



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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March 2024

Coffee with the Fire Chief

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! **Friday, March 1 at 11:00 AM.** Free, register on line or call us!



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, register online or call us!

Food for Life

Join Linda Byam, Certified Food For Life Instructor on **Wednesday, March 20 at 10:00 AM and April 4 at 11:00 AM.** Linda will discuss The Art Of Meal Prep and 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 on-line or call us!



St. Patrick's Day Bingo & Lunch

Come and play a special St. Patrick's Day bingo on **Thursday, March 14 at 10:30 AM** with special prizes and treats. Following bingo, a CRT lunch of corned beef, boiled potatoes, cabbage & carrots and dessert will be served at 12 noon (\$3 donation). Sign up for lunch by noon the day before. No need to register for bingo.

St. Patrick's Day Dancers

Join us on **Saturday, March 16 at 9:00 AM** for the SRL Irish Dancers. They will entertain you with wonderful Irish dance and costumes. Following the performance, we will serve scrambled eggs, corned beef hash, Irish Soda Bread and coffee/tea provided by Oscar's. Cost is \$5 for residents, \$10 for non-residents. Register online or in the office anytime.

Meet the Mayor and Town Manager

Join Mayor Audrey Delnicki and Town Manager Michael Maniscalco to learn what's happening in the town and to get your questions answered. **Thursday, March 28 at 10:30 AM.** Free, please register online or call us!

Early Bird Dinner & Bingo

Join us on **Thursday, March 28 at 4:00 PM** for Homemade chicken soup, grill cheese sandwiches and dessert. Following dinner, you will be playing Bingo. Cost is \$5 for residents, \$10 non residents. Sign up anytime in the office.



Beginner Ukulele Classes

Join instructor Laurie Parr to learn to play the ukulele as you have fun playing and singing with a group. These classes are designed for the complete beginner, NO musical background is required. You will receive a binder filled with 20 songs you can play using the 4 chords and 1 or 2 strumming patterns we learn. Please purchase your own uke prior to the first class. (Concert or tenor size are recommended; see office for more info.) **Thursdays at 1:00 PM beginning March 21 through April 25.** \$15 for this 6 week class, payable to instructor at first class via cash, check or Venmo. Call to register.

Origami Display and Class

Guru Seenivasan, a Junior at South Windsor High School will have a Origami display in the banquet hall case for the month of March. He has been doing origami ever since he was 6 years old. Guru has meet with people who have integrated origami to help launch NASA aircraft. Guru will teach a Origami class on **Saturday, March 30 at 10:00 AM.** Free, register online or call us!

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 **March 12**. 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 Bettaker, Carol Butler, Tom Field, Alva Fitch, Estelle Fournier, Gloria Goslin, Hansa Khant, Kathy Longo, Elaine Smith

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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 will be held at the Community Center, in collaboration with the American Parkinson's Disease Association, and facilitated by Susan Lather on the **2nd Thursday of each month at 1:00 PM. Next date: March 21.** 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: March 1.** Everyone deals with loss differently. Let's come together and get tips on coping.

Caregivers Support Group

Please join us on **Friday, March 8 at 10:00 AM** for an Open Discussion format. If you have any particular topics that you would like to discuss, please feel free to contact Sue before the meeting. If you would like to join the group or be added to the email distribution list, call Sue at 860-648-6359 or via email at 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. Next date: March 19** 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.** Documentation needed: last four weeks of income (such as the 2024 Social Security Benefit letter that shows the current monthly amount), the 2023 1099's for any other source of income, latest utility bills as well as proof of current rent/mortgage. If you receive cash assistance or SNAP please bring current 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.

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

Medicare Advantage Open Enrollment Period (MA OEP) ends March 31. Last chance to 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. 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.

Mobile Food Share

Located at Wapping Church every other Thursday **from 11:30 AM to 12 noon. March 14 & 28.** 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



Join our Book Club!

Cynde Acanto from Book Club on the Go facilitates our Book Club! **Monday, March 11 at 6:00 PM** we will discuss *The Shadow Box* by Luanne Rice. **Monday, April 8 at 6:00 PM** we will discuss *Circling the Sun* by Paula McLain. Books are available at the SW Library. No registration required.

Panama Canal

with Bob the Travel Guy

This March, we cruise to and through the Panama Canal. The Panama Canal is one the 20th century's great engineering feats. Prior to traveling to the canal, we will make stops in the Bahamas, Aruba and Curaçao. Then we cue up for our canal trip, learning how and why we built the canal. Upon leaving the canal, we leave for Costa Rica, our last stop and take a rainforest tour. In the jungle, watch out for the piosonous snakes, frogs etc. Keep your hands off the trees and don't step on the leaf cutter ants. **Tuesday, March 12 at 2:00 PM.** Free. Register online or call us!

