



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

Thursdays, August 27 & September 10, 1pm

Labor Day Lunch & a Movie

Friday Pizza Party Lunch

Homemade Meatloaf Lunch

60th WAAS Anniversary Party & Raffle

Thursday, November 17, 11:30am

Green Woods

Torrington Street, Winsted

Let's gather together to celebrate our 60th Anniversary! We'll have a delicious meal featuring a variety of dishes including a special anniversary salad with apples, cranberries, goat cheese & maple balsamic vinaigrette, your choice of short ribs or stuffed chicken, both served with asiago mashed potatoes and vegetables, or dessert apple crisp with ice cream and coffee & tea. Then, tap your foot, sing along or dance to Country Music. Cost: \$24 per person for members, \$30 per person for non-members (available until Sep 10, we sell out). **60th Anniversary Raffle** Buy your tickets today, you don't want to miss out. Thanks to the generous donations from local businesses and individuals, we have some amazing gift cards and gift baskets for our raffle. Drawing is September 17, you do not need to be present to win. Cost: Tickets \$1 each or 11 tickets for \$10

Prevent T2 - Healthy Living Program

Thanks to Torrington Area Health Department for facilitating this valuable class. If you are interested in achieving a healthier weight, cutting your risk for type 2 diabetes or looking to make lifestyle changes, this free class led by certified healthier lifestyle coaches is for you. Sign up now, limited space available. To register, please call 860-379-4252 x1 by September 14. Cost: Free

Tap Time Together

Chair Tap Dancing Class - Thursdays at 11am, starting September 24

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, bring your own tap shoes (purchase them on Amazon or at the thrift stores) so you can practice at home.

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 - Emily Cianciolo
Program Aide - Katie Marino

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.

September

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) Baked Potato Bar Beef Chili Broccoli Cheddar Cheese Sour Cream Mixed Fruit	(2) Labor Day Lunch BBQ Pulled Pork Sandwich Baked Beans Coleslaw Kaiser Roll Special Dessert	(3) Chopped Salad with Mixed Greens, Tomatoes, Red Onion, Mozzarella Cheese, Ham Kidney Bean Salad Wheat Bread Italian Dressing Fresh Baked Cookie	(4) Vegetable Soup Crackers Chicken Parmesan Rotini Pasta Spinach Garlic Toast Grated Cheese Fresh Fruit
	(7) CLOSED LABOR DAY	(9) California Veggie Soup Grilled Ham & Cheese Black Bean & Corn Salad Bag of Chips Pickle Rye Bread Pineapple Tidbits	(10) Chad's Homemade Meatloaf & Gravy Au Gratin Potatoes Green Beans Wheat Bread Tropical Fruit	(11) Pizza Party Salad Special Surprise Dessert
(14) Cheeseburger Sweet Potato Tots Veggie Pasta Salad Hamburger Bun Ketchup Fresh Fruit	(15) Szechuan Style Chicken Fried Rice Broccoli Wheat Bread Oatmeal Cookie	(16) Spaghetti & Meatballs with Sauce Tossed Salad with Tomatoes & Cukes Italian Dressing Dinner Roll Grated Cheese Fresh Fruit	(17) Anniversary Lunch at Greenwoods We will not be serving lunch at the Center	(18) BBQ Chicken Leg QTR Macaroni & Cheese Mixed Greens Dinner roll Applesauce
(21) Potato Crusted Pollock Lemon Orzo Capri Vegetables Wheat Bread Tartar Sauce Butterscotch Pudding	(22) BBQ Glazed Pork Ribette Ranch Beans Cucumber Salad Sub Roll Fresh Fruit	(23) Corn Chowder Crackers Southwest Chicken Salad with Lettuce, Tomatoes, Black Beans, Diced Chicken and Cheddar Cheese Ranch Dressing Mixed Fruit	(24) Assorted Fruit Juice Salisbury Steak with Brown Gravy Whipped Potatoes Brussel Sprouts Wheat Bread Fresh Baked Cookie	(25) Stuffed Shells with Tomato Sauce Italian Sausage Tossed Salad with Black Olives & Chickpeas Italian Dressing Wheat Bread Fresh Fruit
(28) Honey Peppercorn Chicken Scalloped Potatoes Lima Beans White Bread Fresh Fruit	(29) Macaroni & Cheese Brown Sugar Ham Slice Collard Greens Cornbread Muffin Diced Pears	(30) Philly Cheesesteak With Onions & Peppers Potato Salad Bag of Chips Pickle Grinder Roll Fresh Fruit	The lunches provide 1/3 of the balanced mix of foods for an adult When placing your reservation, please let us know if you have a food allergy	

