

WINDSOR

Senior Center

JUNE 2024

IN JUNE, WE ARE CELEBRATING:

- **Pride** MONTH
- **JUNETEENTH**
- **FATHER'S DAY** 

NO SILVER SNEAKERS CLASSES ON FRIDAYS UNTIL SEPTEMBER!

- SEASONS OF FELLOWSHIP ON JUNE 19
- FATHER'S DAY BREAKFAST ON JUNE 20
- EARLY BIRD SUPPER ON JUNE 25

- BALANCE SCREENINGS WITH EASTER SEALS
- R.O.M.E.O. CLUB RETURNS!
- CONSULTING SERVICES WITH GHLA

NEW TRIPS ADDED:

- HOLIDAY HILL
- CELEBRATE ITALIA AT THE AQUATURF
- LAND/AIR TOUR OF ALASKA

IN PARTNERSHIP WITH THE CARING CONNECTION, WE PRESENT THE LONGEST DAY CONCERT ON JUNE 20 AT 6:30 PM, STARRING NOAH LIS. JOIN US ON THE TOWN GREEN!



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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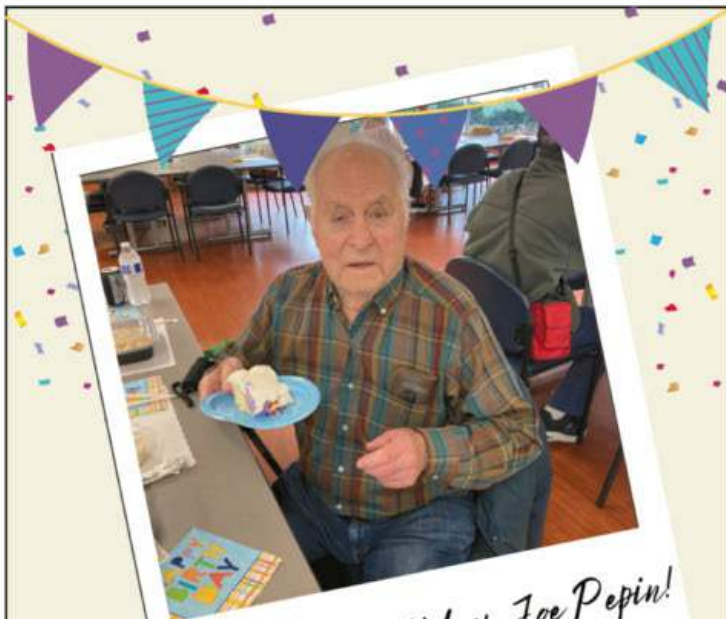
Pepe Saldana
Driver

Aziz Harram
Driver

Welcome Audrey!

You may have had the pleasure of meeting Audrey Kennedy at the Senior Center, and if you haven't, please come say hello when you are in next. She is the new Administrative/Program Assistant and began here in late April. Audrey has spent her career in Human and Public Service, having worked over 30 years at the South Park Inn Shelter in Hartford - most recently as a Respite Coordinator. Audrey is a mom to some pretty amazing children, each of whom work in Public Service as well. A cool thing about Audrey, is prior to pivoting to a life of service, she competed internationally in the art of Coiffure. On the Parisian stage, she displayed unique hairstyles of her own design and construct. When asked about travelling anywhere in the world, Audrey answered that she'd return to Paris, the City of Light. For now, we are thrilled to have her at the Windsor Senior Center. Welcome Audrey!





Happy 95th Birthday, Joe Pepin!



Best Wishes Dale!



Another Variety Show in the books!

JUNETEENTH, also known as Freedom Day, is a significant holiday in the US that commemorates the emancipation of enslaved African Americans. Celebrated on June 19th, Juneteenth marks the day in 1865 when Union soldiers arrived in Galveston, TX to announce the end of the Civil War and the emancipation of those who were still enslaved. This day serves as a powerful reminder of the struggles and resilience of the African American community, as well as a time for reflection and celebration of freedom and equality. Juneteenth is a time to honor the past, celebrate the present, and look towards a future of unity and justice for all.