The Biography of Russian Composer Tchaikovsky

When one thinks about Russian composers, the first name likely to come to mind is "Tchaikovsky." Our very own Jack Brin will be back to show his video all about his life and the meaning of his music to a particular Russian tram driver. **Wednesday, March 13 at 10:00 AM.** Free. Register online or call us!

The History of St. Patrick

Who was St. Patrick? When did he live? Was he Irish? Did he really drive the snakes out of Ireland? Join retired physician, archaeologist and amateur medievalist Doris Phillips on **Monday, March 18 at 11:00 AM** for a presentation on the real St. Patrick. Free. Register online or call us!

Stories with Students

Students from SW High School will be coming down to meet with seniors. You will together read short stories/excerpts from novels and have discussions about the text. If you are interested in doing this please sign up with Tiffany by calling 860-648-6399. The dates are as follows, **March 5 and 6 from 8:50—10:40 AM.** You can sign up for one or both days!

Lean Protein

Join Megan Brown, MPH, RDN, CDN from University of Saint Joseph SNAP-Ed on **Tuesday, March 19 at 10:00 AM.** Her topic will be Lean Protein, sources of Lean Protein, how much of it we need, and food safety tips such as safe internal temperatures and storage. Our food demonstration is "eggs in a pocket" where we'll serve small portions of scrambled eggs in a pita pocket. Free. Register online or call us!

Learning Libby

Let's Learn Libby: Did you know you can access books, audiobooks, and magazines for free with your South Windsor Library card? Come find out about Libby, their ebook service! Libby can be accessed with a smartphone, tablet, laptop, or computer. You can even read with a Kindle if you prefer. Bring a device and you can leave with an account and begin downloading your next read. If you don't have a library card you can get one during the visit. Audrey Breen, from the South Windsor Library, is back on **Thursday, March 21 at 1:00 PM** to teach you all you need to know about Libby! Free. Register online or call us!

Red Sox—Yankees: The Greatest Rivalry In Sports

Welcome to the most intense rivalry in American sports - maybe the world. This fun program hosted by award-winning sportswriter, baseball beat writer and book author Marty Gitlin features videos of the biggest moments of the rivalry from well over a century, as well as trivia questions for the patrons to ponder. From the sale of Babe Ruth in 1919 that launched the Yankees dynasty and Curse of the Bambino to Joe DiMaggio vs. Ted Williams to the Brawl of 1967 to Bucky Dent to Munson vs. Fisk to the Red Sox Revenge of 2004 all the way to today - this program is a blast! Marty will have his *Ultimate New York Yankees Time Machine Book* and *Ultimate Boston Red Sox Time Machine Book* for sale after the event. A Q&A will follow. This is sure to get you ready for the 2024 MLB season! **Tuesday, March 26 at 10:00 AM.** Free. Register online or call us!

Coming in April

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

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!

Australia-Rescheduled

Join Bob the Travel Guy on **Friday, April 5 at 1:30** for his presentation on Australia which has been rescheduled from February. Free, register on line or call us.

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 or in person at your local police department. 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. Law enforcement officers will have access to the confidential data and respond appropriately.

WHO IS ELIGIBLE? All members of the community whose cognitive challenges may lead to confusion and disorientation.

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



Arts & Crafts

Paint Pouring Crafts



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! Register online or in the office.

Irish Craft



Let the shenanigans begin! We'll have the luck of the Irish with us as we create a cute and festive St. Patrick's Day decoration you can display year after year! All materials provided in this all-levels class! Join Mary Ransom on **Wednesday, March 13 at 1:00 PM**. Cost is \$15 (\$20 for non-residents). Register online or in the office.

Painting with Christine

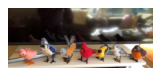
Join professional artist Christine MacClintic for a fun, easy class using acrylic paint on a 16x20 canvas. No experience needed. **Fridays, March 15 and 22 from 9:30-11:30 AM**. Cost is \$20 (\$25 non-residents) and includes all supplies. Register online or in the office.

Evening Painting



Join Artist Sandy Poirier on **Monday, March 18 at 6:00 PM** for "Shadows in Snow" 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.

Felting Bird



Join Diana Sheard for a lesson in felting. You will learn beginner skills of needle felting working with special needles and wool. You will leave with your completed project of a little birdie. You can pick the color and type of bird you like. Each bird will have it's own nest. **Wednesday, March 20 from 11:00 AM to 1:00 PM**. Cost is \$25 and all supplies are included. Register online or in the office.

