

'THE SENIOR CONNECTION'

A Publication of the South Windsor Senior Center

www.southwindsor.org 860-648-6361

DECEMBER 2014

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860-648-6361

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Tracy Conery ext. 340

Caseworker:

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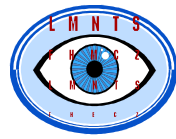
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Director:

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Assistant Director:

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The Lions Club Vision Screening

The Lions Club, along with an optometrist, will be at the Community Center on **Tuesday, December 9 from 1:00 to 4:00 PM** to provide vision screenings that include the following:

1. Registration and Eye Health History
2. Eye Chart acuity screening
3. Humphreys FDT field of vision screening
4. Non Mydriatic Retinal Image screening
5. Doctor's station, where we provide a TonoPen.

A doctor reviews results and makes patient recommendation and/or referral. **To make an appointment for this free service, please call 860-648-6361 ext. 335.**

2nd Annual WINTER CRAFT SHOW

Get your holiday shopping done at the Community Center on Sunday, **December 14 from 9 AM to 3 PM**. There will be a variety of vendors selling the following: *Hand Thrown Pottery, Silk Florals, Original Jewelry Designs, Photography, Children's Items, Handwoven Scarves, Natural Soaps, Wooden Cutting Boards, Kitchen Items, Christmas Ornaments, Bird Houses, Pet Items, Glass Work and Much More*. **FREE admission!** Bake sale and raffles too!



Sign Up Day:

**Thursday, Dec 4
at 7:30 AM**

SIGN UP POLICY:

SW residents register for newly advertised trips on the 1st Thursday of each month beginning at 7:30 AM and can register one other South Windsor resident. Non-residents may register the next day, Friday, November 7 beginning at 8:00 AM as space allows. Please be aware that most of our trips that utilize our senior bus holds 20 people and fills up on sign up day.

Mickey Kozikowski's Retirement Party!

After almost 28 years of service to the Town of South Windsor, Mickey is retiring as Program Coordinator at the Senior Center. Mickey has planned parties, coordinated trips and served up lots of meals over the years! So join us as we give Mickey a party of her own: **Monday, December 15 at 2:00 PM** immediately following bingo. Refreshments will be served. Please call to register 860-648-6361 ext. 335.

EARLY BIRD DINNER

Caroling and Sharing Family Traditions

Thursday, December 18 at 4:00 PM our early bird dinner will be a holiday ham dinner with potatoes & veggies, rolls/butter & a special dessert. **Cost is \$5.** Pay and register in the office any time, no need to wait for sign up day! Immediately following dinner we'll do some caroling and share family traditions! For planning purposes, please register no later than Dec 15. Transportation is available.

Merry Christmas and Happy Hanukah!

SOUTH WINDSOR SENIOR CENTER
CHARLES ENES COMMUNITY CENTER
150 NEVERS ROAD
SOUTH WINDSOR, CT 06074

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Visit our Website:
www.southwindsor.org

MEET AND GREET

See what the Center has to offer seniors! Take a tour and make new friends! On **Thursday, December 4**, from 8:30 AM to 10:00 AM volunteers from the Senior Advisory Council will be on hand to greet you, show you around, and answer your questions. Goodies and coffee will be served in the lobby. No need to sign up, just come on down! The Center is located in the Charles N. Enes Community Center, 150 Nevers Road and is shared with the Recreation Department, Teen Center and Youth and Family Services.

VETERANS PROGRAMS

American Legion Post 133 Post Service Officers will be at the Community Center on the first Thursday of each month to assist Veterans and dependents in obtaining the benefits to which they are entitled. **Stop in anytime from 8:00 to 9:30 AM on December 4.**

MARK YOUR CALENDARS!

Sign-up Day for New Trips:
Thursday, December 4 at 7:30 AM
Birthday Lunch:
Thursday, December 18 at 12:00
Senior Advisory Council:
Tuesday, December 9 at 10:00
Community Service Group:
Wednesday, December 17 at 12:30
Super Sixty's:
Thursday, December 11 at 1 PM

Like us on FACEBOOK!
[Facebook.com/swseniorcenter](https://www.facebook.com/swseniorcenter)



SOCIAL SERVICES

860-648-6361

State Senator Gary LeBeau

ENERGY ASSISTANCE

Applications for the 2014-15 energy assistance program are underway **for all heat sources**. Single individuals can gross up to \$32,515 and couples up to \$42,519. Assets cannot exceed \$7,000 as a renter and \$10,000 as a homeowner. If your assets exceed the limit and your income is low then you may still qualify. Documentation needed: last four weeks of income, bank statements and utility bills. For an appointment or for more information, call 860-648-6361 and ask to speak to a caseworker.



MOBILE FOODSHARE

On **December 4 and 11** from 12:30 to 1:00 PM at Wapping Community Church, 1790 Ellington Road. Get fresh fruits and vegetables (bring bags). Call for transportation: 860-648-6361 ext. 335.

MEDICARE OPEN ENROLLMENT

Ends December 7

Open Enrollment for Medicare ends December 7 with changes effective January 1. If you are looking to switch your Medicare Advantage plan or Medicare Part D plan this is your opportunity. Please contact Human Services at 860-648-6361 and ask to speak to a CHOICES certified counselor. All sessions are by appointment only and you will be asked to provide an accurate list of your medications so that a counselor can find a plan that best suites your needs. CHOICES counselors provide free and unbiased insurance information.

