



THE SENIOR CONNECTION

A Monthly Publication of programs, events, trips and news
for South Windsor residents 55+

150 Nevers Road 860-648-6361 www.southwindsor-ct.gov



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April 2024



Decluttering for Spring

Sandee Wood from the Visiting Nurses will be at the center on **Wednesday, April 10 at 9:30 AM** to give you tips on purging and organizing. Sandee will be available for one on one appointments following to check blood pressure and blood sugar and talk to you about your general health. The talk is open to all, the appointments are only available for residents. Free. Please register for either the talk and/or the one-on-one appointment by calling or registering online.

Moving Forward with Parkinson's

Moving Forward with Parkinson's mirrors the Rock Steady Boxing program, a non-contact, boxing-inspired fitness program that is specifically designed to help people with Parkinson's Disease. The program incorporates a unique blend of boxing exercises and Parkinson's Disease-specific exercises to improve agility, balance, coordination, and overall health and well-being of its participants. The program is highly personalized and tailored to meet the unique needs of each participant. If you or someone you know is affected by Parkinson's, then this program might be just what you need. This program will be taught by a Certified Rock Steady Boxing Coach. This class will start on **Tuesday, April 23 at 10:30 AM and end Tuesday, July 30**. There will be no class on Tuesday, April 30, Tuesday, June 25, and Thursday, July 4. These classes are free thanks to funding from the APDA. Call or register online.



Wayne's Wings and Things

A lot of you missed it last year, so we're bringing it back! Our very own Wayne and Norene Kilburn will be here to show the inner workings of their food truck on **Monday, April 29**. You will be given a tour of the behind the scenes action and what goes into the food he makes. Each person who comes for the tour will be given half a sample wrap! Tours will be every 10 minutes from **beginning at 3:00 PM**. Free, please call the office to sign up for your time slot! Please note, must be able to step up two high truck steps to enter the truck.

Talk with Congressman Larson

Please join Congressman John Larson on **Wednesday, April 3 at 11:00 AM** to discuss the future of Medicare and Social Security and new benefits available to you. Free, register online or call the office.

International Early Bird Dinner & Entertainment

Join us on **Thursday, April 25 at 4:00 PM** for an International dinner! We will be serving Greek salad, stew chicken from Jamaican Kitchen, rice with pineapple and cashews from Thai Gardens, stuffed cabbage from Brookdale and a cannoli from Giuseppina's. Following dinner, Kimberly Wilson will be back to entertain us with her inspirational, highly regarded, one woman show, "A Journey"! This performance follows several African-American women whose courage helped lay the foundation for future generations. Cost is **\$10** for residents, **\$15** non-residents. Sign up anytime in the office or online!

Medicare 101

Join Susan Grundstrom, Certified CHOICES Counselor and Caseworker for South Windsor Human Services, for a talk on Medicare, including A, B, Drug Plans and Medicare Advantage Plans. Please call to register. 860-648-6361 ext. 3335. Choose your date, the same material will be presented at both. **Thursday, April 25 at 6:00 PM or Tuesday, May 14 at 3:00 PM**. Register online or call us! Free



Tricky Trivia Competition

Who doesn't love a little friendly competition? Join us on **Tuesday, April 30 at 2:00 PM** for an afternoon of trivia! We will be dividing into teams and compete for the ultimate prize! We will be serving up appetizers for you to munch on and fuel your brain for the tricky trivia questions. Cost is **\$3**. Register online or sign up in the office.

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

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www.southwindsor-ct.gov/adult-senior-services

**Adult and Senior Services
Contact Information:
Main Number: 860-648-6361**

Transportation: Cindy Malone ext. 3310
Program Sign Ups: Liz O'Brien ext. 3335
Lunch Reservations: Sharon Bosco ext. 3328
Programs: Barbara Konicki ext. 3339
Tiffany Lazur ext. 3340
CARES Coordinator: Amy Patterson ext. 3311
Caseworkers: Susan Grundstrom ext. 3314
Ryan Schieding ext. 3325
Assist Director: Lindsey Willis ext. 3319
Human Services Director: Andrea Cofrancesco
ext. 3316



**We have a MEDICAL
LOANING CLOSET**

Wheelchairs, walkers, commodes and other items are available at the Center to borrow for free. Items vary, please call if you need anything AND call if you want to donate anything. Space is limited. Call Ryan to inquire 860-648-6361 ext. 3325.



**Senior Advisory Council
Has an Opening!**

The Senior Advisory Council (SAC) consists of volunteers who represent different groups at the center. They bring back ideas on programs and ways to improve our center and share information with all of you. Meetings are open to the public and are the 2nd Tuesday of each month at 10:00 AM (except July and August). Please reach out to any SAC member to share your thoughts or join us at a meeting. Next meeting is **April 9**. Daria Plummer, Chair 860-432-8403, Kathie Stroh, Vice Chair, John Habif, Corresponding Secretary. Other members: Toni Baer, Tom Bartomeli, Rob and Barbara Betteker, Carol Butler, Tom Field, Alva Fitch, Estelle Fournier, Gloria Goslin, Hansa Khant, Kathy Longo, Elaine Smith.

To apply for the opening please reach out to any above member or contact Andrea at 860-648-6357 by 4/12/24.

Important Information

Membership Requirements: Everyone attending Senior Center Programs must become a member by filling out a registration form. To qualify, you must be 55 or over. There is no cost to residents. Non-residents are \$30 annually.

