



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

February 2024



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Valentine's Day Party & Lunch

Join Valentine the Clown on **Wednesday, February 14 at 11:00 PM** for her "Clownjucation" program. Valentine will get into costume, discussing life in the circus and the life of a clown! Plus balloon animals and a few magic tricks. Find your inner child and have fun with Valentine. She has been clowning throughout Connecticut for over 40 years with kids and adults and it's always a good time. Following the party there will be a CRT lunch consisting of baked ziti, veggies, a garlic knot and dessert at 12:00 PM. Lunch is a \$3 suggested donation, payable that day. Sign up for lunch by 2/13. ♥



Chocolate Buffet Blast

Come down on **Wednesday, February 21 at 1:30 PM** and indulge in all things chocolate! We will have a buffet set up for you to try a little bit of everything ranging from hot cocoa bombs to chocolate covered strawberries, chocolate candies and more!! Come with friends or meet new, either way you will have a blast! Cost is \$5, register by 2/16.



Leap Year Dance With Ashley Cruz!

Leap into your dancing shoes on **Thursday, February 29** for a special dance! Beginning at 4:00 PM we will serve dinner consisting of Vegetable Lasagna with salad and bread. Following dinner, Ashley Cruz, a fan favorite, will entertain you with her magical voice as you dance the night away! Cost is \$10, register and pay in the office.

Line Dancing Lessons

Join Jim Gregory **Tuesdays from 2:00-3:00 PM starting February 6**. Here's a new class for the New Year. Limber up and energize as you learn the basics of line dancing, with our experienced instructor Jim Gregory. You can waltz without a partner. You can country line dance without a honky tonk bar. Rock and roll, disco and Latin rhythms can work for you as well. February classes are free for residents, \$10 for non residents.

Winter Warm Up

Get out of the cold and warm up with us on **Thursday, February 15** with a cup of soup! **Come in anytime between 2—3:00 PM** and enjoy a hearty cup of home made chicken noodle soup with crackers on the side and a special treat. Cost is \$5, register and pay in the office anytime.

Early Bird Dinner & Entertainment

Join us on **Thursday, February 22 at 4:00 PM** for Philly Steak and Cheese Grinders, Fries and dessert. Following dinner, you will be entertained by singer, Victoria Rose. Be sure to wear your dancing shoes. Cost is \$5 for residents, \$10 non residents. Sign up anytime in the office.

Brass Monkey Tavern

Murder Mystery in Three Acts

Welcome to the Brass Monkey Tavern, infamous haunt of pirates and associated crooks. You're right on time to meet the troublemaking crew of the Flying Dutchman Rogers Jolly. They're here to mourn the recent death of the great Captain Baha, but the ulterior motive involves his hidden treasure. You might be able to find it yourself. Or not. But you are certain to find a ton of laughs! A play by Steve Henderson, who has brought us senior theater over the years! Don't miss it! Cost is \$5 and includes snacks and desserts. **Saturday, February 24 at 1:00 PM**. Bus transportation will be available if there is enough interest (call by 2/21).

***The Senior Center will be closed on
Mondays, February 12 and 19.***

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

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Visit our Website:
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

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 **February 13**.

Daria Plummer, Chair 860-432-8403

Kathie Stroh, Vice Chair

John Habif, Corresponding Secretary

Other members: Toni Baer, Dave Bakulski, Tom Bartomeli, Rob and Barbara Betteker, Carol Butler, Tom Field, Alva Fitch, Estelle Fournier, Gloria Goslin, Hansa Khant, Kathy Longo, Elaine Smith

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Notary Public Services

Available by Appointment.
Call Andrea: 860-648-6357

SOCIAL SERVICES: 860-648-6361

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

Parkinson's Support Group

Thursday, February 8 at 1:00 PM Cristina Colon-Semenza, PT, MPT, PhD, Assistant Professor of Kinesiology and Physical Therapy at the University of Connecticut will speak and answer questions related to motor symptoms of Parkinson's. She has broad experience with increasing physical activity for people with neurological conditions. No registration necessary.

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: February 2.** Everyone deals with loss differently. Let's come together and get tips on coping.

Caregivers Support Group

Friday, February 9 at 10:00 AM, Patty O'Brian, a Dementia Specialist from Hartford Healthcare Center for Healthy Aging will speak on "Memory Loss: When to Worry." To RSVP or to be added to the email list, please contact Sue at 860-648-6359 or susan.grundstrom@southwindsor-ct.gov. Hope to see you there!

Depression and Anxiety

Mental Health is something that impacts us all and rarely do we have all the answers to cope. 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. February 20** at the Community Center. Free, call to register.

Energy Assistance

Applications for energy assistance are underway. Gross monthly income cannot exceed \$41,553/year (single) and \$54,338 (couples). **There is no asset limit.** Documentation needed: last four weeks of income and utility bills as well as proof of rent/mortgage. If you receive cash assistance or SNAP please bring benefit documentation, you will not have to provide proof of income. If you are new to the program DSS requires your Identification and Social Security cards for everyone in the household as well as income and utility bills. Call 860-648-6361 ext. 3335 or call your worker directly.

Mobile Food Share

Located at Wapping Church every other Thursday **from 11:30 AM to 12 noon. February 1, 15 & 29.** 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.

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 Advantage Plan Open Enrollment

IMedicare Advantage Open Enrollment Period (MA OEP) occurs each year from **January 1 through March 31.** During this time you can switch from your Medicare Advantage Plan to another Medicare Advantage Plan, **or** switch back to Original Medicare, with or without a stand-alone Prescription Drug Plan. Changes made during this period take effect the first of the month following the month you enroll and you can only make one change. **Please note:** If you have chosen Original Medicare and a Part D plan for January 1, 2024, you **cannot** change your Part D plan during this time. For more info, please give us a call at 860-648-6361 ext.3335 and ask to speak with a CHOICES counselor or call 1-800-MEDICARE.