Triad Tip of the Month:



Protect Your Information On-Line

- ◆ Beware of emails that claim to come from a bank, Internet Service Provider, business or charity and ask you to confirm your personal info or account number. If you receive one that is suspicious, forward the email to spam@uce.gov.
- ◆ Avoid doing personal or financial business on shared/public computers or over public wireless hotspots.
- ◆ Install the latest version of established anti-virus software
- ◆ Make sure websites are secure, especially when shopping on-line. A secure website will begin with "https" not the usual "http".

Winter is Coming – Be Prepared!

Winter weather affects us all, but especially seniors, some of whom may already have limited mobility. Here's a few tips for surviving the worst of what Mother Nature and Old Man Winter have to offer!

***Get your flu vaccine.** The flu season runs from mid-October to mid-March, and the illness can be fatal to older adults. Most vaccines will offer some, if not complete, protection.

***Wear appropriate footwear,** especially when you are heading outside. Comfortable shoes with anti-slip soles will help you navigate snowy, slushy and icy walkways, driveways, sidewalks and streets. Slips and falls can be devastating to older adults.

***When in doubt, stay inside** until the roads and sidewalks are clear. Be sure to replace any worn cane tips to making walking easier. And you might want to consider taking off shoes as soon as you return indoors because snow and ice can attach to the soles and, once melted, create puddles of water and slippery conditions inside.

***This may sound like common sense (it is!), but dress warmly.** Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the Centers for Disease Control, more than half of all hypothermia-related deaths are people over age 65. Don't let indoor temperatures get too low, and if you're going outside, dress in layers.

***Don't let winter get you down!** With the limited mobility that winter can bring, some seniors have less contact with others during cold months, which can lead to feelings of loneliness. Stay in touch with family and friends via telephone, arrange for quick pop-in visits from friends and neighbors, and try and maintain any exercise regime you may have.

The colder months are a wonderful time of year, replete with festivities and good cheer. A little preparation can go a long way to ensure that you survive and thrive in the winter as we all look forward to another spring and summer!



EXERCISE AND ACTIVE PROGRAMS

Exercise Programs: The Senior Center has many exercise classes to help you get into shape or stay in shape! All new enrollees are welcome to try one free class.* **You can join any class in the middle of a session with the class fee being pro-rated.** In order for **classes** to run, there is a minimum number of participants required. Classes may be cancelled if we do not get enough enrolled. Sign up for all exercise classes any time Monday through Friday from 8-4:30, no need to wait for Sign-Up day. Please call 860-648-6361 for more information.

Qigong for Healing with Lorelei

Join us on Mondays at 3:00 PM! Qigong contains slow, graceful movements with simple routines while combining visualization, breathing techniques & meditation to release the stress, balance the mood, *help with arthritis pain* and strengthen overall health and vital energy. ***Try it out for free!!**

Exercise Programs

| Class | Days/Times/ Place | Session Dates | Cost |
|--|--|--|--------------------------|
| Mat Yoga | Fridays 3 PM Room 207 | Dec 5—Feb 6 No class 12/26 or 1/2 | \$40.00 8 weeks |
| Chair Yoga | Wednesdays 11 AM Room 207 | Oct.15 thru Dec. 10 New session—Jan. 7 | \$40 8 weeks |
| Qigong | Mondays 3:00 PM Banquet Hall | Oct 20 thru Dec 8 New session —Jan 5 | \$40.00 8 weeks |
| Pickleball at Ellsworth School Gym | Advanced: Tues/Thurs/Fri --9 AM Beginners: Wed. 9 AM | Times are subject to change—see website www.usapa.org | Free |
| Line Dancing | Thursdays 1:30 PM Banquet Hall | Nov 6 thru Dec 18 Next class starts Feb 5 | \$30.00 6 weeks |
| Tai Chi | Thursdays 4 PM Banquet Hall | Dec 4—Feb 5 No class 12/25 or 1/1 | \$40.00 8 weeks |
| Zumba | Fridays 10 AM Banquet Hall | Dec. 5-1—Jan.23 | \$40 8 weeks |
| Strength Training | Thursdays 2:30 PM Banquet Hall | Dec 4—Feb 5 No class 12/25 or 1/1 | \$40 8 weeks |
| Move to Music | Tuesdays 2:15 PM Banquet Hall | Nov 4 thru Dec 16 Next class starts Feb 3 | \$30 6 weeks |
| Light Aerobics | Mon and Wed 9 AM Banquet Hall | On-going | \$2 drop-in per class |
| Pilates | Wed 10 AM Room 207 | Oct.15 thru Dec. 17 New session—Jan 7 | \$40 8 weeks |
| International Folk Dance | Mondays 10:15 AM Banquet Hall | On-going | \$3 drop-in per class |

NEW! Annual Exercise Membership

By request, we have decided to offer a yearly membership for our exercise classes! Our instructors get paid an hourly rate no matter how many students are enrolled in the class, so we have historically charged a per class fee, payable by a 6 or 8 week session. Some classes more than pay for the instructor while other classes fall short, so we usually break even. In an effort to make it more affordable for those who would like to attend multiple exercise classes, we are going to try an “Annual Membership Fee” payable in January, cost is \$400 for the year. This will allow you to take as many classes as you would like throughout the year for any exercise classes except for Light Aerobics and International Folk Dances, which are both drop in programs.

