



July 2026

Active Aging

Winsted Active Aging Senior Center 80 Holabird Avenue, Winsted, CT 860-379-4252



Meditation In Motion

Tuesdays, June 23-July 14, 12:30pm

Develop simple, practical tools you can access anytime to reduce stress and navigate challenges including gentle movement to awaken the body and guided meditation to settle the mind. Whether you are new to meditation or returning to your practice, you are welcomed to join.

Sundae on a Monday

Monday, July 6, 11:30

It is not a typo, join us for lunch then celebrate with sundaes on a Monday. Enjoy cheeseburger, sweet potato tots, and veggie pasta salad then for dessert, a homemade hot fudge (made by Chad) sundae the fixins. Purchase your ticket at the office by 11:30 July 2. Cost: \$5

Tap Time Together

New Chair Tap Dancing Class

Thursdays at 12:30, starting September 24

Give it a try. Learn tap steps, foot patterns, and rhythmic movements to great music from a chair or standing. Tap Time is a low-impact, accessible form of exercise to improve strength, coordination, and increase focus. Please sign up now, we will offer the class if we have enough interest. Class will be free, just bring your own tap shoes (purchase them on Amazon or at the thrift stores) so you can practice at home.

Tie Dye Shirts Sale

Thursday, July 30, 10am while they last

Be one of the cools kids and buy a hand made tie-dye t-shirt and support our Enrichment Program's outings. Cost only: \$12. Don't forget to wear your shirt and celebrate Tie Die Friday, every Friday this summer.

State of CT Farm Market Cards

Please complete the Intake form, available at the office, and we will let you know when you can pick up your card which can be used to purchase CT Grown fruits, vegetables, eggs, fresh cut herbs (not plants), and honey only from certified Dept. of Agriculture farm markets.

2025 Renter's Rebate Application Time

Please complete the Intake Form, available at the office, and return it along with the required documentation and we will let you know when to return to sign your application. Call 860-379-4252 x1, if you have questions.

NWCTD - Northwestern CT Transit District

860-489-2535

Fixed Bus Route - open to the public, wheel chair accessible, new route coming soon

Dial-A-Ride & RITS program - for older adults and people with disabilities

For non-emergency medical appointments, shopping, and social activities. Book at least 24 hours in advance.

Phone Number
860-379-4252

Hours

Monday thru Friday, 8am to 3pm

(with exception of holidays)

On occasions, we may be closed early because of staffing

Senior Center Staff

Director/Municipal Agent - Jennifer Kelley

Office Assistants - Craig Closson, Ann Sears &

Dee Williams

Van Drivers - Leron Williams & Tom Cianciolo

Senior Enrichment Program Staff

Program Director - Robin Bardino

Program Aide - Linda Moore

Program Aide - Tammy Kent

Program Aide - Concetto Marino

Program Aide - Enit Guaraca

Program Aide - Cheri Cianciolo

Program Aide - Trinity Gaudette

Program Aide - Emily Cianciolo

Nutrition Program Staff

Kitchen Manager - Chad Maccalous

*Volunteers - Pamela Delfino, Sheila Jackson, Alan Marek
& Jean Reems*

Volunteers

Bingo - Debra Wuori, Sylvia Landi, Sally Mangione, & Karen

*Line Dancing - Kathy Asselin, Fran Cooper, Sandy Muckle
& Kathy Sobol*

VITA Tax Preparers - Jerry Cibalskis & Sharon Gaynor

Office Assistant - Sherry Warner

*Volunteers don't get paid, not because they are worthless,
but because they are priceless.....S. Anderson*

Memorial Donations

The Center has a Memorial Fund for people wishing to make a donation in memory of a friend or relative. Please make checks out to the Winsted Senior Center.

Senior Citizen's Commission

If you would like to help the older adults in our community maintain their independence, by providing peer support and information, please call Jen at 860-379-4252 x4.

Center Van Rides

Winsted Senior Center's Van is for residents of Winchester and Winsted, age 55 or older and people with disabilities, for travel in Winchester and Winsted only. To make a reservation, call the office, 860-379-4252 x1, at least 24 hours in advance. Seatbelts are required. **The suggested donation per ride is \$1.**

Medical Appointments

Please make medical appointments between 9:00 and 11:00am and please call your doctor's office to confirm appointment.

Shopping or Errands

Limit of 4 bags per person. The driver will tell you when he will be back to pick you up. You must be there at that time and place. The driver does not have time to wait or to look for you. Remember... one stop per ride and please be patient. The drivers are very busy. We try our best to be on time, but you may have to wait a short time. There may be times when we cannot give you a ride, or we may have to pick you up early for an appointment.