SOCIAL SERVICES: 860-648-6361

Lindsey Willis ext. 3319; Sue Grundstrom ext. 3314; Ryan Schieding ext. 3325

Parkinson's Support Group

This group is for both those with Parkinson's and their caregivers/family members. Meetings held at the Community Center the **2nd Thursday of each month at 1:00 PM. Next date: April 11.** Receive practical information and education on living with Parkinson's disease and receive the support of others who truly understand. Registration not required.

Bereavement Support

If you are grieving the loss of a loved one and would like to find support from others, please come to our group. A licensed therapist from Intercommunity Health Care will be **at the center on the 1st Friday of each month at 3 PM: April 5.** Everyone deals with loss differently. Let's come together and get tips on coping.

Caregivers Support Group

Join us on **Friday, April 12 at 10:00 AM** for a discussion on The Importance of Sleep on Brain Health with Michelle Wyman from Hartford Healthcare Center for Healthy Aging. Sleep is an important component of human life, and has been proven to improve memory recall, regulate metabolism, and reduce mental fatigue. To RSVP or to be added to the e-mail list, contact Sue at susan.grundstrom@southwindsor-ct.gov or call 860-648-6359.

Depression and Anxiety

Mental Health is something that impacts us all. Sarah Hornberger, Clinical Social Worker from Intercommunity Health Care will facilitate this group focused on education and providing the tools and resources to cope. Meetings will be the **3rd Tuesday of each month at 10:30 AM. Next date: April 16** at the Center. Free, call to register.

Energy Assistance

Applications for energy assistance will close on May 31. Gross monthly income cannot exceed \$41,553/year (single) and \$54,338 (couples). **There is no asset limit.** Proof of income, latest utility bill, and proof of current rent/mortgage required. If you receive cash assistance or SNAP bring current documentation, you will not have to provide proof of income. If you are new to the program bring your Identification and Social Security cards for everyone in the household. Call 860-648-6361 ext. 3335 or call your worker directly.

ELDERLY AND DISABLED PROPERTY TAX RELIEF

Elderly and disabled homeowners who qualify can apply for reduced property taxes on their homes until May 15, 2024. If you are currently on the program the Assessor's Office will send you a letter if it is your year to reapply. This year's income limits are \$43,800 maximum for an individual and \$53,400*for a couple. All gross income is counted including Social Security benefits. Documents you will need: Signed 2023 1040 Federal Tax form (if you file); 2023 Social Security Statement (SSA-1099); 2023 Pension Statement(1099); 2023 Bank Interest Statement (1099); Any other 2023 Income 1099. For more info or to schedule an appointment, call 860-648-6361 ext. 3335. **Town of S.Windsor has an expanded local option which allows up to \$50,000/single homeowner and \$65,000/married couple, for a benefit of \$195.00 tax credit.*



Medicare Savings Program

The Medicare Savings Program (MSP) income guidelines have gone up. Assets are **not** counted for this program. Note that the limits listed are for gross income, before any deductions are taken out (such as the Medicare Part B premium). The MSP can pay for your Medicare Part B premium which is \$174.70 per month in 2024. It can also provide significant savings on your Medicare Part D premium as well as your prescription copays. At the QMB level, it will also pay for the 20% that Medicare does not cover. If you would like to apply, call 860-648-6361 ext. 3335 and ask to speak to a caseworker. Income can be as much as \$3,088/mo. single or \$4,191/mo. couple.



Mobile Food Share

Located at Wapping Church every other Thursday from **11:30 AM to 12 noon. April 11 & 25.** Fresh produce, bring your own bags. Need transportation? Call 860-648-6361 ext. 3310. This is a Food Share program. No income restrictions. Listen to the radio for cancellations due to weather.

Educational Programs

Food for Life

Join Linda Byam, Certified Food For Life Instructor on **Thursday, April 4 at 11:00 AM**. Linda will discuss Breaking the Sugar Habit. The first portion of the presentation is an educational PowerPoint, followed by a cooking demo and sample tasting, then Q&A. Free. Register online or call us!



Join our Book Club!

Cynde Acanto from Book Club on the Go facilitates our Book Club! **Monday, April 8 at 6:00 PM** we will discuss *Circling the Sun* by Paula McLain. **Monday, May 13 at 6:00 PM** we will discuss *The Paris Daughter* by Kristin Harmel. Books are available at the SW Library. No registration required.

Safe Driver's Class

Sign up to take AARP's Safe Driver Class on **Wednesday, April 17 from 1:00—5:00 PM**. You could get a percentage off your insurance premium just for taking the class! Cost is \$20 for AARP members/\$25 nonmembers, payable that day. Call or register online!

Train your Brain

Join Barbara on **Friday, April 19 at 11:00 AM** for spring trivia, puzzles and treats. Free, call or register online.

Physical Therapy & Gentle Exercise Rescheduled from February

Colleen Sullivan, MSPT and owner of Physical Therapy Plus will be at the center on **Tuesday, April 23 at 1:00 PM**. With a goal of teaching all of you how to take better care of yourself to improve your quality of life, she will be teaching different gentle exercise techniques that will help with a variety of pain and issues. Free! Call or register online.

Estate Planning and Probate With Judge Mary Deneen

Join Probate Judge Mary Deneen on **Wednesday, April 24 at 1:00 PM** to learn about estate planning and what it means for probate purposes. Please register online or call us. Free



Triad for Senior Safety

The Triad for Senior Safety is in its 17th year of providing programs and services for South Windsor seniors. The group consists of the Police and Fire, Business Community and Senior Services. Programs offered are: Yellow Dot Program (like the File of Life, but for your car), Shredding Events, Drug Take Back Days, Educational programs on scams, internet fraud, Medicare fraud, self defense, fire safety and more! Ideas? Let Andrea know: 860-648-6357!