Membership rules will be:

- ♦ Payment of \$400 made in January, runs January 1 through December 31.
- ♦ Must still register for ALL classes you wish to attend.
- ♦ Prorated refunds will not be given unless for medical reasons, accompanied by a doctor’s note.
- ♦ This service is optional; you may still register for a session of a particular class
- ♦ This is a service we are offering to people 55 and over as a way to save you money and encourage participation in more classes.

Inclement Weather Policy

If South Windsor schools are closed due to inclement weather, senior center programs, transportation and lunch is cancelled. If the weather is bad and school opening is delayed, our transportation is also delayed the same amount of time. However, staff still reports to work. For more info on weather related changes to our schedule, listen to WTIC AM (1080), or FM (96.5), or watch WFSB Channel 3, NBC CT or FOX CT.

Health and Wellness



FUN AND GAMES!



EAR INSPECTIONS AND WAX REMOVAL

All clinics are full. If interested, please call to put your name on the wait list. When new dates are secured, those on the wait list are called. Dr. Christine DiRienzo, a doctor of audiology from Advanced Hearing Healthcare will be at the center to do ear inspections and wax removal. Appointments are available 9:30-11:30 AM. Please call 860-648-6361 ext. 335 to schedule your appointment.

ASK THE NURSE ~ Free

December 4 ~ 9:30-10:30 AM

Ask a nurse questions about your health, medication or nutrition. No appt. needed.

ELDER WELLNESS ~ Free
Thursdays, December 4, 11, 18
9:00 to 11:00 AM

A nurse will take your blood pressure and check your blood sugar. No appointment needed.

FOOT CARE ~\$29.00

Monday, December 1 by appointment
Call 860-648-6361 ext. 335

HEARING CLINIC ~ Free

Quarterly: Next one is in January
1:00-3:00 by appointment

ELDER WELLNESS AT HOUSING SITES

Blood pressure and blood sugar screening
10:00 to 11:00 AM ~ Free

Flax Hill Community Hall: Tues. December 9
Mews Community Hall: Tues. December 2

TABLE MASSAGES ~ \$20 / 30 minutes or
\$40 / hour ~ Tues/Fri by appt. 860-794-3430

Bingo ~ Mondays at 1:00

Setback ~ Mon at 1:00 & Wed at 6:00

(Transportation available-860-648-6361 x 335)

"Dealer's Choice" Poker ~ Mondays at 1:00 Play for "pennies"!

Samba ~ Tuesdays at 12:30

Knitters ~ Tuesdays at 10:30

LCR Dice Game ~ Tuesdays at 11:00

Cribbage ~ Tuesdays at 6:00

Hand, Knee & Foot ~ Wednesdays at 12:30

Evening Bingo ~ Thursday Dec 4 6:30 PM

Note: There will be NO Bingo on Dec 18 due to early bird dinner event! (For Transportation to Bingo—call 648-6361 x 335)

Mexican Train Dominoes ~ Fridays at 12:45

Mahjong (American) ~ Thursdays at 10:00

Duplicate Bridge ~ Wednesdays at 1:00

Bridge ~ Mondays and Fridays at 9:00

Ceramics ~Thursdays 9:00-11:00

This is a drop-in program where you provide your own green ware and supplies (such as paints and brushes), and enjoy the company of others. There is no instructor. A \$2 charge/class covers the cost of the glaze and firing. No need to register—just come on down!



Hawaii Trip Document Meeting

Mark your Calendars!!

Join us at **3:00 PM on Monday, January 5** for a "get ready for your cruise" document meeting for all those registered to travel with us on January 22, 2015! We'll meet in the banquet hall at the Community Center. Any questions, call Tracy at 860- 648-6361 ext. 340. If you are unable to make this meeting, please let Tracy know.



Senior Center Gift Certificates make great gifts for those hard to buy for people in your life! Get any denomination! Gift certificates can be used for any program or trip offered! Inquire in the office.

DINE-OUTS & SPECIAL ACTIVITIES

Breakfast Bunch



This month we will venture to **Vernon Diner in Vernon** for breakfast on **Tuesday, December 9**. The bus will leave the Center at 8:30 AM. Please call 860-648-6361 ext. 335 to register beginning 12/4.

Dine Out

Join us on **Thursday, December 11** for lunch at **The Maine Fish Restaurant in East Windsor**. Bus leaves the Center at 11:30 AM. Please call 860-648-6361 ext. 335 to register beginning on sign up day, 12/4.

Masons' Holiday Dinner

This annual event on **Sunday, December 14** at 1:00 PM will take place at the Masons' Lodge on Main Street. Enjoy a home cooked turkey dinner with all the trimmings and a great dessert. Registration is required and can be done by calling 860-648-6361 ext. 335 beginning on 12/4. Space is limited. Doors open at 12:45. Transportation is available. FREE



Birthday Lunch

Celebrate all December birthdays at this time: **Thursday, December 18** at 12 noon. Cake donated by Geissler's. To sign up for lunch (\$2.50 donation), call by noon the day before.



EXTREME SHOPPING

Last chance for holiday shopping! Bus to **West Farms Mall** leaves the center at 11 AM and leaves the Mall at 2:30 PM on **Wednesday, December 10**. Please call to register. No need to wait for sign up day.