**We have a list of all the public
transportations options that are available
in our area, just ask...**

Printed Newsletter

The printed newsletter is available at the Center and many locations around Town for free. To get it delivered by mail to your home, cost is \$9 for one year.

From the Internet Newsletter

Visit the Senior Center page at
www.townofwinchester.org/entities/senior-center

Emailed Newsletter

Please share your email address with us and abracadabra the newsletter will be emailed to you before it is printed. You will be the first to know what is going on and you will receive updates during the month!

Facebook Pages

Winsted Active Aging Senior Center

Town of Winchester/Winsted, CT

Winsted CT Neighbors Helping Neighbors

New Library - Books and Puzzles

Back by popular demand, our new library is located in the lower level entry. We are sharing the bookcase with the Enrichment Program. Donations are welcome. Feel free to share books and puzzles with friends.

All meals include margarine,
milk, coffee or tea.

July

Reservations must be made by
11:30am the day before

860-379-4252 x2

Suggested Donation \$5.00 per Meal

ALL MEALS ARE SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
		(1) ½lb Chili Cheese Dog Baked Beans Coleslaw Hot Dog Roll Ketchup Special 4 th of July Dessert	(2) California Veggie Soup Crackers Turkey with Gravy Roasted Sw. Potatoes Peas Italian Bread Fudge Crème Cookie	(3) CLOSED For Independence Day
(6) Sundae on a Monday Cheeseburger Sweet Potato Tots Veggie Pasta Salad Hamburger Bun Ketchup Fresh Fruit	(7) Assorted Fruit Juice Szechuan Style Chicken Breast Fried Rice Broccoli Wheat Bread Oatmeal Cookie	(8) Spaghetti & Meatballs with Sauce Tossed Salad Italian Dressing Dinner Roll Grated Cheese Fresh Fruit	(9) Potato Soup Chef Salad with Ham, Turkey, Egg, Cheddar Cheese Ranch Dressing Garlic Breadstick Mandarin Oranges	(10) BBQ Chicken Leg QTR Macaroni & Cheese Mixed Greens Dinner roll Applesauce
(13) Potato Crusted Pollock Lemon Orzo Capri Vegetables Wheat Bread Tartar Sauce Butterscotch Pudding	(14) BBQ Glazed Pork Ribette Sub Ranch Beans Cucumber Salad Fresh Fruit	(15) Corn Chowder Crackers Southwest Chicken Salad w/Lettuce, Tomatoes, Black Beans, Diced Chicken Cheddar Cheese. Ranch Dressing Mixed Fruit	(16) Assorted Fruit Juice Salisbury Steak with Brown Gravy Whipped Potatoes Brussels Sprouts Wheat Bread Fresh Baked Cookie	(17) Stuffed Shells with Alfredo Sauce Italian Sausage Tossed Salad Italian Dressing Wheat Bread Grated Cheese Fresh Fruit
(20) Honey Peppercorn Chicken Breast Scalloped Potatoes Lima Beans White Bread Fresh Fruit	(21) Macaroni & Cheese Brown Sugar Ham Slice Collard Greens Cornbread Muffin Diced Pears	(22) Philly Cheesesteak with Onions & Peppers Potato Salad Bag of Chips Pickle Grinder Roll Fresh Fruit	(23) Cream of Broc. Soup Turkey Reuben Sauerkraut, Swiss Cheese, & Thousand Island Dressing Bow Tie Pasta Salad Rye Bread Diced Peaches	(24) Cobb Salad Tomatoes, Cucumbers, Turkey Bacon, Egg, Cheddar Cheese Beet Salad Dinner Roll Dressing Chocolate Pudding
(27) Cheese Ravioli with Tomato Basil Sauce Italian Sausage Cauliflower Dinner Roll Grated Cheese Applesauce	(28) Baked Potato Bar Baked Potato Beef Chili Broccoli Cheddar Cheese Sour Cream Mixed Fruit	(29) Enchilada Chicken Breast Black Beans & Brown Rice Fiesta Vegetables Cheddar Cheese Sour Cream Flour Tortilla Tropical Fruit	(30) Chopped Salad with Mixed Greens, Tomatoes, Red Onion, Mozzarella Cheese, Ham Kidney Bean Salad Wheat Bread Italian Dressing Fresh Baked Cookie	(31) Vegetable Soup Crackers Chicken Parmesan Rotini Pasta Spinach Garlic Toast Grated Cheese Fresh Fruit

Introduce yourself to Chad

our new Kitchen Manager and enjoy a free lunch on us

For the first 25 people who make their reservation by calling 860-379-4252 x2, say it is for the
Meet Chad Free Lunch Offer, the day and bring this coupon for the box. One coupon per person.