Internet Scams

Tuesday, April 16 at 1:00 PM Officer Peter Korchari from the South Windsor Police Department will be at the center to talk about a variety of scams that are on the internet, what to do to protect yourself and things to watch out for. Register online or call us. Free

Senior Medicare Patrol Lunch and Learn

Thursday, April 25 at 11:00 AM join Audrey Cole from Senior Medicare Patrol (SMP) at the Western CT Area Agency on Aging for a talk on understanding how to protect, detect, and report on the latest frauds, errors and abuse occurring in Medicare. How can I protect myself or a loved one from financial exploitation? How is Medicare fraud, abuse or an error defined? Why are individuals hesitant to report they've become a victim? Learn about the most common types of Medicare scams and know who to contact or where to report suspected frauds & scams. Following the program, we will serve a pizza lunch. Register online or call us. Free!

Medication Disposal Day

The Triad for Senior Safety is sponsoring a Medication Disposal Day on **Saturday, April 27 from 10:00 AM to 2:00 PM** at the Police Station. Drop off all household prescription/non-prescription medications including liquid in sealable containers. Household syringes and sharps will also be accepted free of charge, thanks to Environmental Services, Inc. of South Windsor. For more info, call Andrea at 860-648-6357 or Sgt. Hoover at 860-648-6256.

Coming in May



Older American's Month Mystery Kick Off Event!

May is Older American's Month and we plan to kick off the month with a surprise event! Who doesn't love surprises? **Thursday, May 2 at 1:00 PM** we will provide surprise entertainment and we will be serving some secret sweet (note, this is not lunch) and maybe we will throw in a few surprises too. Are you intrigued? Then join us! Free, but please register online or call us.



Cinco de Mayo Fiesta

Join us in celebrating Cinco de Mayo on **Friday, May 3 at 2:00 PM**. We will be serving up some traditional quesadillas, playing games and having a blast! Cost is \$5, register online or in the office anytime!



History of Husky Hoops: A Legacy of Greatness

Celebrate the history and greatness of the UConn basketball teams with this fun, lively and enlightening presentation hosted by award-winning sportswriter and author Marty Gitlin. Take a journey from the beginning of the men's and women's programs to the present with video highlights of their greatest teams, players and events from the turn of the twentieth century to today. Marty will talk about and show the moments these incredible teams turned dreams into national championships, as well as those whose seasons ended in disappointment. The best of the best will be featured here, including legendary coaches Jim Calhoun and Geno Auriemma and superstars such as Art Quimby, Worthy Patterson, Diana Taurasi, Rebecca Lobo, Richard Hamilton, Sue Bird, Ray Allen, Kemba Walker, Emeka Okafor and Maya Moore. The presentation will also feature fun trivia questions for patrons to ponder and answer, as well as a Q&A following. This is an ideal program for any UConn basketball fan - men's, women's or both! So join in on the fun on **Tuesday, May 7 at 10:30 AM**. Free! Register online or call the office!



Arts & Crafts

Painting with Christine

Join professional artist Christine MacClintic for a fun, easy class using acrylic paint on a 16x20 canvas. No experience needed. **Fridays, April 19 and 26 from 9:30-11:30 AM**. Cost is \$20 (\$25 non-residents) and includes all supplies. Register online or in the office.



Evening Painting

Join Artist Sandy Poirier on **Monday, April 22 at 6:00 PM** for "Balancing Tea Cups" on an 11x14 canvas. No experience needed. Cost is \$20 (\$25 for non-residents) and all supplies are included. Register online or in the office. Priority given to residents.

Ocean Pour

Missing those summer vibes? Then this Ocean pour class is for you. Relax, have fun and create your one of a kind ocean painting with 3 simple paint pouring techniques. Be ready to bring home your one-of-a-kind 8x10 painting. No prior painting experience required, just come, have fun and be ready to get messy! **Tuesday, April 30 at 1:00 PM**. Cost is \$18, please register online or in person.

Button Bracelet

Make your own button bracelet on **Wednesday, May 1 at 4:00 PM**. Sandi Plummer will teach this 1-1.5 hour class. No experience needed and all supplies are included for \$15. Class is limited, register on-line or in the office. Samples are in the office!

Home Fire Preparedness Campaign

Trained volunteers and/or licensed/insured professionals from the Red Cross will provide demonstration and installation services in your home. Visits last about 20 minutes. You will receive free installed smoke alarms if needed, Family Disaster Plan Guidance, Valuable emergency preparedness tips/info. Register at www.redcross.org/ct/schedule-a-visit or call 1-877-287-3327 and choose option 1 to schedule.

Trips~ Sign-up begins Thursday, April 4 at 8AM
(non-residents beginning 4/11 as space allows)
*All programs requiring payment must be signed up
for in person; You may call to signup for free programs.*

NEW POLICY FOR DINEOUTS: You may only sign up for ONE dine out on sign up day. If you would like to sign up for a second, you may call the next day to sign up if space is available. **REMINDER:** Please park in the upper lot when going on a trip. The bus will pick you up in the upper lot.

Extreme Shopping: Ikea



Need to upgrade your space? Doing some spring cleaning and want to get things organized? Need to find a good gift for someone? Take the trip with us to Ikea in New Haven on **Tuesday, April 16.** They just reduced hundreds of prices so you can refresh your home for less! You will have time to stop in to the Ikea Restaurant to grab a bite to eat while shopping on your own. **The bus will depart the senior center at 10:00 AM and return approx. 2:30 PM.**

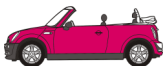
Dine Out: Maine Fish Market

Enjoy lunch out at Maine Fish Market in East Windsor on **Thursday, April 11.** Maine Fish has a long and rich history of cooking fresh seafood with no pre-breading, pre-cooking or microwaving from frozen. **The senior bus will depart the center at 12:00 PM and return approx. at 2:30 PM.** Separate checks will be accommodated.