ATTENTION SCARLETT O'HATTERS



The Red Hatters will celebrate the Christmas Holiday with a luncheon at the Mill on the River Restaurant on **Tuesday, December 16** at 12:00 noon. We will be able to order from their lunch menu. Please bring money for lunch. The bus will leave the Center at 11:30 AM and should be returning approx. 2:00 PM. **Registration required.** The Scarlett O'Hatters is a group of women wearing **red hats and purple outfits** who get together monthly for special outings, picnics and socials. For more information on joining, contact Mickey at 860-648-6361 ext. 339.

Cox Upgrade to All-Digital Network

On **Tuesday, December 16** at 12:45pm, Cox Communications will present information about its upgrade to an all-digital network and what it means for its local cable television consumers. Information about the transition to an all-digital network will be presented and a Cox representative will also be available for a question-and-answer session after the presentation. ***It's important to note that some Cox customers will need to take action to continue viewing television after the upgrade to an all-digital network.*** This upgrade will lead to better television service, faster Internet speeds and an overall better customer experience. Only Cox cable television customers who currently plug their television directly into the cable line will need to take action. Ultimately, all Cox cable television customers will need a set top box or a small Digital Transport Adapter (DTA) for each television in their home for a seamless transition to all digital service. Customers can order these devices by phone (860-436-4269), online (www.cox.com/goalldigital) or by coming into one of the Cox Solution Stores. Please call Human Services to register for this program: 860-648-6361 ext. 335. Presentation will take place at the Community Center.



Supper and Christmas Holiday Lights of South Windsor

Join us for Soup & Sandwich Supper at 5:00 PM and a bus tour of South Windsor after to view the **Christmas Lights** on **Wednesday, December 17**. South Windsor, just like other towns and cities, dresses up for the December Holidays. Many homes are decorated and we will have a chance to see them. **Sandwich choice:** turkey, ham & cheese or tuna. **Soup:** homemade **Vegetable or Cream of Broccoli** and dessert. Cost of this event is \$6 per person. Space is limited so don't delay. Questions, call Mickey.

DINE-OUTS & SPECIAL ACTIVITIES



ART P “ART” Y

Did you know that ART is healthy for you? Join us for a class this year, no experience necessary, explore your creative side while getting through the winter by learning something new and having fun! For our January class, we will be doing a “Cabin In The Woods” acrylic painting with “Snow Paint,” a cozy cabin, tucked in a pine forest on the frozen lake sprinkled with snow paint. What exactly is snow paint? Combine buffalo snow, glue, paint and shaving cream, sprinkled with some glitter to create a 3-D affect on your painting. Instruction is provided. Follow the sample painting (located in the senior services office or front lobby) or use your own imagination, creativity and individualism is encouraged. **This is a two week project on Fridays, January 9 and 16 from 9:30-11:30 AM. Cost is \$12.** Beginners welcome! Register beginning 12/4. Space is limited.

VOLUNTEER CORNER

Community Service Group

The next meeting of the Community Service Group will be **Wednesday, December 17 from 12:30-2 PM**. This is a group of adults who work on a variety of projects for South Windsor residents and the surrounding communities such as baking for homebound seniors, making sandwiches for an area shelter, collecting books for a local hospital and more. To find out how you can make a difference in your community, call Tracy.

Volunteer Drivers Needed

FISH is an all volunteer organization that provides South Windsor residents rides to medical appointments. Volunteers are needed to assist one day a month by helping with phone calls or driving. For more info or to volunteer, please call Phyllis Oswald at 860-644-2910.

CREATING MOMENTS OF JOY

Keeping that Special Person with Alzheimer’s Disease Engaged and Active

This workshop is designed for caregivers, family and friends of a loved one with Alzheimers. Topics include: understanding the person with Alzheimers, effective communication, individualized leisure activities based on past and current interests, adjusting activities based on declining abilities, sensory and tactile stimulation, creating positive outcomes and memory enhanced environments and more. Jo Anne Harrison-Becker, CEO of Therapeutic Recreation Services, will lead this one hour workshop on **Friday, December 5 at 10:00 AM**. Please call to register for this FREE program.



“Winter Cooking for One”

Tuesday, Dec. 16 at 1:00 PM

Join the Chef from The Residence at South Windsor Farms and learn how to incorporate the freshest winter ingredients in your cooking during the holidays. Recipes will be simplified to cook for one, but you can always multiply to share with family and friends! Space is limited —register by calling 860-648-6361 ext 335 beginning on 12/4. Any questions, call Tracy. **FREE**

Holiday Luncheon

Join us for a special CRT Holiday Luncheon on **Wednesday, December 17**. We will start at 11:15 AM with holiday music, morning refreshments, lunch at 12:00 noon and maybe a visit from Santa. Please register for lunch at least the day before by 11:00 AM. (\$2.50 donation is recommended).



Holiday Bingo

To celebrate the Christmas Holiday, join us on Monday, **December 22 at 1:00 PM** following lunch for holiday Bingo with prizes and special refreshments. Fun time for everyone. No need to register, just come on in!

High School Chorus Comes to Visit!

The High School Chorus “Choral Spectrum” will be at the senior center on **Tuesday, December 23 at 11:00 AM** for a 15 minute performance to continue with our Christmas celebration. For those wishing to stay for lunch at 12 noon, please register no later than noon the day before (ext. 328). Special refreshments will be served.