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

Rowing & 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 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

Where: Boathouse Riverside Park, 20 Leibert Road, Hartford

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

The Month Ahead

Here is a snapshot of some special June events.
Registration for June programming opens on Tuesday, May 28.

- June is **PRIDE!** MONTH. We are celebrating all month long!
- **Monday, June 3** at 6:00 PM - AARP Presents: "We Need to Talk" **at the Windsor Public Library**. More info on page 8.
- **Wednesday, June 5** - Day Trip to Encore, Boston Harbor.
- **Thursday June 6** at 11:30 AM - Lorri Lennon of CRT presents: "Potassium, More than a Banana!" More info on page 8.
- **Thursday June 6** from 10:00 AM - 12:00 PM - Easter Seals hosts a Balance Screening. More info on page 5.
- **Tuesday, June 11** at 10:00 AM - Visiting Angels presents: Senior Safety, hosted by Ret. CT State Trooper Jerry Hollis. More info on page 5.
- **Thursday, June 13** at 11:00 AM - Alzheimer's Association Presents: "Understanding Alzheimer's and Dementia". More info on page 8.
- **Friday, June 14** at 10:00 AM - A Moveable Senior Center Event: "Stonewall - The Spark that Ignited the Flame", presented by Anne Wheeler, PhD, Associate Professor at Springfield College. More info on page 8.
- **Wednesday, June 19** - CRT is closed in observance of **Juneteenth**. Bring a brown bagged lunch.
- **Wednesday, June 19** at 1:00 PM - Seasons of Fellowship Meeting
- **Wednesday, June 19** at 4:30 PM - Evening Bingo
- **Wednesday, June 19** at 7:00 PM - a special **Juneteenth** celebration at the Windsor Historical Society. More info on page 10.
- **Thursday, June 20** at 9:00 AM - Father's Day Breakfast, sponsored by Bloomfield Health and Rehab.
- **Thursday, June 20** at 10:00 AM - Captivating Canvas Paint Class. More info on page 5.
- **Thursday, June 20** at 6:30 PM - Longest Day Concert starring Noah Lis.
- **Tuesday, June 25** at 5:00 PM - Early Bird Supper, sponsored by Happy Home Care. More info on page 9.
- **Wednesday, June 26** at 11:45 AM - Monthly Birthday Celebration, sponsored by Windsor Health and Rehab.
- **Friday, June 28** from 10:00 AM - 12:00 PM - Greater Hartford Legal Aid offers consulting to seniors. More info on page 8.

Enrichment

Balance Screenings with Easterseals

Thursday, June 6 from 10:00 AM to 12:00 PM

Sign up to have your balance assessed by the professionals at Easter Seals. Your assessment will be shared with you, along with suggestions for next steps. Call 860-285-1992 to register for your free 20 minute-long appointment.

Senior Safety

with Ret. State Police Officer Jerry Hollis

Tuesday, June 11 at 10:00 AM

During Coffee Connection, attend this workshop about public and personal safety, ATM safety, and more, with retired State Police Officer Jerry Hollis. Sponsored by our friends at Visiting Angels. Free! Call 860-285-1992 to register.

Monthly Book Club

Thursday, June 13 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". June's book is The Reading List by Sarah Nisha Adams. Free! Drop in!

Seasons of Fellowship

Wednesday, June 19 at 1:00 PM

This meeting will include the election of the Officers, and a collection of dues. \$20 cash or check (checks still payable to "Golden Fellowship" until further notice). Members will enjoy entertainment, refreshments, and a raffle. New members are always welcome to this fabulous social club!

Captivating Canvas Paint Class

Thursday, June 20 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, June 20 at 1:00 PM

On the 3rd Thursday of each month! June's Movie of the Month is the 7th Annual Variety Show! We will serve light refreshments. Call 860-285-1992 to register. Free!