Weekend Dine Out: Tunxis Grill & Pizzeria

Head to Windsor for lunch on **Saturday, April 20** for lunch at Tunxis Grill & Pizzeria. Tunxis Grill is an American fare restaurant offering a variety for everyone. Items range from steaks, seafood, pasta and pizza to entrée salads, burgers and sandwiches. You are sure to find something you like on their menu! Separate checks will be accommodated. **The senior bus will depart the center at 12:00 PM and return approx. 2:30 PM.**

****If you are going on a weekend trip and need to cancel last minute please call Andrea's direct line and leave a message at 860-648-6357 or email swseniors@southwindsor.org.**



Parking for Trips

When traveling with us, we ask that you please park in the upper parking lot or in our further parking to reserve the front spots for those who are in and out of the building throughout the day. The bus will pick you up in the upper lot.

Adventures Await

Please register for hikes ASAP so we know if we have enough to make it a go! We require at least 12 people to sign up so we can use the bus, otherwise we carpool or meet there, or cancel. Register on-line or call us!

Please wear appropriate hiking clothing, footwear and bring trekking poles. It is Spring, we may encounter some mud. If you have any question call Barbara at 860-648-6398.

Gay City State Park

Join Jay on **Monday, April 15** for a spring hike in Hebron. This will be about a 3.5 mile hike. Bring trekking poles, water, a snack and a picnic lunch. The bus will be leaving the Center at 9:00 AM and returning approx. 1:00 PM. Register online or in the office. Cost is \$5 for transportation.



Manchester Land Trust

Meet Barbara at 330 Bush Hill Road Manchester for a 3-mile hike. This open space has trails, ponds and flora. We will meet at **10:00 AM on Monday, April 22.** Bring trekking poles, water, a snack and a picnic lunch. Please register online or in the office. Free

Fenton Ruby Park

Join Debbie for a 3-mile hike at this Willington Wildlife Preserve on **Monday, April 29.** The bus will leave the Center at 9:00 AM and return approximately 1:00 PM. Please bring water, snacks, trekking poles, and a picnic lunch. Cost is \$5 for transportation. Register online or in the office.



Wadsworth Falls

Join Barbara on **Thursday, May 2** for a 3-4 mile hike. This hike will have flat moderate hilly trails with beautiful waterfalls. Bring water, trekking poles, a snack and a picnic lunch. The bus will be leaving the Center at 9:00 AM and returning approximately 2:00 PM. Cost is \$5 for transportation. Register online or in the office.

Stay Fit, Stay Well!

Class	Times	Session Dates	Cost
Pickleball Lessons	Tuesdays 10:30-12:30	April 9 thru April 30	Free
Chair Line Dancing	Mondays at 10:00 AM	March 4—April 29	\$18 for 9 classes
Lite Aerobics with Linda	Monday & Thursday 8:30 AM In person and on Zoom	March 4—April 29	\$34 for 17 classes
Line Dancing	Tuesdays at 1:30 PM	March 5—April 30	\$18 for 9 classes
Cardio Drumming with Tiffany	Mondays at 2:30 PM In person Only	March 4—April 29	\$18 for 9 classes
Stretch & Strength with Barbara	Tuesday 9:00 AM In person only	March 5—April 30	\$18 for 9 classes
Walkers Group New folks always welcome!	Tuesday & Thursday 8:30 AM	On-going <u>Meet at the parking lot beyond the pavilion to the right at Nevers Park.</u>	FREE
Chair Yoga with Diana	Wednesday and Friday 10:00AM In person and on Zoom	March 6—April 26	\$32 for 16 classes
Chair Volleyball	Wednesday 11:30 AM & Thursday 1:00 PM	On-going	FREE
Beginner Tai Chi	Wednesday 1:00 PM	March 6—April 24	\$16 for 8 classes
Tai Chi (Intermediate) With Marivic	Wednesday 2:00 PM In person only		\$16 for 8 classes
Silver Sneakers with Rose	Tuesdays & Thursdays at 5:15 PM In person Only	March 5—April 30 Free with Silver Sneakers	Free OR \$3 per class
Silver Sneakers with Krissy	Wednesdays at 8:30 AM In person Only	March 6—April 24 Free with Silver Sneakers	Free OR \$3 per class
All Levels Yoga with Anne	Thursdays at 10:00 AM	March 7—April 25	\$18 for 9 classes
Gentle Yoga with Noreen	Saturdays at 9:00 AM	March 2—April 27	\$16 for 8 classes
Strength & Vitality With Aislynn	Saturdays at 10:30 AM	March 2—April 27	\$16 for 8 classes

Pickleball

Ellsworth School—Monday– Friday at 8:00 AM.

Beginners—Mondays & Wednesdays from 8:30-10:30 AM

Senior Center—Mondays & Fridays at 11:30 AM and other periodic days listed on Team Reach.

Pickle ball is free and only open to Residents. Sign up on Team Reach, call the Center for more information.

For more info on play at Ellsworth or Rye Street Park call volunteer coordinator Dick Lane at 860 614-3348.

Pickleball Lessons

Lessons are available on **Tuesdays, April 9 thru 30 from 10:30-12:00 PM.** This is free and open to residents only. Call to register for this 4-week session.