Educational Programs



Self Defense Lecture

Cpl. Johnson and Officer Kuzara from the SW Police Department will be at the center to discuss ways to protect yourself while at home or out and go over some basic self defense techniques. This is a PowerPoint presentation. **Thursday, February 1 at 1:00 PM.** Free, call to register.



Scams

Join Amy Mack from the Hartford Federal Credit Union on **Thursday, February 29 at 11:00 AM.** Amy will discuss how to avoid scams that target seniors. Learn what a scam is and 10 steps to avoid them. Free, call to register.



Join our Book Club!

Cynde Acanto from Book Club on the Go facilitates our Book Club! **Monday, February 5 at 6:00 PM** we will discuss *An American Marriage* by Tayari Jones. **Monday, March 11 at 6:00 PM** we will discuss *The Shadow Box* by Luanne Rice. Books are available at the SW Library. No registration required.

Enjoy Australia with Bob the Travel Guy

Bob, "the Travel guy" takes us to this popular tourist destinations. We start in Melbourne and see the city and area by the coast and watch the "fairy penguin parade" at night time. Then off to Sydney to see the Opera House, harbor bridge, and a night time laser show. Hold a great white shark egg but do not open it! Then to the outback to Ayrers rock for sunset and sunrise. Then we fly to Cairns to exploring the Great Barrier reef and take a train ride to Kuranda to watch an Aboriginal show and hold a Koala. Then take a rainforest cable car back to Cairns and "fly" home. **Tuesday, February 13 at 2:00 PM.** Free, call to register.



All About Sleep

Do you have trouble falling asleep or staying asleep? Come join Sandra Wood, RN from the Visiting Nurses as she discusses the importance of sleep and the latest techniques for getting your best nights sleep. **Wednesday, February 14 at 9:30 AM.** Free, call to register!

Train Your Brain

Join Barbara on **Thursday, February 15 at 10:30 AM** for Heart health trivia, games, prizes and treats. Free! Call to register.

Heart Healthy



February is heart health month! Join Jessica Dorner, Registered Dietitian on **Tuesday, February 20 at 10:00 AM** for an informative presentation about heart health, including information on high blood pressure, cholesterol and other heart diseases. Attendees will receive nutrition education handouts as well as recipes to help you in the kitchen. Free, call to register.

Tips to Optimize Brain Health

Based on the latest information, there is growing scientific evidence that cognitive decline, Alzheimer's and dementia may be prevented, reduced or reversed? Come learn easy, simple, drug-free things you can do that may help prevent, reduce, or reverse cognitive decline and strategies to optimize brain health. Dr. Wendy Hurwitz, a graduate of Yale University School of Medicine, stress expert and former ABC News researcher will be at the center on **Thursday, February 22 at 1:00 PM** to deliver this unique and educational presentation. Refreshments will be served. Free, call to register. *Please note, out of respect for those with allergies, we request audience members to refrain from wearing perfume or cologne. Thank you for your cooperation.*

Controlling Your Weight Through Moderation Eating

Join Christine Adams, Master Motivator from FOCUSED Fitness and the personal trainer who works in our Fitness Center, will be here on **Tuesday, February 27 at 3:00 PM** to talk about the best way you can keep your weight down and still enjoy the foods you love . Free. Call to register.

Tech Petting Zoo

Audrey Brown from the South Windsor Public Library will be at the center to talk about their new tech resources. She will also bring new tech toys so people can look them over and try them out. **Tuesday, February 27 at 1:00 PM.** Free. Please register.

Coming in March

Coffee with the Fire Chief

Friday, March 1 at 11:00 AM

You asked for it! Come and chat with Fire Chief Kevin Cooney, get to learn what new things are happening and get any questions answered! Free, call to register.



Coins and Currency

Join Blair Soucy, a professional coin dealer, for this educational program on the state of coin collecting today, the US Mint and it's products, the gold and silver bullion market, as well as a general overview of coin and currency collecting. You are encouraged to bring any coins or currency for Blair to give you an idea of value and rarity. **Tuesday, March 5 at 1:00 PM. FREE**, call to register.



Two Crafts Using Paint Pouring

Join our two-part beginner acrylic paint pouring class. In class one you will learn to mix up your own paints and create your own unique mini masterpieces using four basic techniques. In class two we will recycle our leftover paint drips and make them into beautiful jewelry. **Tuesdays, March 5 and 12 at 11:00 AM.** \$35 is for not one but TWO crafts! Please register in the office.

Important Info

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.

Program Cancellations and Refunds: We will cancel any program or trip if we do not get enough participants. You will be fully refunded. If you cancel a program or trip, we will call a wait list (if there is one) and you will be refunded if we are able to fill your spot. You will not get a refund if we have already paid for you to attend, or if we have already purchased food. Thank you for understanding.



Inclement Weather Policy: If S.Windsor schools are closed, all of our programs are cancelled. If schools have a delay, all of our programs scheduled prior to 9 AM are cancelled; All of our classes that start at 9 AM are ON. When schools release early, our programs are canceled in the afternoon beginning at 12:30 PM.

Signing up for Programs: You may call the office to register for all FREE programs. To register for a program with a fee, please sign up with payment in the office.



Arts & Crafts

Watercolor Valentines



Join Mary Ransom to create Valentine's Day watercolor greeting cards to give to your favorite Valentine! We will supply everything needed to create this unique work of art. All levels welcome. We hope you can join us on **Wednesday, February 7 at 1:00 PM.** Cost is \$15 (\$20 for non-residents). Register and pay in the office anytime.

