



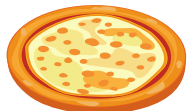
October 2026

# Active Aging

Winsted Active Aging Senior Center

80 Holabird Avenue, Winsted, CT

860-379-4252



## Friday Pizza Party Lunch

**Friday, October 2, 11:30am**

Why not join us for a pizza party then stay for BINGO. Enjoy cheese pizza, garden salad and a special dessert. Purchase your ticket at the office by 11:30 by September 30. Cost: \$5

## Flu Vaccine Clinic

**Friday, October 9, from 11am to 1pm**

Please complete the form available at the office and bring it to the clinic. Walk-ins are welcome. For information about other Flu Clinics in our area, call 860-379-8561. Thanks to Visiting Nurse & Hospice of Litchfield County.

## Special Hotdog & Homemade Mac n' Cheese Lunch

**Wednesday, October 21, 11:30am**

Gather your friends and join us for a grilled hot dog and special homemade mac n' cheese, baked bean quintet and a special seasonal dessert. Purchase your ticket at the office by 11:30 October 16. Cost: \$5



## Plant a Plant Party

**Thursday, October 22, 12:30pm**

Back by popular demand, our plant a plant party. Grab a friend and come to the class and you will leave with a plant to bring home for yourself or to give away. To register, please call 860-379-4252 x1 by October 19. Cost: Free

## Healthy Living Program

**(New day & time) Mondays, 11am, starting October 26**

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 October 22. Cost: Free

## Halloween Lunch with Hocus Pocus Movie

**Wednesday, October 28, 11:45**

Ghouls just want to have fun...get-together to socialize then enjoy some Spooky spaghetti, monster meatballs, devilish marinara, wicked spinach, a batty breadstick and special Halloween dessert. Afterward sit back and watch three 17th-century Salem witches who are accidentally resurrected on Halloween night, unleashing a night of comedic chaos. Wear a costume if you dare. Purchase your ticket at the office until 10/23. Cost: \$5



## HHC Neighborhood Health Clinic

**Thursdays, November 5, 11am-3pm**

**Covid and Flu Shots will be available.** The clinic offers evaluation and management of urgent care needs, medical screenings, lab tests, referrals, follow-up care, immunizations and vaccines. Walk-ins are welcome. On-site financial assistance is available, insurance is excepted but not required.

## AARP Smart Driver Course

**Tuesday, November 17, 11:30am**

Take this course and you may save money on your auto insurance. Refresh your driving skills and knowledge of the rules of the road to stay safe. Cost: \$20 for AARP members and \$25 for non members (pay instructor on the day of the class) Register by calling 860-379-4252 x1.

**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 Coordinator* - Tammy Kent  
*Program Aide* - Linda Moore  
*Program Aide* - Concetto Marino  
*Program Aide* - Enit Guaraca  
*Program Aide* - Cheri Cianciolo  
*Program Aide* - Emily Cianciolo  
*Program Aide* - Tina Puckett

### Nutrition Program Staff

*Kitchen Manager* - Chad Maccalous  
*A4TD Kitchen Trainee* - Chet Osowiecki Jr.  
*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](http://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