Trips, Outings and Special Events

SIGN UP POLICY: Registration begins on Thursday, Dec 4 at 8:30 AM.
(Non-residents may register beginning Friday, Dec 5 if space is available.)



Travelers Chorale Holiday Concert @ Bushnell Thursday, December 18 7:30 PM

The Travelers Chorale is comprised of 100 insurance professionals who love to sing and their passion for music has found joyful expression in more than 175 memorable holiday and spring concerts since they were founded in 1924! Our bus will depart the Center at **6:45 PM** and will return by approx. 9:30 PM. Note: If seniors cannot drive at night, bus transportation can be provided to and from your So Windsor residence. No need to wait until sign-up day for registration for this trip. Call (860) 648-6361 ext. 335. **Cost: Free*** Any questions, call Tracy. ***Please bring a non-perishable food item.**

Note: The above trip is an unescorted senior trip "bus transportation" only with general admission seating at the Bushnell Theater.



34th Annual CT Flower & Garden Show Friday, February 20

The CT Convention Center in Hartford will be transformed into a breathtaking event for floral and garden enthusiasts! Explore over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, garden equipment and much more! View beautiful landscaped gardens or attend a seminar hosted by Emmy-nominated TV Host, best-selling author, and America's top Lifestyle Expert **Mar Jennings** who headlines this year's show! The bus will leave the Center at **9:30 AM** and should return to the Center approximately **3:30 PM**. **Cost: \$14.00** payable to Town of South Windsor includes transportation & show ticket. Please bring money to enjoy lunch on your own at the Convention Center. If you have any questions, call Tracy.



Senior Day at the Trash Museum

Wednesday, January 14

Join us for a guided tour of this interesting facility! We'll see their single-stream recycling center, explore the *Temple of Trash*, do a scavenger hunt at the *Trash through Time* mural and discover how recycling saves energy! We'll also enjoy light refreshments and visit their gift shop! Afterwards, we'll travel to the **Chowder Pot** for lunch. **Cost: \$3.00** payable to Town of SW. Please bring money for lunch. Our bus will depart the Center at **10:00 AM** and will return approx. 2:00 PM.

Note: Trip below has been previously advertised—no need to wait to register!



"Christmas In the Air" at Adam's Mill

Join us on **Saturday, December 20** when we'll enjoy a delicious four-course meal served between the acts of this all new holiday musical! The show always runs the gamut from heart-warming to hilarious and is sure to put you in the Christmas spirit! Our bus will depart the Center at **11:45 AM** for a 12:30 PM matinee/luncheon. Meal entrée choices are: Lemon Rosemary **Chicken**, Oven Roasted **Salmon**, Pasta Primavera, or Sliced Sirloin of **Beef** all served with baked potato (except pasta entree), seasonal roasted vegetables, coffee/tea and dessert. **Cost: \$45.00** payable to Town of South Windsor includes transportation, lunch, holiday show, tax & tip. Any questions, call Tracy. Note: Snow Date: Dec. 23.

Note: There is still space available for anyone who would like to "drive on their own" and meet the group at Adam's Mill.

Special Transportation and Casework Services

This service is for residents age 60 years or older; or who are under age 60 and on Social Security Disability. Our service is curb to curb. Passengers must be able to reach the bus independently. Drivers are not allowed to go into homes or apartments.

Medical Transportation

Medical transportation is provided for routine medical and dialysis appointments **only**. Special procedures such as colonoscopies, stress tests, etc. do not qualify as routine medical appointments. Medical transportation is available for the following:

Manchester and South Windsor:

Monday and Wednesday 9:30 AM to 3:00 PM

Tuesday, Thursday, Friday 9:30 AM to 11 AM

Vernon: Wednesday 9:30 AM to 3:00 PM

Hartford and East Hartford: Monday 9:30 AM -3 PM

OUT OF TOWN SHOPPING

Manchester Parkade and Shoprite: 1st Tuesday of each month

Participation requires taking the lunch run to the center with the bus leaving from the center at **12:00 PM**. Return trip scheduled for **3:00 PM**.

Vernon Tri-City Plaza: Tuesdays

Pick-ups begin at 9 AM. Return trips scheduled for 12:15

Buckland Hills Mall: Fridays

Pick-ups begin at 9 AM. Return trips scheduled for 12:00 at Walmart; 12:15 at the mall.

Local Transportation

Our buses make regular trips to the Senior Center Monday through Friday.

EARLY RUN: Pick-ups begin at **8:30 AM** and arrives at the center around **9:30 AM**

LUNCH RUN: Pick-ups begin at **10:00 AM** and arrives at the center around **11:00 AM**

AFTERNOON RUN: The driver leaves the center after lunch at **12:30 PM**. The last ride home is no later than **3:00 PM**.

IN TOWN GROCERY SHOPPING:

Stop and Shop Plaza and Geissler's

Wednesday: Pick-ups begin at **8:30 AM**. Return trip is **11:30 AM**.

Friday: Pick-ups begin at **10:00 AM**. Return trip is **12:15 PM**.

To Schedule transportation or to receive a full brochure, call 860-648-6361 Ext. 335

ERRANDS

Tuesday, Wednesday, and Thursday: Each errand consists of one destination. You will be dropped off and picked up at that designated spot only; multiple destinations are not allowed. Pick-ups begin at **9:00 AM**. Errands include trips to the bank, library, hairdresser, post office, pharmacy, etc. If your errand requires an appointment please do not make it for later than **10:30 AM**. The errand runs **do not** include doctor's appointments or trips to the grocery store. **The driver will give you an approximate time of pickup for the return ride home.**



The division of *Adult and Senior Services* is responsive to anyone age 18 and older. Staff is available to meet with you to provide additional information or to answer any questions.

