November 2026

Active Aging

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

Healthy Living Program

Mondays, November 2, 9, 16, 23 & 30, 11am

If you are interested in achieving a healthier weight, cutting your risk for type 2 diabetes or 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. *Cost:* Free

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.

Meditation In Motion

Wednesdays, November 18, December 16, January 20, 1pm

Whether you're new to meditation or returning to your practice, you are warmly welcomed to join us for a nurturing, instructor-guided experience that supports your health, inner peace, and overall well-being.To register, please call 860-379-4252 x1.

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 nonmembers (pay instructor on the day of the class) Register by calling 860-379-4252 x1.

Thanksgiving Lunch with Movie

Thursday, November 19, 11:45am

Let's get together and enjoy roasted turkey with gravy, stuffing, whipped potatoes, green beans, cranberry sauce, a dinner roll and a special dessert. Afterward sit back and watch "Planes, Trains and Automobiles", a thanksgiving comedy with heartfelt moments. Make your reservation at the office by 11/13. *Cost:*$5

Special House-made Lunches

(details on the MENU on page 3)

Pizza Party Lunch & cards, Tuesday, November 10
Fiesta Lunch & bingo, Friday, November 20
Eggs-tra Special Lunch, Wednesday, November 25

Gather your friends for our house-made lunches. Make your reservation at the office. *Cost:* $5

Holiday Lunch at Green Woods Country Club

Thursday, December 3, 11:30am

Enjoy apple cranberry salad, rolls with butter, penne pasta, chicken Picatta, vegetable, special holiday dessert, coffee or tea and cash bar. Then, tap your foot, sing along or dance to Sheri Zaccardi's seasonal cabaret music show. After the entertainment, we will have a **Gift Raffle.** For the gifts, please donate a new, unused item that you would be happy to receive. Please bring gifts with you to the party. Please arrange to purchase tickets with your friends, so you can sit together. *Cost:* $30

Holiday Lunch at the Center with Movie

Wednesday, December 9, 11:30am

Get together with friends to celebrate the holidays with a delicious lunch and afterward watch "Elf" the modern Christmas classic about Buddy, a human raised by elves in the North Pole, who travels to New York City to find his family. Make your reservation at the office until 12/4. *Cost:* $5

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

Bad Weather Closing
If Winchester schools are closed due to a storm, the Center is also closed. If schools dismiss early or open late, we usually follow that schedule, but we make a decision on a storm by storm basis. If in doubt, call the office.

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

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

Books and Puzzles
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.

Winsted Active Aging Senior Center **November 2026**

All meals include margarine, milk, coffee or tea

November

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

860-379-4252 x2

The lunches provide 1/3 of the balanced mix of foods for an adult

Suggested Donation $5.00 per Meal

ALL MEALS ARE SUBJECT TO CHANGE

When placing your reservation, please let us know if you have a food allergy

Monday	Tuesday	Wednesday	Thursday	Friday
(2)	(3)	(4)	(5)	(6)
Grilled Ham & Swiss Sandwich Bag of Chips Orzo Salad Pickles Rye Bread Diced Pears	Potato Crusted Pollock Confetti Brown Rice Capri Vegetables White Bread Tartar Sauce Fresh Fruit	**Veterans Lunch** Chicken Cordon Bleu with Gravy Scalloped Potatoes Green Beans Dinner Roll Special Dessert	Black Bean Soup Chicken Fajitas Onions & Peppers Flour Tortilla Shredded Cheese Sour Cream Butterscotch Pudding	Apple Glazed Pork Loin Whipped Butternut Squash Cauliflower Wheat Bread Fresh Fruit
(9)	(10)	(11)	(12)	(13)
Chicken with Gravy Brown Rice Zucchini Dinner Roll Fudge Brownie	**Pizza Party** Tossed Salad Homemade Dessert	**CLOSED VETERANS DAY**	Split Pea Soup Crackers Cheeseburger on a Roll Corn O'Brien Ketchup & Mustard Fresh Fruit	Spaghetti Meatballs with Marinara Sauce Garden Salad Tuscany Vegetables Italian Bread Diced Peaches
(16)	(17)	(18)	(19)	(20)
Cheese Ravioli with Tomato Basil Sauce Garden Salad with Black Olives & Chickpeas Wheat Bread Italian Dressing Applesauce	Salisbury Beef with Mushroom Gravy Parsley Butter Noodles Broccoli White Bread Fresh Fruit	BBQ Pork Rib Patty Hawaiian Baked Beans Confetti Coleslaw Sub Roll Pickles Mandarin Oranges	**Thanksgiving** Turkey with Gravy Stuffing Whipped Potatoes Green Beans Dinner Roll Special Dessert	**Fiesta Lunch** Tortilla Vegie Soup Cheese Quesadilla Homemade Dessert
(23)	(24)	(25)	(26)	(27)
Cheese Omelet Slice of Ham Roasted Potatoes Peppers & Onions Blueberry Muffin Yogurt	Beef/Chicken Meatballs Tomato Basil Sauce Penne Mixed Veggies Italian Bread Fresh Baked Cookie	**Eggs-tra Special Lunch** Egg Sandwich with Canadian Bacon & Cheese Hashbrowns Fresh Fruit Salad	**CLOSED THANKSGIVING DAY**	**CLOSED**
(30)				
Cheeseburger Sweet Potato Tots Broccoli Slaw Hamburger Bun Ketchup Fresh Fruit				