Painting with Christine

Join professional artist Christine MacClintic for a fun, easy class using acrylic paint on a 16x20 canvas. No experience needed. **Fridays, February 16 and 23 from 9:30-11:30 AM.** Cost is \$20 (\$25 non-residents) and includes all supplies. Register in the office anytime.

Make-Your-Own Easter Cards

Join Taylor Bielski as she walks you through making your very own Easter cards for you to give to your family and friends on **Tuesday, February 27 at 10:30 AM.** Cost is \$10, payable that day to the instructor and you will leave with 3 beautifully made cards! Call to register anytime.



Evening Painting Class

Join Artist Sandy Poirier on **Tuesday, February 27 at 6:00 PM** for a cute winter chickadee painting class on an 11x14 canvas. No experience needed. Cost is \$20 (\$25 for non-residents) and all supplies are included. Pay in the office anytime. Priority will be given to residents.

Trips~ Sign-up begins Thursday, February 1 at 8:00 AM

(non-residents beginning 2/8 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.

Dine-out: Casa Mia on the Green

Let's have lunch in Rocky Hill at Casa Mia on the Green on **Sunday, February 11**. Casa Mia has been named one of the leading Italian Restaurants in the US by culinary trade association Gruppo Ristoratori Italiani. It has been family owned and operated since 1985 and committed to providing you with an authentic Italian dining experience. Separate checks will be accommodated. The senior bus will depart the center at 11:30 AM and return at approx. 2:00 PM.

Extreme Shopping: Boscov's

Join us for a shopping trip to Boscov's/Meriden Mall on **Thursday, February 22**. Boscov's is a family-owned department store and we hear they have fabulous sales this time of year! The Meriden Mall is also home to over 55 stores and restaurants for you to explore and have lunch. The senior bus will depart the center at 9:15 AM and return at approx. 2:00 PM.



Dine-out: The Cheesecake Factory

Come with us to The Cheesecake Factory in West Hartford for lunch on **Thursday, February 29**. They offer more than 250 dishes made from scratch every day and more than 40 legendary cheesecakes and desserts for you to choose from. With those kind of options, how can you not go home happy?! Separate checks will be accommodated. After lunch you will have some free time to browse around Blue Back Square and do some shopping! The senior bus will depart the center at 11:00 AM and return at approx. 3:00 PM.

Adventures Await

*Sign up for our hikes in the office anytime!
Please pay at time of registration.
Please wear appropriate winter hiking clothing, footwear and
bring trekking poles. If you have any question call Barbara at
860 648-6398*

Gay City State Park & Lunch

Join Jay at Gay City State Park for winter hike around the pond on **Tuesday, February 13 at 10:00 AM**. This will be about 3 miles and there may be roots, rocks and some mud. The bus will leave the Center at 10:00 AM and return approximately 2:30 PM. Please bring water, snacks, trekking poles, money for lunch, and dress in layers. Sign up and pay in the office. Cost is \$5 for transportation.

Dismal Brook & Lunch

Join Debbie on **Tuesday, February 27** for a winter hike in North Granby. This will be about a 3-mile hike, be prepared with trekking poles, water, snacks, dress in layers and bring money for lunch. The bus will be leaving the Center at 9:30 AM and returning approximately 2:30 PM. Sign up and pay in the office. Cost is \$5 for transportation.

Major Donnelly Preserve

Join Barbara on **Friday, February 9** for a short local walk at Major Donnelly Land Preserve. This will be about a 2.5 mile walk with some roots and maybe a little mud. Meet in the Sullivan Avenue parking lot at **9:30 AM**. Please bring trekking poles and water. Call anytime to register. Free, call to register.



Come Out and Connect!

LGBTQ Moveable Senior Center Creative Happy Hour

Join us, an LGBTQ Moveable Senior Center, along with members of the Glastonbury Senior Center, for a Creative Happy Hour featuring a Fluid Painting class, non-alcoholic cocktails and hors d'oeuvres. Program is limited to 20 participants. Cost is \$12 and includes all supplies to create an 11x17 one-of-a-kind canvas, beverages and hors d'oeuvres. This will be held at the Glastonbury Senior Center on **Thursday, February 22 from 4:00—6:00 PM**. Register and pay in the office.

Stay Fit, Stay Well!

Class	Times	Session Dates	Cost
Pickleball	Mon. — Fri at 8:00 AM at Ellsworth	For more info on play at Ellsworth or Rye Street Park, call volunteer coordinator Dick Lane at 860-614-3348 On-going Sign up on Team Reach...Call the Center for info. Call to register	Pickle ball is FREE and only Open to Res-idents
Beginner Pickleball	Mon & Wed from 8:30-10:30 at Ellsworth		
Pickleball	Mon & Fri at 11:30 at the Senior Center		
Pickleball	Periodic Days at the Senior Center		
Pickleball Lessons	Tuesdays 10:30-12:00		
Chair Line Dancing	Mondays at 10:00 AM	Feb 5 & 26	Free for February
Lite Aerobics with Linda	Monday & Thursday 8:30 AM In person and on Zoom	Jan 4-Feb 29 No class 2/12 & 2/19	\$28 for 14 classes
Cardio Drumming with Tiffany	Monday at 2:30 PM In person Only	Jan 8—Feb 26 No class 2/12 & 2/19	\$10 for 5 classes
Stretch & Strength with Barbara	Tuesday 9:00 AM In person only	Jan 2—Feb 27	\$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	Jan 3—Feb 28	\$34 for 17 classes
Chair Volleyball	Wednesday 11:30 AM & Thursday 1:00 PM	On-going	FREE
Beginner Tai Chi	Wednesday 1:00 PM	Jan 24– Feb 28	\$12 for 6 classes
Tai Chi (Intermediate) With Marivic	Wednesday 2:00 PM In person only		\$12 for 6 classes
Silver Sneakers with Krissy	Wednesdays at 8:30 AM In person Only	Jan 3– Feb 28 <i>Free with Silver Sneakers</i>	Free OR \$3 per class
All Levels Yoga with Anne	Thursdays at 10:00 AM	Jan 4– Feb 29	\$18 for 9 classes
Gentle Yoga with Noreen	Saturdays at 9:00 AM	Jan 6—Feb 24	\$16 for 8 classes
Strength & Vitality With Aislynn	Saturdays at 10:30 AM	Jan 6—Feb 24	\$16 for 8 classes

Two New Line Dance Classes!