SENIOR/ADULT SERVICES


- Case Management Services
- CARES Program– Social Day Program
- Counseling referrals for adults, seniors and families
- Information and referral
- Home management grant funds
- Energy Assistance Applications
- Medicare/Insurance Counseling (Choices)
- Property Tax Relief
- Renter's Rebate
- Food and Fuel Bank
- Special Needs Fund
- Community Restitution
- Caregiver's Support Services/Group
- Weekly Wellness Clinics
- Income Tax Assistance
- Flu Clinic/Safety Fair
- Friendly Shoppers
- Meals on Wheels
- Holiday Food/Gift Baskets

860-648-6361

South Windsor Senior Center Calendar - December 2014

(860) 648-6361, Ext. 335

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--------------------------|----------------|---------------------------|-----------------|----------------------------|-----------------|------------------------------|-----------------|----------------------------|-----------------|
| 1 | | 2 | | 3 | | 4 | | 5 | |
| Bridge | 9:00 AM | Errands | 9:00 AM | Errands | 9:00 AM | Sign-Up Day | 7:30 AM | Mall | 9:00 AM |
| Light Aerobics | 9:00 AM | Vernon Tri-City Plaza | 9:00 AM | Light Aerobics | 9:00 AM | Veteran's Program | 8:00 AM | Bridge | 9:00 AM |
| Bowling-Vernon | 9:30 AM | Sit & Knit Group | 10:30 AM | Local Shopping | 9:00 AM | Meet and Greet | 8:30 AM | McClellan Art Show | 9:30 AM |
| International Folk Dance | 10:15 AM | LCR Dice Game | 11:00 AM | Pilates | 10:00 AM | Blood Pressure/Sugar | 9:00 AM | Zumba | 10:00 AM |
| Lunch | 12:00 PM | Lunch | 12:00 PM | Chair Yoga | 11:00 AM | Errands/Ceramics | 9:00 AM | Local Shopping | 10:00 AM |
| Bingo | 1:00 PM | Samba | 12:30 PM | Lunch | 12:00 PM | "Ask the Nurse" | 9:30 AM | Creating Moments... | 10:00 AM |
| Setback | 1:00 PM | Manchester Parkade | 12:00 PM | Hand, Knee & Foot | 12:30 PM | Mah Jong | 10:00 AM | The Gift Shop | 10:15 AM |
| "Dealer's Choice Poker" | 1:00 PM | Move to Music | 2:15 PM | Duplicate Bridge | 1:00 PM | HuKeLau | 10:30 AM | Lunch | 12:00 PM |
| Qigong | 3:00 PM | Beginner Comp. Class | 3:15 PM | Setback | 6:00 PM | Lunch | 12:00 PM | Mexican Train Dominoes | 12:45 PM |
| | | Cribbage | 6:00 PM | | | Line Dancing | 1:30 PM | Mat Yoga | 3:00 PM |
| | | | | | | Strength Training | 2:30 PM | Int. Computer Class | 3:15 PM |
| | | | | | | Tai Chi | 4:00 PM | | |
| | | | | | | Bingo | 6:30 PM | | |
| 8 | | 9 | | 10 | | 11 | | 12 | |
| Bridge | 9:00 AM | Breakfast Bunch | 8:30 AM | Errands | 9:00 AM | Blood Pressure/Sugar | 9:00 AM | Mall/Bridge | 9:00 AM |
| Light Aerobics | 9:00 AM | Errands | 9:00 AM | Light Aerobics | 9:00 AM | Errands | 9:00 AM | Art Class | 9:30 AM |
| Bowling-Vernon | 9:30 AM | Vernon Tri-City Plaza | 9:00 AM | Local Shopping | 9:00 AM | Ceramics | 9:00 AM | Zumba | 10:00 AM |
| International Folk Dance | 10:15 AM | Senior Advisory | 10:00 AM | Pilates | 10:00 AM | Texas Tenors | 9:00 AM | Local Shopping | 10:00 AM |
| Lunch | 12:00 PM | Aqua Turf | 10:15 AM | Extreme Shopping | 11:00 AM | Mah Jong | 10:00 AM | Lunch | 12:00 PM |
| Bingo | 1:00 PM | Sit & Knit Group | 10:30 AM | Chair Yoga | 11:00 AM | Dine Out | 11:30 AM | Mexican Train Dominoes | 12:45 PM |
| "Dealer's Choice Poker" | 1:00 PM | LCR Dice Game | 11:00 AM | Lunch | 12:00 PM | Lunch | 12:00 PM | Mat Yoga | 3:00 PM |
| Setback | 1:00 PM | Lunch | 12:00 PM | Hand, Knee & Foot | 12:30 PM | Super Sixty's Meeting | 1:00 PM | Sturbridge Village | 3:00 PM |
| Qigong | 3:00 PM | Samba | 12:30 PM | Duplicate Bridge | 1:00 PM | Line Dancing | 1:30 PM | Int. Computer Class | 3:15 PM |
| | | Vision Screening | 1:00 PM | Setback | 6:00 PM | Strength Training | 2:30 PM | | |
| | | Move to Music | 2:15 PM | | | Tai Chi | 4:00 PM | | |
| | | Beginner Comp. Class | 3:15 PM | | | | | | |
| | | Cribbage | 6:00 PM | | | | | | |
| 15 | | 16 | | 17 | | 18 | | 19 | |
| Bridge | 9:00 AM | Errands | 9:00 AM | Errands | 9:00 AM | Blood Pressure/Sugar | 9:00 AM | Mall | 9:00 AM |
| Light Aerobics | 9:00 AM | Vernon Tri-City Plaza | 9:00 AM | Light Aerobics | 9:00 AM | Errands | 9:00 AM | Bridge | 9:00 AM |
| Bowling-Vernon | 9:30 AM | Sit & Knit Group | 10:30 AM | Local Shopping | 9:00 AM | Ceramics | 9:00 AM | Zumba | 10:00 AM |
| International Folk Dance | 10:15 AM | LCR Dice Game | 11:00 AM | Pilates | 10:00 AM | Mah Jong | 10:00 AM | Local Shopping | 10:00 AM |
| Lunch | 12:00 PM | Scarlett O'Hatters | 11:30 AM | Holiday Music | 11:15 AM | Birthday Lunch | 12:00 PM | Lunch | 12:00 PM |
| "Dealer's Choice Poker" | 1:00 PM | Lunch | 12:00 PM | Holiday Luncheon | 12:00 PM | Line Dancing | 1:30 PM | Mexican Train Dominoes | 12:45 PM |
| Bingo | 1:00 PM | Samba | 12:30 PM | Community Serv Gr | 12:30 PM | Strength Training | 2:30 PM | Mat Yoga | 3:00 PM |
| Setback | 1:00 PM | Cox Presentation | 12:45 PM | Hand, Knee & Foot | 12:30 PM | Early Bird Dinner | 4:00 PM | Int. Computer Class | 3:15 PM |
| Mickey's Party | 2:00 PM | Winter Cooking | 1:00 PM | Duplicate Bridge | 1:00 PM | Tai Chi | 4:00 PM | | |
| | | Move to Music | 2:15 PM | Supper & Lights | 5:00 PM | The Bushnell | 6:45 PM | | |
| | | Beginner Comp. Class | 3:15 PM | Setback | 6:00 PM | | | | |
| | | Cribbage | 6:00 PM | | | | | | |