# October

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**

**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**

| Monday                                                                                                      | Tuesday                                                                                                                    | Wednesday                                                                                                                                                      | Thursday                                                                                                                                                | Friday                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
|                             |                                                                                                                            |                                                                                                                                                                | (1)<br>Cr. of Broccoli Soup<br>Turkey Reuben<br>Sauerkraut, Swiss &<br>Thousand Island<br>Dressing<br>Bow Tie Pasta Salad<br>Rye Bread<br>Diced Peaches | (2)<br><b>Pizza Party Friday</b><br>Garden Salad<br>Special Dessert                                                                 |
| (5)<br>Chicken with<br>Supreme Sauce<br>Brown Rice<br>Zucchini<br>Dinner Roll<br>Fudge Brownie              | (6)<br>Meatloaf with Gravy<br>Au Gratin Potatoes<br>Mixed Vegetables<br>Wheat Bread<br>Fresh Fruit                         | (7)<br>Sliced Turkey<br>with Gravy<br>Stuffing<br>Mashed Potatoes<br>Corn<br>Dinner Roll<br>Tropical Fruit                                                     | (8)<br><b>Oktoberfest</b><br>Bratwurst<br>Roasted Potatoes<br>Red Cabbage &<br>Apples<br>Marble Rye Bread<br>Double Chocolate<br>Cookie                 | (9)<br>Spaghetti &<br>Meatballs<br>Garden Salad<br>Tuscany Vegetables<br>Italian Bread<br>Diced Peaches                             |
| (12)<br><b>CLOSED<br/>COLUMBUS<br/>DAY!</b>                                                                 | (13)<br>Salisbury Beef with<br>Mushroom Gravy<br>Parsley Butter<br>Noodles<br>Broccoli<br>White Bread<br>Fresh Fruit       | (14)<br>BBQ Pork Rib Patty<br>Hawaiian Baked<br>Beans<br>Confetti Coleslaw<br>Sub Roll<br>Pickles<br>Mandarin Oranges                                          | (15)<br>Mushroom Soup<br>Lemon Roasted<br>Chicken<br>Cilantro Lime Brown<br>Rice<br>Dinner Roll<br>Fresh Fruit                                          | (16)<br>Potato Crusted<br>Pollock<br>Garlic Whipped<br>Potatoes<br>California Vegetables<br>Wheat Bread<br>Fresh Baked Cookie       |
| (19)<br>Cheese Omelet<br>Slice of Ham<br>Roasted Potatoes<br>Peppers & Onions<br>Blueberry Muffin<br>Yogurt | (20)<br>Penne & Meatballs<br>With Tomato Sauce<br>Mixed Veggies<br>Italian Bread<br>Fresh Baked Cookie                     | (21)<br><b>Special Lunch</b><br>Grilled Hot Dog<br>on a Roll<br>Chad's Mac n' Cheese<br>Baked Bean Quintet<br>Special Dessert                                  | (22)<br>Chicken & Rice Soup<br>Chicken Patty<br>Lettuce & Tomato<br>Macaroni & Cheese<br>Hamburger Bun<br>Mayonnaise<br>Diced Peaches                   | (23)<br>Beef Taco Salad<br>Spanish Brown Rice<br>Lettuce & Tomato<br>Tortilla Chips<br>Shredded Cheese<br>Sour Cream<br>Diced Pears |
| (26)<br>Cheeseburger<br>Sweet Potato Tots<br>Broccoli Slaw<br>Hamburger Bun<br>Ketchup<br>Fresh Fruit       | (27)<br>Chicken with<br>Alfredo Sauce<br>Red Pepper Penne<br>Tossed Salad<br>Garlic Toast<br>Ranch Dressing<br>Mixed Fruit | (28)<br><b>Halloween</b><br>Spooky Spaghetti<br>Monster Meatballs &<br>Devilish Marinara<br>Wicked Spinach<br>Batty Breadstick<br>Special Halloween<br>Dessert | (29)<br>Corn Chowder<br>Crackers<br>BBQ Pulled Pork<br>Ranch Beans<br>Biscuit<br>Applesauce                                                             | (30)<br>General Tso's<br>Chicken<br>Vegetable Lo Mein<br>Broccoli<br>Wheat Bread<br>Diced Peaches                                   |

## Healthy Living Program

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# 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.

## Tap Time Together

**Thursdays at 11am**

Chair Tap Dancing Class - 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.

## 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.

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## 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, October 13 & 27 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, October 15, 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**

**3<sup>rd</sup> Floor, 338 Main Street, Social Services Office, visit [townofwinchester.org](http://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.

## Slow Down & Enjoy Our Town

### Trunk-or-Treat Candy Drop-Off at WSC

**until Friday, October 24**

Let's donate candy to help load up the trunks for the kids. Trunk-or-Treat is when people deck out the trunk of their car and load it up with candy for the kids. Trunk-or-Treat is a fun event where people decorate the trunks of their cars and fill them with candy for kids to enjoy. Every donation helps make the event extra special, so let's load up those trunks and make it a night to remember!

## Trips. Trips. Trips

### Cheesecake Factory Restaurant

**Monday, October 19, 10:00am**

Go shopping at the BlueBack Square in West Hartford then discover the delicious menu featuring over 250 dishes made from scratch every day at Cheesecake Factory including salads, pizzas, pastas, steaks, seafood. Be sure to save room for cheesecake unless you plan to bring a slice home. Cost: \$15 per person, lunch is 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.

### 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**

## **Witchy Jokes**

**Why do witches fly on broomsticks?** *Because vacuum cleaners are too expensive*

**What do you call a witch who lives at the beach?** *A sand-witch*

**What's a witch's favorite subject at school?** *Spelling*

**What do witches put on their hair?** *Scare spray*

**Why did the witch ride her broom to the doctor?**  
*She had a dizzy spell*

**What's a witch's favorite makeup?** *Mas-scare-a*

**What do you call a witch's garage?** *A broom closet*



**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.