CHAIR Line Dance Classes

Join Sarah Preston Britto **Mondays at 10:00 AM on February 5 and 26.** Do you love to dance and groove to music, but have limitations that preclude weight-bearing movements? Then this is the class for you! Similar to line dancing you will move your feet in set patterns to a diverse selection of music genres, including pop, big band, oldies, Latin, R&B and to country with the added bonus of some easy arm movements. Join in on the fun! Free in February.

Line Dancing Lessons

Join Jim Gregory **Tuesdays at 2:00 PM starting February 6.** Limber up and energize as you learn the basics of line dancing, with our experienced instructor Jim Gregory. You can waltz without a partner. You can country line dance without a honky tonk bar. Rock and roll, disco and Latin rhythms can work for you as well. Free in February.

Pickleball Lessons

Lessons are available on **Tuesdays in February 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 Tiffany who will review the equipment and 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!

NEW!! Fitness Center Hours Effective 1/2/2024:

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.

Health Services

*All Health Services below are open
to residents only.*

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: **February 14** starting at 10:00 AM.

Call to schedule an appointment:

860-648-6361 ext. 3335. Free.

FOOT CARE ~\$45

Routine toenail cutting by appointment.

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

Please note: The cost of Footcare Services has gone up as a result of a new company offering this service. If you feel you have a financial hardship and can't afford the service, please reach out to one of our caseworkers at 860-648-6361 ext. 3335.

Hearing Clinic ~ Free

Quarterly. Next date is in April.

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. All reminders will be done through an automated system. \$30 for 30 min.

Hair Cuts at the Center

Tuesday, February 6 and Wednesday, February 21 with Pat and Tuesday, February 20 with Alyssa from Hairborn. Haircuts are \$20 payable at your appointment, cash is preferred. Call 860-648-6361 ext. 3335 for an appointment.

Donations Needed!

The teen center is taking donations in preparation for the 2024 prom season for South Windsor students. They are looking for new/unopened packages of mascara, eye shadow, lipstick, and men's dress socks. Please leave all donations at South Windsor Teen Center. Contact Jane Lovett at 860-648-6361 ext. 3315.

The South Windsor Senior Center welcomes eve-

Senior Cinema



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In 1946, Branch Rickey (Harrison Ford), legendary manager of the Brooklyn Dodgers, defies major league baseball's notorious color barrier by signing Jackie Robinson (Chadwick Boseman) to the team. Facing open racism from all sides, Robinson demonstrates true courage and admirable restraint by not reacting in kind and lets his undeniable talent silence the critics for him. **Friday, February 9 at 1:30 PM.** Free, call to register anytime. Rated PG-13



Love Finds You on Valentines

Kennedy Blaine visits the ranch she's inherited with intentions to sell it. When she meets the manager of the ranch, Derek, she's persuaded to stay and learn the benefits of a more peaceful life. **Friday, February 16 at 1:30 PM.** Free, call to register anytime. Rated PG



All the President's Men

Two green reporters and rivals working for the Washington Post, Bob Woodward (Robert Redford) and Carl Bernstein (Dustin Hoffman), research the botched 1972 burglary of the Democratic Party Headquarters at the Watergate apartment complex. With the help of a mysterious source, code-named Deep Throat (Hal Holbrook), the two reporters make a connection between the burglars and a White House staffer. **Thursday, February 29 at 1:00 PM.** Free, call to register anytime. Rated PG

The Tender Bar



In 1972, 9-year-old J.R. Maguire moves into his grandfather's dilapidated house in Long Island, N.Y. Searching for a father figure, he falls under the unconventional tutelage of his uncle Charlie, a charismatic, self-educated bartender who introduces him to a handful of the bar's colorful regulars. As the years pass and J.R. grows into a young man, he tries to fulfill his dream of becoming a writer. **Thursday, March 7 at 1:30.** Free, call to register anytime. Rated R

Saturday Programs



Quilting 101

Come over to our quilting class 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, call to register anytime.

Special Bingo



Join us on **Saturday, February 3** for a special bingo at **10:30 AM**. No need to register just come on down and play! Cards are \$1 per card. A special treat will be served and special prizes will be won.



Chair Volleyball

Play chair volleyball all **Saturdays in February from 10:00-11:45 AM**. 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

Come play Billiards on Saturdays from 8:00 AM—12:00 PM. No need to register, just come!

Pickleball Play

Pickleball will be played on **Saturdays, February 10, 17 & 24 from 8:00-12:00**. Sign up on Team Reach. Priority is given to residents.

Setback Lessons/Refresher

Join our amazing volunteers Gloria and Helen as they teach you the game of Setback, or give you a refresher! This four-week session will be on **Saturdays at 10:00 AM beginning February 3**. Free, call to register.

Fitness Center

The Fitness Center is OPEN on Saturdays between **7:30 AM—12:00 PM**.



Newcomer's Group



Newcomers 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, February 16**. Held the **3rd Friday of each month at 10:00 AM**. Join us for bingo at 10:30 AM. Meet new friends! Please call to register for the newcomers group.



