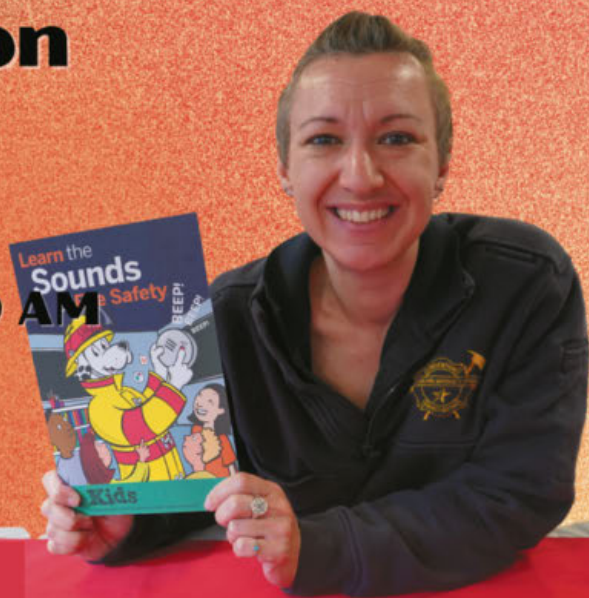
**9:00** Pickleball - Adv. Play  
**9:00** SS BOOM Muscle  
**9:00** Cribbage  
**10:00** Yoga  
**10:30** SS Classic  
**10:30** Parkinson's Support (\*3rd Wed.)  
**10:00** Bereavement (closed group)  
**11:45** CRT Lunch  
**12:00** CT Money School (\*1st and 3rd Wednesday)  
**12:30** Quilting (\*2nd & 4th Wednesday)  
**4:30** Evening BINGO (\*3rd Wednesday each month)

## Fire & Fall Prevention Workshop

with Lauri Volkert, Windsor Fire Marshall

**Friday, November 22 at 10:00 AM**

Learn the many ways you can keep safe as tricky weather makes its way to us this season. Free! Register by calling 860-285-1992.



**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.)
- 10:30 Group Guitar with Marc
- 10:45 Walking Club
- 11:45 CRT Lunch
- 1:00 Set Back
- 1:00 Cornhole League
- 1:00 Expressive Arts

# 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
- 12:30 Line Dancing \*NEW TIME
- 1:00 BINGO

# Weekends

## Have you completed your Annual Form 5?

A NAPIS Form 5 must be completed annually to enjoy participation in evening and weekend trips, as these trips are grant funded through the North Central Area Agency on Aging. Form 5's are available at the Senior Center. 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.

## Non-Resident Indoor Pickleball

Info:

Effective Tuesday September 3, 2024

Non-resident Indoor Pickleball rates returned on September 3. You may not enter the gymnasium as a non-resident during the below dates, unless you purchase a Pickleball Play Card. Purchases may be made at the Senior Center window. Thank you for your cooperation. All Pickleball players, regardless of residency must complete a Windsor Senior Center Membership Form.



- Sept 3 - Nov 29: \$30
- Dec 2 - Feb 28: \$30
- Mar 3 - May 30: \$30
- Sept 3 - May 30: \$90



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!

# Wellness & Enlightenment

## Drivers Safety with **AARP**

Monday, Nov. 4 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. Register: 860-285-1992.

## Independent Living with Tiny Homes

Monday, Nov. 4 10:00 AM to 11:00 AM



Tiny Homes or Accessory Dwelling Units (ADUs), are offering a housing solution for seniors who want to remain independent while being close to family. ADUs provide a safe, comfortable living space, allowing seniors to stay in familiar surroundings as they age, all in a customized "tiny" space. Learn more from Adam during this fun program. Free! Call to register: 860-285-1992.

## Mind over Matter for Women:



### Healthy Bladder and Bowels

Mondays Nov. 18, Dec. 2, and Dec. 16  
10:00 AM - 12:30 PM



Over half of women aged 50+ face bladder and bowel control issues. A workshop sponsored by the North Central Area Agency on Aging offers tools to manage these symptoms through three 2-hour sessions. Participants will engage in activities, exercises, and receive dietary suggestions to prevent leakage. A free lunch is provided, funded by the American Rescue Plan Act. To register, call 860-285-1992.