60th Anniversary Raffle

Buy your tickets today, you don't want to miss out...thanks to the generous donations from local businesses and individuals, we have some amazing gift cards and gift baskets for our raffle. Drawing is September 17, you do not need to be present to win. Cost: Tickets \$1 each or 11 tickets for \$10

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

Tuesday, September 15, 12:30pm

Whether you are new to meditation or returning to your practice, you are warmly welcomed to join this a nurturing approach to health and overall wellbeing. (Instructor will be here on August 18th)

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.

Tap Time Together

Chair Tap Dancing Class - Thursdays at 11am, starting September 24

Learn tap steps, foot patterns, and rhythmic movements to great music from a chair or standing. Bring your own tap shoes (purchase them on Amazon or at the thrift stores) so you can practice at home.

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, September 1, 15 & 29 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, September 17, 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. 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

located at The Salvation Army office, 716 Main Street, Winsted

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 is within guidelines. Please call Alta at 860-738-9138 for an appointment.

Case Management Program

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.

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. Call Anamin Reveron 860.482.9749 x 606.

NWCTD - Northwestern CT Transit District

Fixed Bus Route Dial-A-Ride RITS program

Who can ride? You! For non-emergency medical appointments, shopping, and social activities. Book at least 24 hours in advance. Call for details 860-489-2535

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.

Peaceful Path Reiki

Reiki is a gentle, non-invasive wellness practice that offers a peaceful opportunity to relax, slow down, and heal. Sessions are tailored to your needs and comfort level. For an appointment call 860-309-6934. Cost: \$20 for 15 minutes, collected at your appointment.

Golden Steps Foot Care

Healthy feet are an important part of staying active, independent, and comfortable. Golden Steps Foot Care clinic provides gentle, professional care tailored to your needs. The clinic is open to people who do not have peripheral vascular disease, diabetes, extreme swelling or on blood thinners. Complete the Intake that is available, and you will receive a call to schedule your appointment. Cost: \$40, collected at your appointment.

Trips. Trips. Trips

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

Crackerbarrel Restaurant

Monday, September 28, 10:30am

Enjoy a little shopping and sit down to enjoy warm and welcoming comfort food that Crackerbarrel is known for with friends. This is a WSC member only trip. Cost: \$12 per person for transportation, shopping, tip and lunch on your own.

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.

Branson Country Christmas & Veterans Show

Tuesday, November 17

Enjoy a delicious family style chicken piccata & yankee pot roast luncheon at the Aqua Turf including soup du jour, vegetable, potato, homemade dessert and coffee or tea. Then sit back, sing along or dance along with the Ozark Mountain Jubilee variety of Christmas favorites and also pay tribute to our Veterans. Includes transportation, the luncheon and gratuities. Cost: \$148.

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

September Jokes

What's September's favorite exercise? *Fall-ing down*

September is proof that time flies...*especially when you're trying to remember where you put your summer*

Dear September, I'm not ready for fall. *Please speak to August*

Pumpkin spice in September: *because apparently everything needs a seasonal personality now*

What is a tree's least favorite month? *Sep-timber*

What do the say before they hibernate? *Rake me up when September ends*

What did the leaf say to September? *I'm falling for you*



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.