Spring Wreath Making



Join Sherri Milkie on **Monday, March 25 at 11:00 AM**. You will make and take your own spring ribbon wreath. All supplies are included. This class is free to the first 6 residents. Register online or call us!

Trips~ Sign-up begins Thursday, March 7 at 8AM
(non-residents beginning 3/15 as space allows)
*All programs requiring payment must be signed up
for in person; You may call to sign up 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: Blue Dragonfly Gift Shop

Come with us to Windsor to visit the Blue Dragonfly Gift Shop on **Tuesday, March 26**. This is a unique gift shop with a purpose. It is a part of Family Partnerships of CT, an agency dedicated to assisting adults with special needs. The Blue Dragonfly has something for everyone on your list from locally made jewelry and pottery to bath products, books, games, candles and more! After our stop there we will head to lunch at Union Street Tavern. **The senior bus will depart at 10:30 AM and return at approx. 2:00 PM.**

Weekend Dine Out: P.F. Changs

Let's venture to P.F. Chang's in the West Farms Mall for lunch on **Sunday, March 24**. Enjoy lunch at this Chinese restaurant serving Mongolian, Thai, Korean and other pan-Asian dishes. Following lunch you will have some time to do a little shopping in the mall. Please bring money for lunch, the restaurant cannot accommodate separate checks so please have change. **The senior bus will depart the center at 12:00 PM and return at approx. 3:30 PM.**

Dine Out: Luce Restaurant

Dine out in Middletown at Luce Restaurant, on **Thursday, March 14**, where they specialize in Tuscan inspired cuisine with a modern American flair. Their dishes are award-winning and are comprised of only the finest ingredients from all over the world. Separate checks will be accommodated. **The senior bus will depart at 11:45 AM and return approx. 2:30 PM.**

Old Trips: Sign up anytime!

Harvard Glass—4/30; cost \$142 pp

Music Men & Broadway Broads at the Aqua Turf Club—4/9; \$59 pp

Highlights of Nova Scotia and Prince Edwards Island—6/27—7/4;
\$2,583 pp double/\$3,1146 pp 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

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

Adventures Await

*Sign up for our hikes on-line or
in the office anytime!*

*Please wear appropriate winter
hiking clothing, footwear and bring
trekking poles. If you have any
question call Barbara at
860-648-6398*

Pistol Creek and Lunch

Join Barbara on **Monday, March 11** for an easy stroll at Pistol Creek (formerly a golf course) in Berlin. This will be about a 3.5 mile walk, on a paved surface. Dress in layers, bring water, a snack and money for lunch at Joey B's in Berlin. The bus will be leaving the Center at 9:30 AM and returning approx. 2:00 PM. Register online or in the office. Cost is \$5 for transportation.

Airline Trail and Lunch

Join Jay on the Airline Trail in Amston **Tuesday, March 19 at 9:30 AM**. This will be about 3 miles on a flat trail. The bus will leave the Center at 9:30 AM and return approximately 2:00 PM. Please bring water, snacks, trekking poles, dress in layers, money for lunch at Georgia's in Amston. Cost is \$5 for transportation. Register online or in the office.

Roaring Brook and Lunch

Join Debbie on **Thursday, March 28** for a beginning of Spring hike. This hike will be about 3 miles of flat and hilly trails, past old quarry, along brooks, and dams. Dress in layers, bring water, a snack and money for lunch at Dish N Dat in Canton. The bus will be leaving the Center at 9:00 AM and returning approximately 2:30 PM. Cost is \$5 for transportation. Register online or in the office.

Stay Fit, Stay Well!

Class	Times	Session Dates	Cost
Pickleball Lessons	Saturdays 10:00 – 12:00	March 9–March 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	Monday 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 1—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 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

Chair Yoga

Chair Yoga is now closed to new non-residents. This class is now only for residents.

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 **Saturdays March 9 thru 30 from 10:00-12:00 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.

Healthy Habits Challenge

Just because it is not the beginning of the year anymore doesn't mean it is too late to begin creating healthy habits. Pick up a worksheet either in the front office or the Fitness Center. It will list off tasks for you to follow each day that will help you on your quest to instill healthy habits into your life or continue on with ones you have already been working on!

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: **March 13** starting at 10:00 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

Tuesday, March 5 and 26 with Pat and Tuesday, March 19 with Alyssa. Haircuts are \$20 payable at your appointment, cash is preferred. Call 860-648-6361 ext. 3335 for an appointment.



Are You Getting Our E-mails?!

If you signed up to receive our newsletter or other updates via email, please check your spam if you have not been getting them. We are using "Constant Contact" and many people have been finding them in their spam folder.