Cards, Games & More

Bingo ~ Mondays at 10:30 AM and Thursdays 2/1 at 6:30 PM and 2/15 at 6:30 PM (hotdogs on 2/1)

Poker ~ Mondays at 1:00 PM

Setback ~ Mondays at 1:00 PM

Evening Setback will resume in the Spring

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

Billiards in Teen Center ~ Mon thru Fri from 8-12 noon

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)



Special Bingo:

Intergenerational Bingo:

Friday, February 16 at 10:30 AM there is no school so bring your grandchildren or any special younger person in your life to join in! OR you can just come yourself, you do not need to bring anyone, you can play on your own. Cards are \$1 each. No registration needed.

Bingo:

Friday, February 23 at 10:30 AM we will hold bingo because of the Monday holiday. Join in! Cards are \$1. No need to register.

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. Come and join in on the fun! No need to register!

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 **Thursdays and Fridays beginning at 9 AM from Thursday, February 1 through Friday, April 12 by appointment.** Call 860-648-6361 ext. 3335 for an appointment. Married couples filing jointly should both be present. No return will be filed until all necessary signatures have been entered on the forms. ***Limited to South Windsor residents.***

Please be sure to bring the following:

- ◆ Personal identification including photo ID, Social Security card, etc.
- ◆ Copy of 2022 Income Tax Return and related forms
- ◆ All applicable 2023 forms which show taxes paid, withheld or “not determined”
 - ◆ All W-2 forms for wages earned
 - ◆ All 1099 forms including:
 - B for Brokerage statements
 - INT for interest accounts
 - DIV for dividend accounts
 - R for retirement funds and IRAs
- ◆ Any state refund statements for last year’s Connecticut tax
- ◆ Social Security Annual Statements
- ◆ A blank check with account and routing numbers for direct deposit refund request
- ◆ All personal documents that relate to deductible expenses:
 - ◆ Medical expenses, including mileage to the medical facility
 - ◆ Prescription expenses
 - ◆ Sales tax expense for major purchases
 - ◆ Mortgage interest paid
 - ◆ Contributions to charities, church, etc.
 - ◆ Home improvements that conserved energy
 - ◆ Replacement windows, doors, furnace
 - ◆ Property tax statements from the Town for your home and automobile(s)
 - ◆ Note: sewer taxes can not be claimed
 - ◆ Health insurance coverage info for all

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. Come anytime **between 9:00 and 10:30 AM on Wednesdays, Feb. 7 or March 6.**

Physical Therapy and Gentle Exercise

Colleen Sullivan, MSPT, owner of Physical Therapy Plus will be at the center **Tuesday, February 13 at 1:00 PM.** With a goal of teaching you how to take better care of yourself to improve your quality of life, she will review gentle exercise techniques that will help with a variety of pain and issues. Free! Call to register.

Meditation

Join Prabha for Satya Meditation for stress reduction and self healing on **Wednesday, February 21 at 11:00 AM.** Free, call to register.

Sound Meditation

Wednesday, February 28 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, finding stillness through the orchestration, 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. Cost is \$8. Register and pay in the office.

Reiki/Life Coaching

Sharda Geer will offer 10-minute Reiki sessions for \$10 and 30-minute Life Coaching for \$30 on **Wednesday, February 28 from 12:30 PM to 3:30 PM.** This will be a safe space to share and gain insight and tools to address any area of your life where you feel emotionally or mentally stuck, unmotivated, unsure on how to handle or simply wish to discover another perspective or meaning. Payments are directly to Sharda. Call to register.

Lunch Program



Veterans Corner

Lunch is served Monday—Friday at 12 noon, provided by Community Renewal Team (CRT) for a \$3 suggested donation (or whatever you can afford). Call by noon the day before: 860-648-6361 ext. 3328.

Birthday Lunch



Celebrate **February** birthdays on **Wednesday, February 28**. 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. \$3 donation.

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

CRT Lunch Menu:

Thursday 2/1—Orange Marmalade Pork
Friday 2/2—Spaghetti with Meatballs
Monday 2/5—Smothered Pork Chop
Tuesday 2/6—Italian Sausage with peppers
Wednesday 2/7—Crab Cake
Thursday 2/8—Orange Chicken with Broccoli
Friday 2/9—National Sweet Potato Day!
Glazed Baked Ham with sweet potatoes
Monday 2/12—CLOSED
Tuesday 2/13—Mild Beef and Bean Chili
Wednesday 2/14—Happy Valentine's Day!
Baked Ziti
Thursday 2/15—Minestrone Soup and Grilled Chicken Salad
Friday 2/16—Battered Fish
Monday 2/19—CLOSED
Tuesday 2/20—Hot dog
Wednesday 2/21—Stuffed Peppers
Thursday 2/22—Great American Pie Month! Chicken Scampi
Friday 2/23—Cheesy Vegetable Lasagne
Monday 2/26—Stuffed Cabbage
Tuesday 2/27—Chicken Stew
Wednesday 2/28—Kielbasa

Veterans Benefits Questions

Stop in anytime **Thursday, February 1** 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, February 15 at 9:00 AM**. No need to register, join us!



Volunteer Corner

Community Service Group

Thursday, February 15 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

Hospice Volunteers Needed

Hartford HealthCare at Home Hospice is looking for volunteers who are interested in making an impact in the lives of patients and families by reading to patients, providing a listening ear, playing music, providing reiki, visiting with certified pet therapy teams. Also to make calls from our office to bereaved and help with office work at times. If interested, please fill out an application by using this link (<https://redcap.hhchealth.org/surveys/?s=CTKYECRN9Y93ADTM>) Training classes that explore the history of hospice, physical symptoms, spirituality, grief & bereavement, and how to be a great volunteer are held throughout the year. Contact Laurie Steiger, Manager of Volunteer Services at 860-405-7126 or laurie.steiger@hhchealth.org with questions. We look forward to hearing from you!