Coffee Hour with Friends

Wednesday 8:30 to 9:30am



Join us for a cup of coffee, fresh fruit, baked goods, and friendly conversation

Thank you to Diana Neshko for sponsoring our Daily Drink Bar for November
If you are interested in sponsoring a month, please see Chad or Jen

Thanksgiving Lunch with Movie

Thursday, November 19, 11:45am

Let's get together and enjoy roasted turkey with gravy, stuffing, whipped potatoes, green beans, cranberry sauce, a dinner roll and a special dessert. Afterward sit back and watch "Planes, Trains and Automobiles", a thanksgiving comedy with heartfelt moments. Make your reservation at the office by 11/13. *Cost:*$5

Don't forget to try our Special House-made Lunches

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 (no class November 9)

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 (no class November 9)

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.

Healthy Living Program

Mondays, 11am

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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.

Meditation In Motion

Wednesdays, November 18, December 16, January 20, 1pm

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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, November 10 & 24 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, November 19, 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.

The Need to Knows

Beardsley Library LapTop Connect Program

While supply lasts, you can qualify if you have a valid and good standing library card and you are on Medicare, or another State of CT assistance program. This program includes borrowing a device and skills training. Call 860-379-6043 and ask for Kimmie, or email director@beardsleylibrary.org.

Medicare Open Enrollment

October 15 to December 7

During Open Enrollment, you can join or switch your Part D or Medicare Advantage plans

Each year, insurance companies can make changes to Medicare plans that can impact out-of-pocket costs including monthly premiums, deductibles, drug costs and provider or pharmacy networks. Insurance companies can also make changes to plan's formulary (list of covered drugs).

During Open Enrollment, most Medicare recipients find their mailbox and email inbox fill up with offers from the insurance companies which can be very confusing. We recommend that you work with a professional:

WCAAA CHOICES Department, 203-757-5449
Oak Solutions Kerry Anderson, 860-806-9591
Roberson Tierney, Daphne Roberson, 860-379-6700
Bowen Agency Ann Bowan, 860-379-2885

State of CT Energy Assistance

New Opportunities, 716 Main Street, Winsted, 860-738-9138, ask for Alta

Appointments available in person and on the phone

You are eligible for the State of CT Energy Assistance Program (CEAP) if you:
· Are a CT Resident
· You receive food stamps (SNAP), SSI, TANF, or other benefits from the Department of Social Services, or
· Your annual household income falls at or below the income levels in the table below (i.e. 60% of the state's median income)

1 person in household yearly income $48,714 *or* **2 person in household yearly income $63,703**

Trip

99 Restaurant Restaurant & Hubbard Park Lights

Monday, November 30, 4:00pm

"The Nines" is a casual dining establishment known for hearty American comfort food and a welcoming, neighborhood-style atomosphere. After enjoying dinner with friends, get in the holiday spirit touring Hubbard Park's dazzling display of decorated trees. *Cost:* $12 per person, dinner is on your own.

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

Turkey Jokes

Why did the turkey cross the road? To prove he wasn't chicken
What sound does a turkey's phone make? Wing, wing
Why did the turkey join a band? Because it had drumsticks
Why did the turkey sit on the tomahawk? To hatchet
What's a turkey's favorite dessert? Peach gobbler
What do you call a running turkey? Fast food
What's a turkey's favorite game? Beak-a-boo
What do turkeys say to each other on Thanksgiving? "Gobble 'til you wobble"

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.