| 22 | | 23 | | 24 | | 25 | | 26 | |
|---|----------------|---------------------------|-----------------|---|----------|---|------------------------|----------|--|
| Bridge | 9:00 AM | Errands | 9:00 AM | Light Aerobics | 9:00 AM |  | Mall | 9:00 AM | |
| Light Aerobics | 9:00 AM | Vernon Tri-City Plaza | 9:00 AM | Errands | 9:00 AM | | Bridge | 9:00 AM | |
| Bowling-Vernon | 9:30 AM | Sit & Knit Group | 10:30 AM | Local Shopping | 9:00 AM | | Local Shopping | 10:00 AM | |
| International Folk Dance | 10:15 AM | High School Chorus | 11:00 AM | Lunch | 12:00 PM | | Zumba | 10:00 AM | |
| Lunch | 12:00 PM | Lunch | 12:00 PM | Hand, Knee & Foot | 12:30 PM | | Lunch | 12:00 PM | |
| Setback | 1:00 PM | Samba | 12:30 PM | Duplicate Bridge | 1:00 PM | | Mexican Train Dominoes | 12:45 PM | |
| "Dealer's Choice Poker" | 1:00 PM | Beginner Comp. Class | 3:15 PM | Setback | 6:00 PM | | Int. Computer Class | 3:15 PM | |
| Holiday Bingo | 1:00 PM | Cribbage | 6:00 PM | | | | | | |
| | | | | | | | | | |
| 29 | | 30 | | 31 | | | | | |
| Bridge | 9:00 AM | Errands | 9:00 AM | Light Aerobics | 9:00 AM | | | | |
| Light Aerobics | 9:00 AM | Vernon Tri-City Plaza | 9:00 AM | Errands | 9:00 AM | | | | |
| Bowling-Vernon | 9:30 AM | Sit & Knit Group | 10:30 AM | Local Shopping | 9:00 AM | | | | |
| International Folk Dance | 10:15 AM | LCR Game | 11:00 AM | Lunch | 12:00 PM | | | | |
| Lunch | 12:00 PM | Lunch | 12:00 PM | Hand, Knee & Foot | 12:30 PM | | | | |
| "Dealer's Choice Poker" | 1:00 PM | Samba | 12:30 PM | Duplicate Bridge | 1:00 PM | | | | |
| Setback | 1:00 PM | Cribbage | 6:00 PM | Setback | 6:00 PM | | | | |
| Bingo | 1:00 PM | | | | | | | | |
| | | | | | | | | | |
| UPCOMING ACTIVITIES | | | | C.A.R.E.S. Corner | | | | | |
| <p>December 6-7 Kennebunkport Christmas Prelude Sat., December 13 "It's A Wonderful Life" at Stageloft Sun., December 14 "2nd Annual Winter Craft Show" Sun., December 14 Masons' Holiday Dinner Sat., December 20 "Christmas In the Air" at Adam's Mill Wed., January 14 Senior Day at the Trash Museum January 22-February 1 Hawaii Cruise Tour Fri., February 20 CT Flower & Garden Show</p> | | | | <p><i>From the Desk of Amy Patterson</i></p> <p>The CARES group activities are designed to promote wellness for those seniors who are in need of enhancement and maintenance of productivity in socialization, mobility, cognition and quality of life.</p> <p>December is such a Joyous month! People from different backgrounds come together with excited spirits to celebrate customs of the season. CARES clients will be discussing and participating in Hannukah, Christmas, and Kwanza traditions. CARES members will make chocolate lollipops in a "Pops for Tots" program to benefit children in the community who are in need of an extra treat of "JOY!" LATKES (potato pancakes) will be served to clients for a Hannukah tradition. A special KWANZA message will be discovered from a cryptic puzzle. Lastly, a NEW YEAR'S Bonanza Bingo Party will end the month on New Year's Eve day.</p> <p>Wishing everyone a happy and healthy holiday season and a Happy New Year!! Limited Space Available. Contact Andrea Cofrancesco at 860-648-6357.</p> | | | | | |
| | | | | | | | | | |
| | | | | | | | | | |