Free Senior Center Programs can be registered for online.

<https://schedulesplus.com/swindsor>

For help, please call Tiffany at 860-648-6399

New Trips: Residents sign up on Trip Sign-Up Day, Thursday, February 1 beginning at 8:00 AM.
Non-residents can sign up one week later, on Thursday, February 8 as space allows.



Fascia's Chocolate Experience

Built on the foundation that "everybody loves chocolate", Fascia's was opened in 1964 and is still family owned and operated. We will head to Fascia's on **Tuesday, February 20**, where you will be making your own chocolate! Once we leave Fascia's we will head to lunch at Pizza Castle Restaurant. Please bring change for lunch, they will split checks by the table. **The senior bus will depart at 9:00 AM and return at approx. 2:30 PM.** Cost for the trip is **\$17** and that includes transportation and the chocolate making experience. Please bring money for lunch.



Music Men & Broadway Broads at the Aqua Turf Club

Head to the Aqua Turf Club on **Tuesday, April 9** to see Celebrity Impressionists John Monforto & Holly Faris. They have prepared a day of dazzling entertainment. Grab a seat as some of your favorite Broadway shows come to life in song and laughter! Prior to the show a family style lunch of Chicken Kathryn or Baked Ham will be served. You won't want to miss this. **The senior bus will depart the center at 10:15 AM and return at approx. 4:15 PM.** Cost is **\$59**.



Harvard Glass

Friendship Tours will be taking us to see Gorgeous Glass in Boston at the Harvard Glass Museum & The Mapparium on **Tuesday, April 30**. Picture a giant, hollow ball made of glass, completely indoors, surrounded by lights and skewered through its middle by a footbridge. Now, stain the inside of the glass ball as if it were a political map of the Earth turned inside-out. **You will depart Geissler's parking lot at 8:00 AM** and head to Boston. Your first stop will be at the Mapparium—described above. After, you will head to Maggiano's Little Italy for a three-course family-style Italian lunch with a menu consisting of salad and rolls, bruschetta, chicken piccata, fettuccine alfredo and lemon cookies and coffee. After lunch, you will be amazed by the realistic flowers made of blown glass at The Glass Flowers exhibit in the Harvard Museum of Natural History. You will be given a guided tour of the Glass Flowers exhibit. **Cost is \$142 pp** and your estimated return is 7:00 PM.

Cruisin' Through the 50's

Enjoy a musical ride through a decade of memorable music on **Tuesday, April 23** with Jimmy Mazz at The Carriage House at Storowton Tavern in West Springfield, MA. Jimmy covers great artists like Patti Paige, Dean Martin, Hank Williams, Bobby Darin, Sam Cooke, Elvis Presley and more! Enjoy a complete chicken francaise meal with salad, potato, vegetable and dessert prior to the show. Cost is **\$50** and includes transportation and your admission to the show and lunch. **The senior bus will depart the center at 10:30 AM and return at approx. 3:15 PM.**

Old Trips

Sign ups for Trips below have begun.
Space is limited. Don't delay!

St. Patrick's Day Celebration at the Aqua Turf Club—Tuesday, March 12, 2024. Cost is **\$59**.

The Orchid Show at the New York Botanical Gardens—Thursday, March 28, 2024 Cost is **\$124 pp**.

Wicked at the Bushnell—Thursday, April 25.
Cost is **\$113**.

Highlights of Nova Scotia and Prince Edwards Island—6/27 to 7/4/2024 Cost is **\$2,583pp** double & **\$3,146pp** single.

West Virginia Railroad Adventure—9/20 to 9/25
Cost is **\$2,283pp** double & **\$2,966pp** single.

Escorted-San Antonio Holiday—12/4—12/8. Cost is **\$2,799pp** double. Call The Ship Shop at Friendship Tours at 860-243-1630 to sign up!!

*If interested in any of the above trips
please call Tiffany at 860-648-6399 or
visit our website for full flyers and more
information!*

COMMUNITY RENEWAL TEAM **FEBRUARY** 2024 CONGREGATE MENU Menu is subject to change 1/9/24