New Information!

WE NOW ACCEPT CREDIT CARDS!

Beginning March 1 we will now be accepting credit cards 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.



Veterans Corner

Veterans Benefits Questions

Stop in anytime **Thursday, March 7 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, March 21 at 9:00 AM.** No need to register, join us!



Volunteer Corner

Community Service Group

Thursday, March 21 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

Breakfast Sandwiches

Our “Made to Order” egg sandwiches are coming to you on a SATURDAY! Say whaaat??? Let’s see if we can top our record of 65 sandwiches served in one event! Fried egg, 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 Saturday, March 23.**

Hand, Knee, Foot Card Game

Our volunteers are coming through again for us! Learn this card game, which is similar to Canasta, on **Saturdays in March at 10:00 AM.** This 5-week series can be a refresher or a lesson for someone who has never played. Free, register online or call us!

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 March 2, 9, 23 & 30 from 10:00-12 Noon.** 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! Please note 3/23 the start time will be 10:30 AM.

Billiards

Saturdays from 8:00 AM—12:00 PM. Drop-in!

Pickleball

Pickleball lessons for beginners are available on Saturdays in March from 10 AM to 12 Noon for residents only. Free, register on-line or call us for this 5 - week class.

Pickleball play will be **Saturdays in March from 8:00-10:00.** 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.

Fitness Center:

OPEN 7:30 AM to 12 Noon

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, March 15.** 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

Bingo ~ Mondays at 10:30 AM and Thursdays 3/7 at 6:30 PM and 3/21 at 6:30 PM (hotdogs on 3/7)

Poker ~ Mondays at 1:00 PM

Setback ~ Mondays at 1:00 PM

Evening Setback will resume Wednesday, 4/3.

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 Sat 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:

Monday, March 18 at 10:30 AM the Arbors of Hop Brook are bringing in goodies and prizes to make this bingo extra special! No need to register. Cards are \$1 each.

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!



LGBTQ Moveable Senior Center

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

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. **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 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)
 - ◆ Sewer taxes can not be claimed
 - ◆ Health insurance coverage

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, March 6 or April 3.**

Sound Meditation

Tuesday, March 12 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.

Reiki

Darby Long will offer 10-minute Reiki sessions for \$10. **Monday, March 18 from 10:00 AM to 12:00 PM.** Payments are directly to Darby. Register online or call us!



Monte Carlo Whist Party

Friday, March 15 at 1:00 PM. Cash prizes will be awarded, goodies will be served! **Cost: \$5.** Registration in advance is preferred, walk-ins are allowed if space is available. No partner needed! This is a fundraiser for our community service group. Need a lesson? Let us know. Register online or in the office anytime!

Breakfast Quesadillas

We wanted to add a little spice to our breakfast offerings this month and serve up some breakfast quesadillas! You will have a choice of sausage, bacon or just egg with or without cheese and some salsa on the side! **Cost is \$5, Come anytime between 9 and 10:00 AM on Wednesday, March 27** Register and pay in the office!

Beat Parkinson's

Join our research-based Beat Parkinson's Today exercise class for people with Parkinson's Disease! A certified trainer will lead you through a specialized program that entails functional interval training, boxing and visualization for ALL levels. Wear sneakers, comfortable clothes and bring a water bottle. **Thursday, March 28 at 2:00 PM.** Free, register online or call us!

Lunch Program

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 **March** birthdays on **Wednesday, March 27**. 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:

Fri 3/1—National oranges & lemons day; Eggplant Rollatini

Mon 3/4—Hotdog and baked beans

Tues 3/5—Baked Cheese & Beef Ziti

Wed 3/6—BBQ Beef Brisket with a special presentation put on by our very own sign language group!!

Thurs 3/7—Roast Turkey w/ Gravy

Fri 3/8—Battered Fish & Chips

Mon 3/11—Stuffed Cabbage

Tues 3/12—Chicken Cesar Wrap

Wed 3/13—Boneless Chicken

Thurs 3/14—St. Patrick's Day Celebration; Corned Beef

Fri 3/15—Mac n' Cheese

Mon 3/18—Chicken Stir-Fry

Tues 3/19—National Meatball Day; Mini meatballs

Wed 3/20—Honey Baked Ham

Thurs 3/21—Oven Fried Chicken

Fri 3/22—Tuna Noodle Casserole

Mon 3/25—Boneless Chicken Marsala

Tues 3/26—Kielbasa

Wed 3/27—Hearty Beef Stew

Thurs 3/28—Chicken Rice Soup

Fri 3/29—Closed in Observance of Holiday

Senior Center Cinema

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 PM.** Popcorn will be served. Free. Register online or call us! Rated R