Presented in partnership:



## Financial Literacy Workshops

Remaining Classes are:

**November 6: Invest in Yourself**

**November 20: Income Taxes and VITA**

**December 4: Protect Yourself** (postponed from 10/16)

*This program is FREE, and a catered lunch will be served to attendees, courtesy of American Rescue Plan Act. Registration will be REQUIRED.*

## Dancing Feet Foot Care

Thurs. November 21 from 8:30 AM - 2:00 PM  
RN, April Jacques is here only once in November offering footcare. \$40 for basic care. All other services will be mutually agreed upon. Entrance via the Sr. Ctr. or main entrance only. Call 860-285-1992 to register. *Wheelchair transport available from Sr. Ctr. to Footcare Room.*

## Memory Screening with Hartford Healthcare

Wednesday, November 27 10:00 AM- 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 for your 30 minute appointment.

## Consulting Services

### with Greater Hartford Legal Aid

Fri. November 29 from 10:00 AM to 12:00 PM  
Call 860-285-1992 to schedule your 20 minute appointment with Greater Hartford Legal Aid's consulting services. They provide high-quality legal services to address critical needs relating to housing, family, senior, employment law and more. Free!



# Treats & Eats

## Monthly Birthday Party

Wednesday, November 27 at 11:45 AM

If you are age 55+ and have a November birthday, please let us know! Sign up before November 20 for a free gift and enjoy cake donated by Geissler's. Call 860-285-1992.

## Early Bird Supper

Tuesday November 12 at 5:00 PM

Enjoy a traditional Turkey Dinner with stuffing, mashed potatoes & gravy, and veggies. Served with salad, a roll, dessert and beverages, sponsored by our friends at the Windsor Locks and Windsor Rotary Club. Register online or by calling: 860-285-1992 Resident cost: \$13, non-resident cost: \$15

## Around the World with the Windsor Senior Center!

The Windsor Senior Center is continuing the relationship with Collette and Friendship Tours to offer you a variety of quality trips.

### COLLETTE TOURS:

**2025:** Greece: 11 days, 14 meals April 25 - May 5  
Alaska: 12 days, 26 meals August 13 - 25



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\**

### SENIOR BUS TRIPS:

Merry Christmazz  
Holiday Variety Show  
at Storrowton Tavern:  
December 10, 2024  
\$50/\$55

Stay tuned for a  
listing of 2025  
trips!





## 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
Thurs. Nov. 7	Long Horn's Steakhouse, Manchester	4:30 PM/7:30 PM
Sat. Nov. 9	West Farms Mall, Farmington	10:00 AM/3:00 PM
Thurs. Nov. 14	Cheesecake Factory, West Hartford	4:30 PM/7:30 PM
Sat. Nov. 16	Foot Prints and Wood & Tap, Newington	10:00 AM/3:00 PM
Tues. Nov. 19	Max Fish, Glastonbury	4:30 PM/7:30 PM

ALL reservations are now 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/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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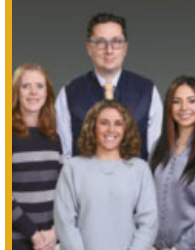
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# Find Your Perfect FIT

at the 55+ Fitness Center



**\$60 for 6 months**  
*includes use of machines (no classes included)*

**\$100 for 1 year**  
*includes use of machines (no classes included)*

**EVERY FIRST CLASS IS FREE! TRY BEFORE YOU BUY!**

## 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)

### What's a Drop-in Card?



If you don't have a wellness benefit, you may pay for a "Drop-in" Class Card to attend Group Fitness Classes. This means you will only pay for the classes you attend:

- **Residents:** \$60 per 10-class drop-in card
- **Non-Residents:** \$70 per 10-class drop-in card
- **OR 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.



*Instructors will be in touch with you if their schedule changes. Please ask for a printed schedule, or ensure your email is up to date to receive communications. All efforts will be made to contact you in the event of an emergency cancellation.*

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	8-8: 55+ Fitness Center Open 9-12: Pickleball 10: Trail Riders 10:30 - 11:30 SS Chair Yoga 10:45: Walking Club	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	8-8: 55+ Fitness Center Open 9-9:45: Tai Chi 9-10: SS BOOM Muscle 9-12: Pickleball 10-11:15: Yoga 10: Happy Hikers 12:30: Lince Dancing	8-2: 55+ Fitness Center Open