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
			February is a month to celebrate chocolate ! Did you know that dark chocolate has <u>twice</u> as much heart- healthy benefits as milk or white chocolate ?		Reach for dark chocolate with at least 70 % cocoa . Pair fresh Vitamin C-rich berries w/ a one-ounce piece of dark chocolate. A bonus- vitamin C fights stress-calm at last !	1	100 % Fruit Punch Juice Orange Marmalade Pork Rosemary Potatoes Mixed Vegetables Wheat Bread Cookie	2	Spaghetti w/ Beef Meatballs w/ Marinara Sauce Parmesan Cheese /Broccoli Florets / Bread Stick Fresh Fruit
5	Smothered Pork Chop w/ Gravy Mashed Potatoes Peas & Carrots Wheat Bread Fresh Fruit	6	Orange Juice Italian Sausage w/ Peppers on Hoagie Roll Capri Blend Vegetables Potato Wedges / Ketchup / Cookie	7	Crab Cake w/ Old Bay Remoulade Sauce Tater Tots / Ketchup California Blend Vegetables Saltine Crackers Fresh Fruit	8	Orange Chicken w/ Broccoli Fried Rice Asian-Style Vegetables Cornbread Loaf Fresh Fruit	9	<u>Nat'l Sweet Potato Month</u> Grape Juice Glazed Baked Ham / Mustd Cut-Up Sweet Potatoes Mixed Vegetables 100 % Whole Wheat Bread Frosted Cake
12	Orange Juice Swedish Meatballs w/ Gravy Garlic Smashed Potatoes Vegetable Medley Dinner Roll Wholegrain Fruit Bar	13	MILD Beef & Bean Chili Baked Potato /Sour Cr Green Beans 100 % Whole Wh Bread Fresh Fruit	14	<u>Happy Valentine's Day !</u> 100 % Fruit Punch Juice Bkd Ziti w/ Ricotta Cheese & Marinara Sauce Winter Mix Vegetables Garlic Knot Ice Cream Cup	15	Minestrone Soup / Grilled Chicken Breast w/ Lettuce / Grape Toms Ham / Swiss Cheese / Hard Boiled Egg / Carrots / Ranch Dressing / Bread Stick /Fresh Fruit	16	Orange Juice Battered Fish / Tartar Sce Potato Wedges / Ketchup Parslied Carrots 100 % Whole Wheat Bread Lemon Pudding / Topping
19	CRT Closed In Observance of President's Day	20	Grape Juice All-Beef Hot Dog Ketch/ Must / Relish Hot Dog Bun / Baked Beans / Coleslaw Fruited Yogurt Cup	21	Stuffed Pepper w/ Sauce Rice Prince Edward Vegetables 100 % Whole Wh Bread Fresh Fruit	22	<u>Great American Pie Month</u> Orange Juice Chicken Scampi Mashed Potatoes / Green Beans / Wheat Bread / Slice of Pie	23	Cheesy Vegetable Lasagna w/ Vodka Sauce Broccoli Wheat Dinner Roll Fresh Fruit
26	100 % Fruit Punch Juice Stuffed Cabbage w/ Sauce Rice Veg Blend / Wheat Dinner Roll / Choc Pudding w/ Topping	27	Orange Juice Chicken Stew w/ Pots , Peas & Carrots Biscuit Wholegrain Fruit Bar	28	Kielbasa / Mustard Carmelized Onions Paprika Seasoned Diced Pots Wax Beans Dinner Roll Fresh Fruit		Lunch served Monday – Friday at 12 Noon. Please call by noon the day before to sign up. 860-648-6361 ext. 3328		South Windsor Senior Center 150 Nevers Road South Windsor, CT 06074

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. SUGGESTED DONATION: \$3.00 or what you can afford. Menu is subject to change.