Wild Mountain Thyme



Headstrong farmer Rosemary Muldoon has her heart set on winning her neighbor Anthony Reilly's love. The problem is, Anthony seems to have inherited a family curse, and remains oblivious to his beautiful admirer. Stung by his father's plans to sell the family farm to his American nephew, Anthony is jolted into pursuing his dreams. **Thursday, March 14 at 1:00 PM.** Popcorn will be served. Free. Register online or call us! Rated PG-13

Stillwater



An American oil-rig roughneck travels to Marseille, France, to visit his estranged daughter, in prison for a murder she claims she didn't commit. Confronted with language barriers, cultural differences and a complicated legal system, he soon builds a new life for himself as he makes it his personal mission to exonerate her. **Friday, March 22 at 1:00 PM.** Popcorn will be served. Free. Register online or call us! Rated R

Oppenheimer



During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history. **Tuesday, March 26 at 3:00 PM.** Pizza will be served. Cost is \$5. Register online or in the office. Rated R

New Trips: Residents sign up on Trip Sign-Up Day, Thursday, March 7, beginning at 8:00 AM in the office. Online registration is not available for trips. Non-residents can sign up one week later, Thursday, 3/14.

Backstage Tour of the Bushnell

Look behind the curtain with this behind-the-scenes tour of the Bushnell on **Thursday, March 21**. Experience the glamour of the historic Mortensen Hall; marvel at the luxuriousness of the Belding Theater; gaze at the 14-foot sparkling Chihuly chandelier; and rub elbows with celebrities as you view a variety of backstage areas rarely seen by the public—including their famous autograph room and star's green room! The tours are given by experienced guides and include information about the Bushnell's history, art and filled with stories about the performers and shows. We will head to Hartford with our first stop being at Parkville Market for lunch and then to the Bushnell for our tour at 1:00 PM. **The senior bus will depart the center at 11:00 AM and return approx. 3:00 PM. Cost is \$5.**

Barker Museum & Lunch

Head to Cheshire with us to visit the Barker Character, Comic & Cartoon Museum on **Thursday, April 4**. This unique museum houses the personal collection of Gloria and Herbert Barker, an assembling of almost 80,000 items that took over forty years to create. You will be given a guided tour with time to visit their shop as well as try out their scavenger hunt where you can win a prize. You are sure to find your favorite toys on display and enjoy an unusual glimpse into the past! We will have lunch following at Viron Rondo. Please bring money for lunch, they will separate checks by the table. Cost for the trip is **\$10. The bus will depart at 10:15 AM and return approx. 3:00 PM.**



9/11 Museum & Memorial

On **Wednesday, May 22**, begin your day in New York City with lunch on your own at Brookfield Place before heading to the 9/11 Museum. This is the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring the continuing significance. Multimedia displays, artifacts and narratives commemorate the lives of each and every victim of both the 2001 and 1993 attacks. You will spend time visiting the Memorial. The Memorial's Twin reflecting pools sit within the footprints where the Twin Towers once stood. Cost is **\$118 per person. The motor coach bus will depart Geissler's at 7:00 AM and return at approx. 7:30 PM.** Please note there will be a moderate amount of walking on this trip.

The Mystery of Edwin Drood at the Goodspeed

Who killed Edwin Drood? You decide! A troupe of Victorian performers invites you to play detective in this musical comedy whodunit packed with surprise. Your vote picks the guilty party from a lineup of suspicious Charles Dickens characters who leap off the page and into a gas-lit, gilded, giddy spectacle. No one is who they appear to be among the corrupt suspects in this cunning and clever show within-a-show. You'll be guessing motives, masks and murder 'til the final curtain. We will head down to East Haddam on **Thursday, May 23**, first stopping for lunch at the Gelston House before our afternoon showtime. Cost for the trip is **\$110** and includes lunch and your admission to the show. Please let us know your meal choices at time of sign up. Choices. **The senior bus will depart the center at 10:30 AM and return at approx. 5:00 PM.**

Island Hopping: Nantucket & Martha's Vineyard

Make the weekend of **August 16—18** special and fun by experiencing exciting adventures on both Nantucket & Martha's Vineyard. On day 1, head to Cape Cod and visit the JFK Museum to learn about the legacy of President Kennedy and his deep connection to Cape Cod. You will check into the Holiday Inn Cape Cod Hyannis where you will spend the next two nights. On Day 2, after breakfast, daytrip to Nantucket Island via ferry. Experience a guided tour with free time for lunch and shopping or biking before returning to the mainland to have an evening at leisure. Your final day will begin with breakfast before heading to Martha's Vineyard with a visit to Edgartown where you can browse its quaint shops and lunch on own before returning to Oak Bluffs. **Cost is \$759 pp double, \$955 pp single. \$250 deposit is due at registration.** Includes motorcoach, 2 nights hotel, 2 breakfasts, 1 dinner, ferries to Nantucket & Martha's Vineyard, sightseeing and admissions, tour escort and driver & tour director gratuity. Please note Nantucket is filled with cobblestone streets and walkways, if you use a walker or have walking limitations, it can be difficult to maneuver.