Your name _____

Our Fitness Classes are FREE

To participate, you must be a current Winsted Active Aging Senior Center member (cost is only \$6/year) and you must sign-in for each class.

Chair Yoga

Mondays & Fridays at 9:00am

Practice gentle weight bearing movements that strengthen your body and improve your balance to help reduce the risk of falling. Movements can be done on a chair or standing. Classes are offered in-person or by Zoom.

Zoom link: <https://us02web.zoom.us/j/326155172?pwd=Si8veUtsVytwcElWMVRmWS9DbGVhZz09>

Meeting ID: 326 155 172

Passcode: Winsted

Tai-Ji Quan

Mondays & Fridays at 10:15am

Learn warm-ups and gentle flowing movements to strengthen the body, relax the mind and help reduce the risk of falling. Movements can be done on a chair or standing.

Drumming Circle

Mondays at 1pm

Drumming leads to increased focus, upper body coordination, connectedness, relaxation, boosts the immune system and will make you happy using dgembe African drums and other percussion instruments. No experience is necessary.

Strong & Stretched

Tuesdays & Thursdays at 9:00am

Improve the quality of your life by lifting weights which helps rebuild the muscle that is lost as we age and stretching which helps improve flexibility, balance and range of motion. Class uses hand weights, fitness bands and balls.

Noodle Fit

Tuesdays & Thursdays at 10:00am

With great music and movement our new class will get your blood flowing to improve your circulation, blood pressure and cognitive skills as well. Noodle Fit is a great physical activity and a whole lot of fun.

Meditation In Motion

Tuesdays, June 23-July14, 12:30pm

Each session will include gentle movement to awaken the body and guided meditation to settle the mind. Whether you are new to meditation or returning to your practice, you are warmly welcomed to experience a nurturing approach to mental health and overall wellbeing.

Dancercize

Wednesdays at 9:00am

Always fun! Workout along to easy-to-follow dance and exercise moves in fun combinations to popular and classic music. No experience required, give it a try.

Line Dancing

Wednesdays at 10:00am

Join the gang and learn all the steps, shuffles and movements of this popular dance style. Newbies always welcome.

Blood Pressure Clinic

Friday, July 10, 11am to noon

Nurse Joni, from Visiting Nurse and Hospice of Litchfield County, will be here to take your blood pressure in the sunroom. Walk-ins are welcome. For information and an appointment for her foot clinic, please call 860-379-8561.

BINGO!

Fridays, 12:45pm

Enter through the sunroom, cards available at 12:40pm. Pay for your cards at the office window. Each card is 50 cents. We suggest that you bring your own BINGO chips, but we will have some for you to borrow.

Community Programs

CT FoodShare Mobile Pantry

Tuesdays, July 7 & 21 at noon

119 North Main Street, NCCC Greenwoods Hall, Winsted

The mobile food pantry is open to any community member who is in need of fresh produce and other food. Please bring bags for your food. For schedule updates, text foodshare to 85511.

Friendly Hands Food Bags

Thursday, July 16, 10:30am

To participate, you must complete Friendly Hand's Intake form which is available at the office and you must be a current WSC member to participate. This is a great opportunity, so don't miss out! Please note: If you live at Chestnut Grove, Greenwoods Gardens, Laurel Commons, Carriage Maker Place, The Glenn or Susan B. Perry, please get a Friendly Hands Form from your site manager or RSC and your food bag will be delivered to your housing site.

New Opportunities

State of CT Energy Assistance Program

You may qualify for the CT Energy Assistance Program if you are a CT resident and your annual income falls below \$45,505 for a single and \$59,507 for a couple. Please call Alta at 860-738-9138 for an appointment, her office is located at The Salvation Army office, 716 Main Street.

Case Management Program

If you meet the income guidelines and depending on your needs, a case manager can link you to appropriate community resources through information and referral services. Please call Edison at 860-482-9749 x602 for an appointment, his office is located at The Salvation Army office, 716 Main Street.

Foster Grandparents Program

Volunteers Needed! The Foster Grandparent Program is seeking adults age 55+ to mentor and support children in local schools and community programs. Eligible volunteers may receive a tax-free stipend while helping children build confidence to succeed. Call Anamin Reveron 860.482.9749 x 606.

NWCTD - Northwestern CT Transit District

Fixed Bus Route Dial-A-Ride RITS program

Call for details 860-489-2535

Who can ride? You! For non-emergency medical appointments, shopping, and social activities.
Book at least 24 hours in advance.