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday																																
			<h1>February</h1> <h2>2024</h2>						Trip Sign up Day 8:00 AM			1			Tax Assistance By Appt. 9:30 AM			2			Fitness Center 7:30 AM-12:00 PM			3																							
Walkers (meet at Nevers) Tax Assistance Lite Aerobics All Levels Yoga Veteran's Benefits Lunch Chair Volleyball Mahjong Self Defense Lecture Hotdogs & Bingo			8:30 AM By Appt. 8:30 AM 8:30 AM 10:00 AM 10:30 AM 12:00 PM 1:00 PM 1:00 PM 1:00 PM 5:45/6:30 PM						Walkers (meet at Nevers) Tax Assistance Lite Aerobics All Levels Yoga Lunch Chair Volleyball Mahjong Parkinson's Support Group			8:30 AM By Appt. 8:30 AM 8:30 AM 10:00 AM 12:00 PM 1:00 PM 1:00 PM 1:00 PM			8			Tax Assistance By Appt. 9:30 AM			9			Pickleball 8:00 AM—12:00 PM			10																				
Footcare Fitness Center Personal Trainer (H)Lite Aerobics Chair Line Dancing Bingo Pickleball Lunch Poker Setback Cardio Drumming Book Club			By Appt. 8-11:00 AM 8:30 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 1:00 PM 1:00 PM 2:30 PM 6:00 PM			5			Hair Cuts & Massage Walkers (meet at Nevers) Stretch & Strength Pickleball Lessons Lunch Samba Line Dancing Lessons Fitness Center Personal Trainer			By Appt. 8:30 AM 8:30 AM 9:00 AM 10:30 AM 12:00 PM 12:30 PM 2:00 PM 4-7:00 PM			6			Silver Sneakers Breakfast Sandwiches Knitters Group (H) Chair Yoga Chair Volleyball Lunch Hand, Knee, Foot Duplicate Bridge Watercolor Valentines Beginner's Tai Chi Intermediate Tai Chi			8:30 AM 9:00 AM 9:00 AM 10:00 AM 11:30 AM 12:00 PM 12:30 PM 12:45 PM 1:00 PM 1:00 PM 2:00 PM			7			Walkers (meet at Nevers) Tax Assistance Lite Aerobics All Levels Yoga Lunch Chair Volleyball Mahjong Parkinson's Support Group			8:30 AM By Appt. 8:30 AM 8:30 AM 10:00 AM 12:00 PM 1:00 PM 1:00 PM 1:00 PM			8			Tax Assistance By Appt. 9:30 AM			9			Pickleball 7:30 AM-12:00 PM			10		
Maj. Donnelly Hike (H) Chair Yoga Caregivers Support Pickleball Lunch Mexican Train Cribbage Ceramics Movie: 42			9:30 AM 10:00 AM 10:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:00 PM 1:30 PM						Maj. Donnelly Hike (H) Chair Yoga Caregivers Support Pickleball Lunch Mexican Train Cribbage Ceramics Movie: 42			9:30 AM 10:00 AM 10:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:00 PM 1:30 PM						Gentle Yoga Quilting Setback Lessons Chair Volleyball Silver Strength & Vitality			9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:30 AM																										
Closed			Footcare & Massage Walkers (meet at Nevers) Stretch & Strength Senior Advisory Council Gay City State Park Hike Pickleball Lessons Lunch Samba Physical Therapy Talk Line Dancing Lessons Australia with Bob the Travel Guy Personal Trainer			By Appt. 8:30 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 12:00 PM 12:30 PM 1:00 PM 2:00 PM 2:00 PM 4-7:00 PM			12			Elder Wellness & Massage Silver Sneakers Knitters Group All About Sleep (H) Chair Yoga Valentine's Day Party Chair Volleyball Valentine's Day Lunch Hand, Knee, Foot Duplicate Bridge Beginner's Tai Chi Intermediate Tai Chi			By Appt. 8:30 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 12:45 PM 1:00 PM 2:00 PM			14			Walkers (meet at Nevers) Tax Assistance Lite Aerobics Veteran's Social Hour All Levels Yoga Train Your Brain Lunch Chair Volleyball Community Service Mahjong Winter Warm Up Bingo			8:30 AM By Appt. 8:30 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 12:00 PM 1:00 PM 1:00 PM 2:00 PM 6:30 PM			15			Tax Assistance By Appt. 9:30 AM			16			Pickleball 8:00 AM—12:00 PM			17								
Painting with Christine (H) Chair Yoga Newcomers Group Intergenerational Special Bingo Pickleball Lunch Mexican Train Cribbage Ceramics Movie: Love Finds You on Valentines			9:30 AM 10:00 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:00 PM 1:30 PM						Painting with Christine (H) Chair Yoga Newcomers Group Intergenerational Special Bingo Pickleball Lunch Mexican Train Cribbage Ceramics Movie: Love Finds You on Valentines			9:30 AM 10:00 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:00 PM 1:30 PM						Gentle Yoga Quilting Chair Volleyball Setback Lessons Silver Strength & Vitality			9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:30 AM																										
Closed			Footcare & Massage Walkers (meet at Nevers) Stretch & Strength Heart Healthy Depression & Anxiety Pickleball Lessons Lunch Samba Line Dancing Lessons Personal Trainer			By Appt. 8:30 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 12:00 PM 12:30 PM 2:00 PM 4-7:00 PM			19			Hair Cuts Silver Sneakers Knitters Group (H) Chair Yoga Chair Volleyball Lunch Hand, Knee, Foot Duplicate Bridge Beginner's Tai Chi Chocolate Buffet Blast Intermediate Tai Chi			By Appt. 8:30 AM 8:30 AM 9:00 AM 10:00 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 12:45 PM 1:00 PM 1:30 PM 2:00 PM			21			Walkers (meet at Nevers) Tax Assistance Lite Aerobics All Levels Yoga Lunch Chair Volleyball Mahjong Tips to Optimize Brain Health Early Bird Dinner Creative Happy Hour- LGBTQ in Glastonbury			8:30 AM By Appt. 8:30 AM 8:30 AM 10:00 AM 12:00 PM 1:00 PM 1:00 PM 1:00 PM 4:00 PM 4:00 PM			22			Tax Assistance By Appt. 9:30 AM			23			Pickleball 8:00 AM—12:00 PM			24								
Painting with Christine (H) Chair Yoga Bingo Pickleball Lunch Mexican Train Cribbage Ceramics			9:30 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:00 PM						Painting with Christine (H) Chair Yoga Bingo Pickleball Lunch Mexican Train Cribbage Ceramics			9:30 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:00 PM						Gentle Yoga Quilting Setback Lessons Chair Volleyball Silver Strength & Vitality Brass Monkey Tavern			9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:30 AM 1:00 PM																										
Trips Old State House—2/1 @ 9:30 AM Dineout to Casa Mia—2/11 @ 11:30 AM Fascia's Chocolate Experience—2/20 @ 9:00 AM Extreme Shopping at Boscov's—2/22 @ 9:15 AM Dineout to The Cheesecake Factory—2/29 @ 11:00 AM									Trips Old State House—2/1 @ 9:30 AM Dineout to Casa Mia—2/11 @ 11:30 AM Fascia's Chocolate Experience—2/20 @ 9:00 AM Extreme Shopping at Boscov's—2/22 @ 9:15 AM Dineout to The Cheesecake Factory—2/29 @ 11:00 AM									Every Day Programs Billiards Monday—Saturday 8:00 AM to 12:00 PM Coffee Available Mon– Fri 9:00 AM to 11:00 AM Pickleball At Ellsworth Mon—Fri 8:30 AM to 2 PM																													
Fitness Center Personal Trainer (H)Lite Aerobics Chair Line Dancing Bingo Pickleball Lunch Poker Setback Cardio Drumming			8-11:00 AM 8:30 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 1:00 PM 1:00 PM 2:30 PM			26			Massage Walkers (meet at Nevers) Stretch & Strength Dismal Brook Hike Make Your Own Easter Cards Pickleball Lessons Lunch Samba Tech Petting Zoo Line Dancing Lessons Control Your Weight Personal Trainer Evening Painting Class			By Appt. 8:30 AM 8:30 AM 9:00 AM 9:30 AM 10:30 AM 10:30 AM 12:00 PM 12:30 PM 1:00 PM 2:00 PM 3:00 PM 4-7:00 PM 6:00 PM			27			Massage Reiki & Life Coaching Silver Sneakers Knitters Group (H) Chair Yoga Chair Volleyball Birthday Lunch Hand, Knee, Foot Duplicate Bridge Beginner's Tai Chi Intermediate Tai Chi Sound Meditation			By Appt. 8:30 AM By Appt. 8:30 AM 8:30 AM 9:00 AM 10:00AM 11:30 AM 12:00 PM 12:30 PM 12:45 PM 1:00 PM 2:00 PM 6:00 PM			28			Walkers (meet at Nevers) Tax Assistance Lite Aerobics All Levels Yoga Scams Lunch Chair Volleyball Mahjong Move: All the President's Men Leap Year Dinner & Dance			8:30 AM By Appt. 8:30 AM 8:30 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 1:00 PM 1:00 PM 4:00 PM			29														

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