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Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
<div></div> <div>March2024</div>						<div>Every Day Programs</div> <div>Billiards</div> <div>Monday—Saturday 8:00 AM to 12:00 PM</div> <div>Coffee Available</div> <div>Mon– Fri 9:00 AM to 11:00 AM</div> <div>Pickleball</div> <div>At Ellsworth Mon—Fri 8:30 AM to 2 PM</div>			<div>Trips</div> <div>3/12 Aqua Turf Club @ 10:15 AM</div> <div>3/14 Luce Dineout @11:45 AM</div> <div>3/21 Bushnell Tour @ 11:00 AM</div> <div>3/24 P.F. Changs Dineout @12:00 PM</div> <div>3/26 Extreme Shopping @10:30 AM</div> <div>3/28 Orchid Show @ 7:00 AM</div>			<div>Tax Assistance</div> <div>Bridge</div> <div>(H) Chair Yoga</div> <div>Coffee with the Fire Chief</div> <div>Pickleball</div> <div>Lunch</div> <div>Mexican Train</div> <div>Cribbage</div> <div>Ceramics</div> <div>Bereavement Support Group</div> <div>By Appt. 9:30 AM</div> <div>11:00 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>3:00 PM</div>			<div>Fitness Center Open 7:30 AM-12:00 PM</div> <div>Billiards 8 AM –Noon</div> <div>Pickleball 8:00—12:00 PM</div> <div>Gentle Yoga 9:00 AM</div> <div>Quilting 9:00 AM</div> <div>Hand, Knee, Foot Lessons 10:00 AM</div> <div>Chair Volleyball 10:00 AM</div> <div>Silver Strength & Vitality 10:30 AM</div>		
<div>Footcare</div> <div>Fitness Center</div> <div>Personal Trainer</div> <div>(H)Lite Aerobics</div> <div>Chair Line Dancing</div> <div>Bingo</div> <div>Pickleball</div> <div>Lunch</div> <div>Poker</div> <div>Setback</div> <div>Cardio Drumming</div> <div>By Appt. 8-11:00 AM</div> <div>8:30 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>2:30 PM</div>			<div>Haircuts & Massage</div> <div>Walkers (meet at Nevers)</div> <div>Stories with Students</div> <div>Stretch & Strength</div> <div>Paint Pouring</div> <div>Lunch</div> <div>Samba</div> <div>Coins & Currency</div> <div>Line Dancing Lessons</div> <div>Fitness Center</div> <div>Personal Trainer</div> <div>By Appt. 8:30 AM</div> <div>8:30 AM</div> <div>8:50 AM</div> <div>9:00 AM</div> <div>11:00 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:00 PM</div> <div>1:30 PM</div> <div>4-7:00 PM</div>			<div>Silver Sneakers</div> <div>Stories with Students</div> <div>Breakfast Sandwiches</div> <div>Knitters Group</div> <div>(H) Chair Yoga</div> <div>Chair Volleyball</div> <div>Lunch</div> <div>Hand, Knee, Foot</div> <div>Duplicate Bridge</div> <div>Beginner’s Tai Chi</div> <div>Intermediate Tai Chi</div> <div>8:30 AM</div> <div>8:50 AM</div> <div>9:00 AM</div> <div>9:00 AM</div> <div>10:00 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>12:45 PM</div> <div>1:00 PM</div> <div>2:00 PM</div>			<div>Trip Sign up Day</div> <div>Walkers (meet at Nevers)</div> <div>Tax Assistance</div> <div>Lite Aerobics</div> <div>All Levels Yoga</div> <div>Veteran’s Benefits</div> <div>Lunch</div> <div>Chair Volleyball</div> <div>Mahjong</div> <div>Movie: The Tender Bar</div> <div>Hotdogs & Bingo</div> <div>8:00 AM</div> <div>8:30 AM</div> <div>By Appt. 8:30 AM</div> <div>8:30 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>1:30 PM</div> <div>5:45/6:30 PM</div>			<div>Tax Assistance</div> <div>Bridge</div> <div>(H) Chair Yoga</div> <div>Caregiver Support Group</div> <div>Pickleball</div> <div>Lunch</div> <div>Mexican Train</div> <div>Cribbage</div> <div>Ceramics</div> <div>By Appt. 9:30 AM</div> <div>10:00 AM</div> <div>10:00 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:00 PM</div> <div>1:00 PM</div>			<div>Billiards 8:00 AM—12:00 PM</div> <div>Fitness Center Open 7:30 AM-12:00 PM</div> <div>Pickleball 8:00—10:00 AM</div> <div>Gentle Yoga 9:00 AM</div> <div>Quilting 9:00 AM</div> <div>Hand, Knee, Foot Lessons 10:00 AM</div> <div>Pickleball Lessons 10:00 AM</div> <div>Chair Volleyball 10:00 AM</div> <div>Silver Strength & Vitality 10:30 AM</div>		