Fit For Life Fitness Center

Join Our Fitness Center

It's easy to be a member of our Fitness Center! You must be 55 or older and a SW resident registered at the center. A doctor must complete a medical clearance form for you. Once completed, make an appointment for orientation with Barbara or Christine, for a review of the equipment. They can design a program based on your health. 860-648-6399.

Cost: \$30/3 months, \$50/6 months, \$75/1 year or FREE with Renew Active or Silver Sneakers!

Fitness Center Hours:

Monday, Wed., Thursday 7:30 AM- 7:30 PM

Tuesday 7:30 AM—7:00 PM

Friday 7:30 AM—4:30 PM

Saturday 7:30 AM—12 Noon

Personal Training Services

Christine Adams, Master Motivator and Personal Trainer will be in the Fitness Center Mondays from 8 to 11 AM and Tuesdays from 4:00 to 7:00 PM. This service is free as a Fit for Life Fitness Center member.

Chair Yoga

Due to the popularity of this event, Chair Yoga is now closed to new non-residents. This class is now only for residents.

Health Services

*All Health Services below are open
to residents only.
860-648-6361 ext. 3335*

ELDER WELLNESS

The Visiting Nurse and Health Services of CT is offering a free ONCE a MONTH clinic to check blood pressure, blood sugar and talk to you about your general health. 2nd Wednesday of each month: **April 10** starting at 10:30 AM.
Register online or by phone.
Free.

FOOT CARE ~\$45

Routine toenail cutting by appointment.

Call 860-648-6361 ext. 3335 for the next available appointment.

Hearing Clinic ~ Free

Wednesday, April 10

Dr. Gail Brown, Audiologist from HearingLife will provide complimentary hearing screenings and hearing aid cleaning and service. This is NOT wax removal. Call 860-648-6361 ext. 3335 for appt.

Therapeutic Massage:

Tuesdays and Wednesdays with Melissa. Call to make an appointment at 860-648-6361 ext. 3335. All reminders will be done through an automated system. \$35 for 30 min. payable to Melissa that day.

Hair Cuts at the Center

Monday, April 8 and Tuesday, April 23 with Pat and Tuesday, April 16 with Alyssa. Haircuts are \$20 payable at your appointment, cash is preferred. Call 860-648-6361 ext. 3335 for an appointment.

New Information!

WE NOW ACCEPT CREDIT CARDS!

We now accept credit cards! We will accept credit cards in person or online for all programs, events and trips in the office. We have also opened it up so you can sign up for some programs and classes online with credit cards (no trips at this time). PLEASE NOTE there is a convenience fee of 2.9% + \$.30 per charge. Here's how you do it:

1. Go to schedulesplus.com/swindsor
2. Click Login & enter your phone number (without area code).
3. Click on your name and then register.
4. Find the program or class you'd like to register for and click on the name of it, then click add.
5. Click on View Cart and CheckOut.
6. Click Save and Proceed to final review.
7. Here you will see the total plus the convenience fee.
8. Click charge now, enter the credit card information and click Submit Charge.

If you have any questions call Tiffany at ext. 3340 or stop in the office for more detailed instructions.

Bring Me Back Home Registry

Bring Me Back Home (BMBH) is a new registry for CT residents which allows law enforcement access to information to assist in the recovery of missing or wandering persons.

HOW DOES IT WORK? A family member registers their person with cognitive challenges through ct.gov/BMBH. The info collected will then go into a statewide database and when the person wanders or is missing an individuals should call 9-1-1 immediately and indicate that they are registered with the BMBH program.

For more information and/or to register visit: Ct.gov/BMBH



Volunteer Corner

Community Service Group

Thursday, April 18 at 1:00 PM

This is a group of adults who work on a variety of projects to assist people and groups of all ages in town and surrounding communities by being involved, raising funds and giving of their time to enhance the lives of others! Contact Andrea at 860-648-6357 or andrea.cofrancesco@southwindsor-ct.gov for more info. Neighbors Helping Neighbors

Saturday Programs

Special Saturday Bingo

Come on down and play bingo with us **Saturday, April 6 at 10:30 AM!** There will be special snacks and prizes. No need to register, just come!



Quilting 101

Come to quilting on **Saturday mornings 9:00 AM—12:00 PM.** Shirley will be here to give instruction to all levels of quilters. Choose a project you want to make or work on something you already have started and just need a little help completing or a dedicated time to work on. Free.



Chair Volleyball

Play chair volleyball all **Saturdays in April at 10:00 AM (10:30 AM on April 6).** No experience necessary, all ages and abilities are welcome. No need to sign up, just come! *Please note this is a friendly game, no spiking, stealing or fierce competition.* Let's have some fun!

Billiards: 8:00 AM—12:00 PM. Drop-in!

Pickleball

Pickleball play will be **Saturdays in April from 8:00-12:00 (8:00 AM - 10:00 AM on April 6).** Sign up is on Team Reach. This program is open to residents and non-residents who have been playing. No new non-residents accepted into the pickleball program.

CARES Group Has Room!

The "CARES" group is for residents over 60 and meets five days a week from 9:30-12:30 PM. The charge is \$3 per day and lunch is a \$3 donation daily. CARES offers a variety of activities including music, crafts, games, reminiscence, current events, exercise, and holiday celebrations. If you have limitations or disabilities, but do not need medical or self-care assistance while in the group, you may qualify to attend. Call Lindsey at 860-648-6361 ext. 3319 for more information.



LGBTQ Moveable Senior Center

For a list of upcoming events visit cthealthyliving.org/event-directory/

Newcomer's Group



Newcomer's Group!