Go Geer! Van Rides

Transportation program between Winsted and Torrington

Go Geer provides on-demand transportation for older adults and disabled individuals for non-emergency medical and basic needs that are unable to be scheduled ahead of time. Pre-registration required and hours are limited. For more information and to register, call 860-453-4800.

Social Services @ the Winsted Town Hall

3rd Floor, 338 Main Street, Social Services Office, visit townofwinchester.org

The Town of Winchester works proactively to provide coordinated expertise to support individuals and families to help build a safe and healthy community by bringing together social service agencies to work in office space provided at the Town Hall. For more information, ask Jen 860-379-4252 x4.

Helping Hands Service

Homemaker-Companion, Personal Care & Medical Transportation Services

If you, a family member, a friend or a neighbor need quality, affordable and local homecare services to help to stay safe and independent at home, contact Helping Hands to learn more. Call Irene at 860-379-4900.

Trips. Trips. Trips

Lenny & Joe's and Durham Dari Bar

Thursday, July 23, 10am

Here is your chance to enjoy a delicious lunch for all seafood fin-attics...enjoy award winning fresh seafood and don't forget to leave room for ice cream. Cost: \$20 per person and lunch on your own.

Twin Lobsters & Fleetwood Mac Tribute Show

Wednesday, July 15, 10am

Enjoy a delicious lunch at the Log Cabin, including your choice of twin lobsters or prime rib of beef and baked potato, corn, dessert and coffee or tea. Then sit back and enjoy the the music or sing along to the iconic Fleetwood Mac songs like "Landslide", "Chain" and "Sara". Cost: \$146 pp.

Lakeside Turkey Train, Lake Winnepesaukee

Wednesday, September 23, 8am

Ride the rails while enjoying Harts hot roast turkey dinner carved at your table and marvel at the beautiful scenery. The trip includes: motor coach transportation and a scenic fall foliage ride along the Lake Winnepesaukee shore, turkey dinner carved at your table on board the train, stop at a country store, and driver gratuity. Cost: \$164 pp.

Atlantic City at Tropicana Resort Casino

October 27-29, 8am

Everyone loves our AC trips and we are already taking reservations...the perks practically pay for the trip. Trip includes: motor coach transportation, 2 nights accommodations, \$50 slot bonus, \$50 meal voucher, 2 fantastic shows - "Amazing Mystery Show" and "Tapestry, the very best of Carol King tribute", hotel baggage handling and taxes and driver gratuities. Pick up a flyer for all the details. Bus returns at approx. 8pm. Cost: \$389 pp double, \$509 pp single, \$50 deposit required at sign up, final payment 9/28/26.

WSC Trip Policy

Sign up for Center trips at the office, Monday thru Friday, 8am-3pm. Phone reservations will not be taken for trips. We will only sign you up at time of payment. When you are interested in a trip, sign up quickly or run the risk of missing out! A trip may be cancelled if we don't have enough people signed up. At time of sign-up, we ask for the name and cell phone number for an emergency contact person. If you show up late for a trip, we cannot wait for you and refunds will not be given. If you must cancel a trip after we have paid the tour company, we can only refund your money if you or we have someone to replace you. Overnight Trips, we require a deposit to sign you up. If cancellation insurance is not included and you wish to purchase it, you are responsible for purchasing it through the tour company, so that you will know what to expect if you need to cancel. For more information about cancellation insurance, ask Craig, 860-379-4252 x1.



Winsted Active Aging Senior Center
80 Holabird Avenue
Winsted, CT 06098

**If you or a friend is in need
of shelter or services**

Call 2-1-1

**or CHH Housing Navigator
Heather 959-261-0675**

Local Phone Numbers

Ambulance 860-738-9267
Beardsley Library 860-379-6043
Emergency 911
Fire Department 860-379-5155
Meals on Wheels 860-482-4151
New Opportunities 860-738-9138
NW Transit 860-489-2535
Poison Control 800-222-1222
Police Department 860-379-2721
Post Office 860-379-6675
Senior Center 860-379-4252
Tax Collector 860-379-4474
Tax Office 860-379-5461
Town Clerk 860-738-6963
Town Manager 860-738-6962
WCAAA 203-757-5449
Western CT Area Agency on Aging

TownofWinchester.org

When was the last time you thought about The Declaration of Independence?

The Declaration of Independence was adopted on July 4, 1776, by the Second Continental Congress. Written primarily by Thomas Jefferson, it announced that the 13 American colonies were separating from Great Britain and becoming independent states.

...in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind...



Winsted Active Aging Senior Center
860-379-4252

Always in Our Heart

Thank you for the years of dedication of the former Senior Center Directors, Blanche McCarthy Sewell and Ellen Schroeder for sharing yourselves and your inspiration to help create the Center we have today.