<div>Fitness Center</div> <div>Personal Trainer</div> <div>(H)Lite Aerobics</div> <div>Pistol Creek Stroll</div> <div>Chair Line Dancing</div> <div>Bingo</div> <div>Pickleball</div> <div>Lunch</div> <div>Poker</div> <div>Setback</div> <div>Cardio Drumming</div> <div>Book Club</div> <div>8-11:00 AM</div> <div>8:30 AM</div> <div>9:30 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>2:30 PM</div> <div>6:00 PM</div>			<div>Footcare & Massage</div> <div>Walkers (meet at Nevers)</div> <div>Stretch & Strength</div> <div>Senior Advisory Council</div> <div>Paint Pouring</div> <div>Lunch</div> <div>Samba</div> <div>Line Dancing Lessons</div> <div>Panama Canal</div> <div>Personal Trainer</div> <div>Sound Meditation</div> <div>By Appt. 8:30 AM</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>10:00 AM</div> <div>11:00 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:30 PM</div> <div>2:00 PM</div> <div>4-7:00 PM</div> <div>6:00 PM</div>			<div>Elder Wellness & Massage</div> <div>Silver Sneakers</div> <div>Knitters Group</div> <div>(H) Chair Yoga</div> <div>The Biography of Tchaikovsky</div> <div>Chair Volleyball</div> <div>Lunch</div> <div>Hand, Knee, Foot</div> <div>Duplicate Bridge</div> <div>Beginner’s Tai Chi</div> <div>Irish Craft</div> <div>Intermediate Tai Chi</div> <div>By Appt. 8:30 AM</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>10:00 AM</div> <div>10:00 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>12:45 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>2:00 PM</div>			<div>Walkers (meet at Nevers)</div> <div>Tax Assistance</div> <div>Lite Aerobics</div> <div>All Levels Yoga</div> <div>St. Patrick’s Day Bingo</div> <div>St. Patrick’s Day Lunch</div> <div>Chair Volleyball</div> <div>Mahjong</div> <div>Movie: Wild Mountain Thyme</div> <div>8:30 AM</div> <div>By Appt. 8:30 AM</div> <div>8:30 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div>			<div>Tax Assistance</div> <div>Bridge</div> <div>Painting with Christine</div> <div>(H) Chair Yoga</div> <div>Newcomers Group</div> <div>Pickleball</div> <div>Lunch</div> <div>Mexican Train</div> <div>Cribbage</div> <div>Ceramics</div> <div>Monte Carlo Whist Party</div> <div>By Appt. 9:30 AM</div> <div>9:30 AM</div> <div>10:00 AM</div> <div>10:00 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div>			<div>Billiards 8:00 AM—12:00 PM</div> <div>Fitness Center Open 7:30 AM-12:00 PM</div> <div>Pickleball 8:00—10:00 AM</div> <div>Gentle Yoga 9:00 AM</div> <div>St. Patrick’s Day Dancers</div> <div>Quilting 9:00 AM</div> <div>Hand, Knee, Foot Lessons 10:00 AM</div> <div>Pickleball Lessons 10:00 AM</div> <div>Silver Strength & Vitality 10:30 AM</div>		
<div>Personal Trainer</div> <div>(H)Lite Aerobics</div> <div>Chair Line Dancing</div> <div>Reiki</div> <div>Special Bingo</div> <div>The History of St. Patrick</div> <div>Pickleball</div> <div>Lunch</div> <div>Poker</div> <div>Setback</div> <div>Cardio Drumming</div> <div>Evening Painting</div> <div>8-11:00 AM</div> <div>8:30 AM</div> <div>10:00 AM</div> <div>By Appt. 9:30 AM</div> <div>10:30 AM</div> <div>11:00 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>2:30 PM</div> <div>6:00 PM</div>			<div>Haircuts & Massage</div> <div>Walkers (meet at Nevers)</div> <div>Stretch & Strength</div> <div>Airline Trail Walk</div> <div>Lean Protein</div> <div>Depression & Anxiety</div> <div>Paint Pouring</div> <div>Lunch</div> <div>Samba</div> <div>Line Dancing Lessons</div> <div>Personal