Have you heard and read about all the amazing things we offer at the senior center but don't want to come alone? Or maybe you are new to town and don't know many people? This is the group for you! **Friday, April 19.** Held the **3rd Friday of each month at 10:00 AM.** Meet new friends! Please call to register for the newcomers group.



Cards, Games & More

Billiards in Teen Center ~ Mon - Sat from 8-12 noon

Bingo ~ Mondays at 10:30 AM and Thursdays 4/4 at 6:30 PM and 4/18 at 6:30 PM (hotdogs on 4/4)

Poker ~ Mondays at 1:00 PM

Setback ~ Mondays at 1:00 PM

Evening Setback resumes **Wednesday, 4/3** at 6 PM

Samba ~ Tuesdays at 12:30 PM

Knitters Group ~ Wednesdays 9:00 AM to 11:30

Hand, Knee & Foot ~ Wed. at 12:30 PM

Duplicate Bridge ~ Wed. at 12:45 PM

Mahjong ~ Thursdays at 1:00 PM

Bridge ~ Fridays at 9:30 AM

Mexican Train ~ Fridays at 12:30 PM

Cribbage ~ Fridays at 1:00 PM

Ceramics ~ Fridays, 1-3 PM (drop in, free)



Hot Dog Bingo:

1st Thursday of the month between 5:45—6:15 PM! Join us for a meal of a drink, chips and hotdog for \$3 or just a hotdog for \$2. Chips are .50 and drinks are \$1. Bingo follows for \$1 a card. Drop in and join us!



Veterans Corner

Veterans Benefits Questions

Stop in anytime **Thursday, April 4 from 10:30-12 noon** to talk with reps from the American Legion. Learn about benefits and ask questions.

Veteran's Social Hour!

Join us for our veterans chat! Representatives from the American Legion will be at the center on **Thursday, April 18 at 9:00 AM.** No need to register, join us!

Gazebo Events

All gazebo events are free and for residents only. Please register for any you would like to attend by calling or registering online.

Coffee Cake Day

Join us on **Wednesday, April 10 at 11:00 AM** to celebrate National Coffee Cake Day and kick off gazebo season with what other than a delicious piece of coffee cake! We will also be playing a fun game!

National Grilled Cheese Day

It's national grilled cheese day and who doesn't love a cheesy, melt-in-your mouth grilled cheese?! Enjoy one with us on **Friday, April 12 at 2:00 PM**. Not only do you get to indulge but Tiffany will be sharing with you her tips and tricks to making a delicious, gourmet grilled cheese!

Secret Banana Surprise



National Banana Day is in April and we want to celebrate! We wanted to do a little something extra besides just hand out a banana. Come and join us on **Wednesday, April 17 at 11:00 AM** and find out what kind of banana surprise we have! It might be a sweet treat....it might be healthy....sign up to find out!

National Pretzel Day



Join us on **Monday, April 29 at 1:30 PM** for national pretzel day. We will try a variety of pretzels and some tasty dips.

More Programs

Breakfast Sandwiches



Our "Made to Order" egg sandwiches are available on your choice of a bagel, roll or wrap with your choice of bacon or sausage, and cheese! Coffee, juice, and fruit will accompany. Cost is \$5 in advance, \$8 walk-ins. Due to the popularity of these events, we can not accommodate "to-go" orders. Come anytime **between 9:00 and 10:30 AM on Wednesdays, April 3 or May 1**.

Grandparents/Grandchildren Pancake Breakfast and Bingo

Hosted by Youth and Family Services on **Thursday, April 11 at the Center. Breakfast begins at 8:30 AM with bingo following, ending by 10 AM**. Tickets can be purchased in the office (\$7.00/adult and \$5.00/child) and includes pancakes, sausage, fruit, coffee/juice. No additional cost for bingo, prizes will be awarded. Money raised goes to our CARES fund to help local youth in need. Space is limited, so walk-ins can't be accommodated.

Makeup for Mature Women



Join Joby Rogers, makeup artist for the stars, on **Tuesday, April 23 at 10:00 AM**. He will show mature women how to create a makeup style that compliments their personal features and skin tone. You will explore products and tools and "must haves" for your personal makeup collection. Participate in hands-on makeup demonstrations you can perfect for all occasions. You are encouraged to bring your own personal makeup and brushes for a professional application if you want. Please come with no makeup on. **Cost is \$15**. Please register online or in the office.

Sound Meditation

Tuesday, April 30 at 6:00 PM enjoy a Sound Meditation Concert with The Conduit. Relax to the soothing sounds of live gongs and singing bowls washing over you for a deep meditative bliss without experience or special techniques. Experience a live sound journey allowing a deep connection to the space within one's heart, mind and body. Bring a zero gravity chair, yoga mat or pillow/blanket, water and eye coverings are encouraged. Free for residents, \$8 for non-residents. Residents call or register online; non-residents register online or in office.

Longevity

Join personal trainer Christine Adams on **Tuesday, April 16 at 3:00 PM** to learn about longevity. Longevity: learn the habits to help you live a longer, happier and healthier life! Free! Register online or in the office.

Reiki

Darby Long will offer 10 minute Reiki sessions for \$10. **Monday, April 22 from 10:00 AM to 12:00 PM**. Payments are directly to Darby. Register online or call the office.