Dancing Feet Foot Care

3rd and 4th Thursday each month

RN, April Jacques is here 2x monthly offering footcare. \$40 for basic care (as of June 1). All other services will be mutually agreed upon. Entrance via the Sr. Ctr. or main entrance only. Wheelchair transport available from Sr. Ctr. to Footcare Room. Call 860-285-1992 to register.

R.O.M.E.O. Club

Retired Old Men Eating Out

Monday, June 3 at 9:00 AM

Former members as well as new members are encouraged to join this organizational meeting to plan the re-establishment of the R.O.M.E.O. Club. Coffee will be served. Free. Drop-in.

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 this summer:

Throughout the summer months, the SCRIBE program will have a special guest leader on alternating Mondays. Mark Gervino of the Windsor Public Library and Elizabeth will shake it up this summer, by challenging your skills with different writing techniques; encouraging more creativity, and ways to articulate your thoughts to paper. No experience necessary. Drop-in. 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
 1:00 Cornhole League
 1:00 SS Chair Yoga
 2:30 Dance Therapy

Announcement about Mindfulness & Meditation:

There will be no session on June 4, due to instructor vacation. Additionally, it is with mixed emotion that Tuesday, June 25 will be the LAST Mindfulness & Meditation session until further notice. We wish Fay much luck and happiness as she begins another chapter in her rich life. We are so grateful for her many years of volunteerism and will miss her dearly around the Center. Thank you Fay! All our luck and love to you!

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)

Coming to Wednesdays in July...

Financial Literacy with CT Money School will begin in July at the Windsor Senior Center. Information will be available in the July newsletter, and in flyers around the Center. This program is free, and a catered lunch will be served to attendees, courtesy of American Rescue Plan Act. Registration will be REQUIRED.

CT
Money
School

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

Chess Club plays at 10:00 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

We Need to Talk with AARP®

Monday, June 3 at 6:00 PM
at the Windsor Public Library

The Windsor Senior Center and Windsor Public Library are partnering with AARP to offer a free and in-person seminar to help you determine how to assess your loved ones' driving skills and provide tools to enable this important conversation. "The talk" can seem challenging and life-changing, but we're all here to help. Call 860-285-1992 to register. Program will be in person at the Windsor Public Library.

Potassium - More than a Banana!

Thursday, June 6 at 11:45 AM

Lorri Lennon, Dietician from CRT will be back to chat potassium. Did you know that potassium, an essential mineral, is a public health concern due to its limited intake? Learn about potassium's role in the body and food sources, including high and low potassium foods in the grocery store. Recipes and informational handouts will be available for participants! Free. Call 860-285-1992 to register.

Congrats Tai Ji Quan Graduates!

Congrats TJQ graduates! We are proud of your completion of the 24 week evidence-based balance program! We are hoping for grant funding to begin another cycle in July and are inviting anyone whom considers themselves a "fall risk" to get on our list to be considered for the class. Call 860-285-1992 to be added.

Understanding Alzheimer's and Dementia

Thursday, June 13 at 11:00 AM

In partnership with the Alzheimer's Association and Heather Hitchcock, CDP, Community Education Manager of Bristol Behavioral Health, we are proud to offer programs to help patients and caregivers navigate Alzheimer's with more confidence. In August we will also offer "Alzheimer's: Healthy Living for the Brain and Body". Workshops are free. Call 860-285-1992 to register.

Stonewall: the Spark that Ignited the Flame

A Moveable Senior Center Event

Friday, June 14 at 10:00 AM



LGBTQ+
A Program of the
CT Healthy Living Collective

This presentation will examine the circumstance from which the Stonewall Riots emerged, the riots themselves, and how the riots served as a catalyst for LGBTQ+ liberation. Presented by Anne Wheeler, PhD, Associate Professor at Springfield College. Free. Call 860-285-1992 to register.

Consulting Services

with Greater Hartford Legal Aid

Friday, June 28 from 10:00 AM to 12:00 PM

Once monthly, patrons will be able to connect 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. Call 860-285-1992 to schedule your 20 minute appointment.