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE DECEMBER-2014



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--------|--|---------|--|-----------|---|----------|--|--------|---|
| 1 | Italian Meatballs w/Italian Sauce Rotini w/Italian Sauce Sicilian Blend Vegetables Italian Bread Sliced Peaches | 2 | Mariners Chowder Buttercrumb Fish Filet On Multi-Grain Roll Saltines Sweet Potato Fries Red/Green Cabbage Coleslaw w/Shredded Carrots Tartar Sauce Fresh Fruit | 3 | NATIONAL COOKIE DAY! Orange Juice Roast Turkey w/Gravy Cornbread Stuffing Cranberry Sauce Winter Squash 12-Grain Bread Cookie | 4 | Farmer Brown Soup Breaded Pork Steak w/Broth Scalloped Potatoes Succotash Saltines Outnut Bred Mixed Fruit | 5 | Stuffed Salmon Boat w/Lemon Sauce Brown Rice Pilaf Broccoli Normandy Whole Wheat Bread Pineapple Tidbits |
| 8 | Stuffed Cabbage w/Extra Tomato Meat Sauce Fluffy White Rice Vegetable Medley Rye Bread Sliced Pears | 9 | Vegetarian Vegetable Soup (Tuna Wrap) Tuna Salad Taco Wrap Saltines Marinated Bean Salad Potato Wedges Shredded Lettuce Sliced Tomatoes Apple Slices | 10 | Macaroni & Cheese Tossed Salad Greens w/Tomato & Cucumbers Ranch Dressing Stewed Tomatoes & Zucchini Club Roll Peaches | 11 | Apple Juice Sauerbraten w/Gingersnap Gravy Baked Potato Capri Blend Vegetables Pumpnickel Bread Rocky Mountain Pudding (Chocolate Pudding w/Marshmellows) w/Whipped Topping | 12 | Chicken Vegetable Soup Sesame Chicken Mashed Potatoes Cut Green Beans Whole Wheat Bread Tropical Fruit |
| 15 | Cheesy Vegetable Lasagna Spinach Salad w/Tomatoes & Cucumbers Italian Dressing Zucchini Squash Dinner Roll Mixed Fruit | 16 | Alaskan Pollock w/Seafood Sauce Wild Rice Spinach Oatnut Bread Peaches & Pears | 17 | CRT HOLIDAY MEAL Cran-Apple Juice Stuffed Chicken Breast w/Gravy Seasoned Baby Potatoes Vegetable Medley Wheat Dinner Roll Special Dessert | 18 | Roast Pork w/Gravy Mashed Sweet Potatoes Brussel Sprouts 12-Grain Bread Pineapple Tidbits | 19 | Orange Juice American Chop Suey Broccoli Florets Whole Wheat Bread Fresh Fruit |
| 22 | Russian Cabbage Soup Kielbasa Pierogies in Onion Butter Sauce Sauerkraut Mustard Rye Bread Fresh Fruit | 23 | Grape Juice Meatloaf w/Vegetable Gravy Garlic Smashed Potatoes Squash Medley Oatnut Bread Vanilla Pudding w/Whipped Topping | 24 | Minestrone Soup Grande Cheese Ravioli w/Tomato Sauce Spinach Salad w/Tomatoes & Cucumbers Italian Blend Vegetables Italian Dressing Whole Wheat Bread/Saltines Tropical Fruit | 25 | CLOSED IN OBSERVANCE OF HOLIDAY | 26 | CLOSED IN OBSERVANCE OF HOLIDAY |
| 29 | Swedish Meatballs Parslied Bowties Mixed Vegetables Whole Wheat Bread Sliced Peaches & Pears | 30 | Turkey Orzo Soup Baked Boneless Chicken w/Divan Sauce Mashed Potatoes Sliced Carrots Rye Bread Mixed Fruit | 31 | Orange & Cumin Rubbed Pork Oriental Rice Prince William Blend Vegetables Pumpnickel Bread Applesauce | | MEALS ARE SERVED AT 12 NOON AT THE SOUTH WINDSOR COMMUNITY CENTER | | CALL BY 12 NOON THE DAY BEFORE TO RESERVE YOUR LUNCH 860-648-6361 EXT. 328 |

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses.

All meals are served with milk, bread and margarine. **DONATIONS: \$2.50 (or whatever you can afford)**