Lunch Program

Lunch is served Monday—Friday at 12 noon. Due to funding issues, Community Renewal Team (CRT) will provide lunch on Monday, Wednesday and Friday, beginning April 8 for a limited amount of people. Senior Center Staff will provide lunch on Tuesdays and Thursdays until further information is available from CRT. Lunch is a \$3 suggested donation, this will remain on Tuesdays & Thursdays for residents, there will be a \$5 charge for non-residents. Call by noon the day before: 860-648-6361 ext. 3328.

Birthday Lunch

Celebrate **April** birthdays on **Wednesday, April 24**. Cake donated by Geissler's; gift for the birthday folks by Riverside Health and Rehab. Sign up for lunch by noon the day before: 860-648-6361 ext. 3328.

We are now offering gluten free bread/rolls with meals. Please let staff know in advance if you would like that option.

CRT Lunch Menu:

Mon 4/1—All-beef hot dog
Tues 4/2—Potato Crumb Fish
Wed 4/3—Italian Sausage
Thurs 4/4—Chicken Scampi
Fri 4/5—Roast Beef
Mon 4/8—Stuffed Cabbage
Tues 4/9—Baked Ziti
Wed 4/10—Orange Marmalade Glazed Roast Pork Loin—National Enjoy a Cookie Day
Thurs 4/11—Cheeseburger
Fri 4/12—Herbs de Provence Grilled Chicken Breast Sandwich
Mon 4/15—Cheesy Veg Lasagne
Tues 4/16—Chicken Salad Sandwiches
Wed 4/17—Turkey Stew
Thurs 4/18—Cheese Pizza
Fri 4/19—Smothered Pork Chop
Mon 4/22—Swedish Meatballs
Tues 4/23—Turkey Deli Sandwich
Wed 4/24—Kielbasa
Thurs 4/25—Chicken, Broccoli & Rice
Fri 4/26—Baked Ham—National Coffee Cake Day
Mon 4/29—BBQ Pulled Pork Sandwich
Tues 4/30—Hot dog & Baked Beans

Senior Center Cinema



Take Me Out to the Ballgame

Take me out to the park! Peanuts and crackerjacks, along with hot dogs of course, will be served to celebrate the beginning of Baseball Season! **Tuesday, April 2 at 12:30 PM** enjoy lunch, followed by the movie "The Hill." The true story of Rickey Hill, the son of a travelling pastor who overcomes physical obstacles to pursue his dream of playing baseball in the major leagues. Cost is \$5 and includes everything! Please register in the office or online! Rated PG



Life of a King

Determined to help at-risk youths avoid the mistakes he made, an ex-con (Cuba Gooding Jr.) forms a chess club to offer them an alternative to running with street gangs. **Friday, April 12 at 4:00 PM**. Pizza will be served. Cost is \$5. Register online or in the office. Rated PG-13



Genius

One day in 1929, a wildly developing book manuscript lands on the table of renowned editor Maxwell Perkins' desk. He realizes that Thomas Wolfe, the author behind the script, is a dazzling talent and develops a close friendship with him. Popcorn will be served. **Thursday, April 18 at 1:30 PM**. Free. Register online or call us! Rated PG-13



Barbie

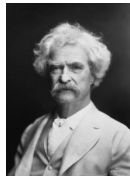
Barbie and Ken are having the time of their lives in the colorful and seemingly perfect world of Barbie Land. However, when they get a chance to go to the real world, they soon discover the joys and perils of living among humans. **Friday, April 26 at 1:30 PM**. Popcorn will be served. Free. Register online or call us! Rated PG-13

AARP Tax Aide

AARP Tax-Aide is a free program for *low and middle income* taxpayers with special focus on taxpayers age 60 and over. Tax-Aide workers will be available at the Center **Thursday and Fridays through April 12 by appointment**. Call 860-648-6361 ext. 3335 for an appointment. Married couples filing jointly should both be present.

New Trips: Residents sign up on Trip Sign-Up Day, Thursday, April 4 beginning at 8:00 AM in the office. On-line registration is not available for trips. Non-residents can sign up one week later, Thursday, 4/11

Mark Twain & Harriet Beecher Stowe: Historic Houses



See into the lives of both famous author Mark Twain and author and abolitionist Harriet Beecher Stowe as we travel to Hartford for tours of their historic homes on **Thursday, May 9**.

You will be given a tour of both homes as well as enjoying a catered deli sandwich buffet lunch on the grounds of the Mark Twain House from Ascot Catering. Please note this trip will require quite a bit of walking between the two houses. While there is an elevator in the Museum Center, the historic homes do not. They are multi-level homes with stairs as the only way to reach the 2nd and 3rd levels. The cost is **\$65** and includes transportation, a guided tour of the Mark Twain House, a guided tour of the Harriet Beecher Stowe House and catered deli sandwich buffet lunch complete with a bag of chips and a drink! **The senior bus will depart the center at 9:30 AM and return at approx. 2:00 PM.**

American Mural Project

Take a trip with us to Winsted to see the American Mural Project on **Sunday, May 19**. We will begin our day by going to the AMP. This was created as a celebration of American ingenuity, productivity and commitment to work. It seeks to inspire and reveal the contributions people of all ages can make to American Culture. The mural is a visual history of the country over the past century through its workers—from heart surgeons to steel workers, athletes to farmers and more. Sign up to see this beautiful masterpiece and learn about its artists and back ground. After leaving we will stop for lunch at The Tributary Restaurant where separate checks will be accommodated. From there we will end our day with a stop at Whiting Mills, home to a variety of artists, craftspeople, retail shops, manufacturing companies and more. Cost is **\$15** and includes transportation and entrance to the AMP. **The bus will depart the senior center at 9:30 AM and return at approx. 3:00 PM.**



Coastal Cruises

Head to Newport Harbor, RI with Friendship Tours on **Thursday, June 27**. Come aboard the Coastal Queen and view Newport Harbor and the East Passage of Narragansett Bay up close on this narrated tour of the historic sites surround beautiful Newport Harbor and the Jamestown shoreline. Upon arrival you will have lunch at Johnny's Restaurant at the Wyndham, a beautiful hotel on the water in Middletown, RI. You have the choice of chicken piccata, baked stuffed scrod with seafood stuffing or pasta primavera! Let us know your choice at time of sign up. You will also have time on Bowen's Wharf for shopping and browsing prior to the Harbor Cruise. Cost is **\$148**. The motor coach bus will depart Geissler's at **8:00 AM** and return at approx. **7:45 PM**.