Treats & Eats

Coffee Connection



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

Father's Day Breakfast

Thursday, June 20 at 9:00 AM

Take a rest, dads! Enjoy your morning at the Senior Center with coffee, breakfast sandwiches, and other treats; yard games, and good company. We will have corn hole, ladder ball, music, and raffles. Outdoor and indoor seating available. Sponsored by our friends at Bloomfield Center for Health and Rehab. Space is limited. Free! Call 860-285-1992 to register.

June Early Bird Supper

Tuesday, June 25 from 5:00 PM-7:00 PM

Our friends from Happy Home Care have something special lined up for our June Early Bird Supper! Enjoy gourmet pizza, salads, and gelato served up from Pizza Truck on-site. Residents: \$8, non-residents: \$10. Register online or by calling 860-285-1992.

June Birthday Party

Wednesday, June 26 at 11:45 AM

If you are age 55+ and have a June birthday, please let us know! Sign up before June 19 for a free gift from Windsor Health and Rehab, and enjoy cake donated by Geissler's. Live music by Andy Lepak, sponsored also by Windsor Health and Rehab. Call 860-285-1992.

Get Outta Town!

The Windsor Senior Center has partnered with Collette and Friendship Tours 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

Senior Bus Trips:

Celebrate Italia at the Aquaturf: August 19, 2024 \$50/\$55	Annual Holiday Hill Trip: August 19, 2024 \$50/\$55
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Friendship Tours:

Essex Steam Train/Riverboat Adventure:
August 29, 2024
\$150/\$155

Covered Bridges of New Hampshire:
October 1, 2024
\$140/\$145



Collette Tours:

2024: Ireland: 10 days, 13 meals October 17 - 26	Spain: 12 days, 16 meals November 1 - 12
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2025: Greece: 11 days, 14 meals April 25 - May 5	Alaska: 12 days, 26 meals August 13 - 25
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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, June 4	Sake, Wethersfield	4:30 PM/7:30 PM
Thursday, June 6	Maggie McFly's, Glastonbury	4:30 PM/7:30 PM
Saturday, June 8	Boscov's @ the Meriden Mall, Meriden	9:00 AM/3:00 PM
Tuesday, June 11	Burtons, South Windsor	4:30 PM/7:30 PM
Thursday, June 13	The Nutmeg, East Windsor	4:30 PM/7:30 PM
Tuesday, June 18	Strawberry Picking @ Rose's/Lunch @ Sq. Peg, Glastonbury	9:00 AM/3:00 PM
Wednesday, June 19	Juneteenth Event, Windsor Historical Society	7:00 PM/TBD PM
Thursday, June 20	Rein's Deli, Vernon	4:30 PM/7:30 PM
Sunday, June 23	Schermerhorn's & Holyoke Mall	9:00 AM/TBD
Thursday, June 27	Mazatlan, Windsor Locks	4:30 PM/7:30 PM
Sunday, June 30	Crystal Ridge Winery, Glastonbury	11:00 AM/TBD

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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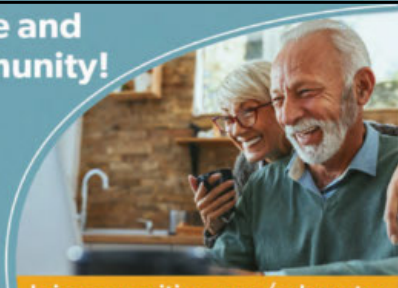
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Find Your Perfect FIT



\$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:

(on summer hiatus) 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)

- **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.

**June-September:
No Silver Sneakers
Classes
on Fridays!**

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

RenewActive
by UnitedHealthcare

Silver&Fit

prime



Active & Fit
ENTERPRISE™

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 10:45: 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 10-11:15: Yoga 10: Happy Hikers 1:30-3: Line Dancing	8-2: 55+ Fitness Center Open