Newport Play House

Travel with Friendship Tours to The Newport Playhouse & Cabaret Restaurant in Newport Rhode Island on **Thursday, July 25** to see "Nunsense", the heavenly, heartwarming, musical comedy that will lift your spirits and then some. With its silly jokes, audience participation, live music and lovely voices, "Nunsense" is good plain fun...and highly entertaining. You will first dine on the premises in the main dining room, enjoying a traditional buffet consisting of 16 hot entrees, salads, veggies, dessert, fruit and beverages. After dining, take your reserved seats in the theater. When the play is over, return to the dining room for the Cabaret Show! Cost is **\$154**. **The motor coach bus will depart Geissler's at 7:30 AM and return at approx. 6:45 PM.**

Old Trips: Sign up anytime!

Harvard Glass—4/30; cost \$142 pp
9/11 Museum & Memorial—5/22; \$118 pp
The Mystery of Edwin Drood at the Goodspeed—5/23; \$110
Highlights of Nova Scotia and Prince Edwards Island—6/27—7/4; \$2,583 pp double/\$3,114 pp single.
Island Hopping: Nantucket & Martha's Vineyard—8/16—8/18; \$759 double, \$955 single,
West Virginia Railroad Adventure—9/20—9/25; \$2,283 pp double/\$2,966 pp single.
Escorted San Antonio Holiday—12/4—12/8; \$2,799 pp double

APRIL LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	All-Beef Hot Dog / Hot Dog Bun / Must / Relish/ Ketchup/ Baked Beans / Potato Salad / Yogurt Cup	2	Potato Crumb Fish / Tartar Sce Potato Wedges / Ketchup / Mixed Vegetables / 100 % Whole Wheat Bread Fresh Fruit	3	Grape Juice Italian Sausage w/ Marinara Sce & Red & Green Peppers on Hoagie Roll / Potato Puffs Ketchup / Chuckwagon Veggies Wholegrain Fruit Bar	4	Nat'I Make Lunch Count Day Orange Juice Chicken Scampi Garlic Smashed Potatoes French Cut Gr Beans / Dinner Roll Brownie	5	Roast Beef w/ Gravy Mashed Potatoes / California Blend Veggies 100 % Whole Wh Bread Fresh Fruit
8	Stuff Cabbage w/ Tom Sauce Whole Baby Potatoes Vegetable Medley Garlic Knot Fresh Fruit	9	Baked Ziti Roll	10	Nat'I Enjoy A Cookie Day 100 % Fruit Punch Juice Orange Marmalade Glazed Roast Pork Loin Cornbread Stuffing Spinach / Wheat Bread Cookie	11	Cheeseburger	12	Grape Juice Herbs de Provence Grilled Chicken Breast w/ Lettuce / Tomatoes / Tarragon Aioli / on Ficelle Bread / Tri-Colored Pesto Pasta Salad / Pudding
15	Orange Juice Cheesey Veg Lasagna w/ Vodka Sce / Squash Medley / Dinner Roll Wholegrain Fruit Bar	16	Chicken Salad Sandwiches	17	Turkey Stew with Potatoes, Peas & Carrots Garlic Knot Fresh Fruit	18	Cheese Pizza	19	Smothered Pork Chop Mashed Potatoes Vegetable Medley 100 % Whole Wh Brd Fresh Fruit
22	Swedish Meatballs w/ White Sauce Mashed Potatoes Prince Wm Blend Veggies 100 % Wh Wheat Brd Fresh Fruit	23	Turkey Deli Sandwich	24	Kielbasa / Mustard w/ Carmelized Onions Paprika Diced Potatoes 4-Way Veg Blend Wheat Dinner Roll Fresh Fruit	25	Chicken with Broccoli & Rice	26	Nat'I Coffee Cake Day Orange Juice Baked Ham w/ Pineapple Sce Cut-Up Sweet Potatoes Brussel Sprouts Wheat Bread Coffee Cake
29	BBQ Pulled Pork on Multigrain Bun Tater Tots / Ketchup Green & Yellow Wax Beans Fresh Fruit	30	Hot Dog Baked Beans		Please be advised that our food may have come in contact or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame, or fish. Please advise staff of any food allergies prior to your meal consumption !		Lunch is served Monday – Friday at 12:00 PM. Please call the 860-648-6361 ext. 3328 before 12:00 PM the day before to sign up! 150 Nevers Road, South Windsor, CT		Beginning 4/8 CRT is providing lunch ONLY on Mon, Wed & Fri, limited # of lunches. SW Senior Center will provide lunch on Tues & Thurs (no limit). \$3 suggested donation for residents, \$5 Non-Residents.

Elderly Nutrition Program meals are served Monday, Wednesday, Friday to persons 60 years of age or older and their spouses
All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford. Menu is subject to change.

APRIL LUNCH MENU

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All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford. Menu is subject to change.**

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