Trainer</div> <div>By Appt. 8:30 AM</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>9:30 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>11:00 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:30 PM</div> <div>4-7:00 PM</div>			<div>Silver Sneakers</div> <div>Knitters Group</div> <div>(H) Chair Yoga</div> <div>Food for Life</div> <div>Felting Bird</div> <div>Chair Volleyball</div> <div>Lunch</div> <div>Hand, Knee, Foot</div> <div>Duplicate Bridge</div> <div>Beginner’s Tai Chi</div> <div>Intermediate Tai Chi</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>10:00 AM</div> <div>10:00 AM</div> <div>11:00 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>12:45 PM</div> <div>1:00 PM</div> <div>2:00 PM</div>			<div>Walkers (meet at Nevers)</div> <div>Tax Assistance</div> <div>Lite Aerobics</div> <div>Veteran’s Social Hour</div> <div>All Levels Yoga</div> <div>Lunch</div> <div>Chair Volleyball</div> <div>Community Service</div> <div>Beginner Ukulele</div> <div>Parkinson’s Support Group</div> <div>Learning Libby</div> <div>Mahjong</div> <div>Bingo</div> <div>8:30 AM</div> <div>By Appt. 8:30 AM</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>10:00 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>6:30 PM</div>			<div>Tax Assistance</div> <div>Bridge</div> <div>Painting with Christine</div> <div>(H) Chair Yoga</div> <div>Pickleball</div> <div>Lunch</div> <div>Mexican Train</div> <div>Cribbage</div> <div>Ceramics</div> <div>Movie: Stillwater</div> <div>By Appt. 9:30 AM</div> <div>9:30 AM</div> <div>9:30 AM</div> <div>10:00 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div>			<div>Billiards 8:00 AM—12:00 PM</div> <div>Fitness Center Open 7:30 AM—12:00 PM</div> <div>Pickleball 8:00—10:00 AM</div> <div>Gentle Yoga 9:00 AM</div> <div>Quilting 9:00 AM</div> <div>Breakfast Sandwiches 9:00—10:30 AM</div> <div>Hand, Knee, Foot Lessons 10:00 AM</div> <div>Pickleball Lessons 10:00 AM</div> <div>Chair Volleyball 10:30 AM</div> <div>Silver Strength & Vitality 10:30 AM</div>		
<div>Fitness Center</div> <div>Personal Trainer</div> <div>(H)Lite Aerobics</div> <div>Chair Line Dancing</div> <div>Bingo</div> <div>Spring Wreath Making</div> <div>Pickleball</div> <div>Lunch</div> <div>Poker</div> <div>Setback</div> <div>Cardio Drumming</div> <div>8-11:00 AM</div> <div>8:30 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>11:00 AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>2:30 PM</div>			<div>Haircuts & Massage</div> <div>Walkers (meet at Nevers)</div> <div>Stretch & Strength</div> <div>Red Sox—Yankees Rivalry</div> <div>Lunch</div> <div>Samba</div> <div>Line Dancing Lessons</div> <div>Movie: Oppenheimer</div> <div>Personal Trainer</div> <div>By Appt. 8:30 AM</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>10:00 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>1:30 PM</div> <div>3:00 PM</div> <div>4-7:00 PM</div>			<div>Massage</div> <div>Silver Sneakers</div> <div>Breakfast Quesadillas</div> <div>Knitters Group</div> <div>(H) Chair Yoga</div> <div>Chair Volleyball</div> <div>Birthday Lunch</div> <div>Hand, Knee, Foot</div> <div>Duplicate Bridge</div> <div>Beginner’s Tai Chi</div> <div>Intermediate Tai Chi</div> <div>By Appt. 8:30 AM</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>9:00 AM</div> <div>10:00AM</div> <div>11:30 AM</div> <div>12:00 PM</div> <div>12:30 PM</div> <div>12:45 PM</div> <div>1:00 PM</div> <div>2:00 PM</div>			<div>Walkers (meet at Nevers)</div> <div>Tax Assistance</div> <div>Lite Aerobics</div> <div>Roaring Brook Hike</div> <div>All Levels Yoga</div> <div>Meet the Mayor & Town Manager</div> <div>Lunch</div> <div>Chair Volleyball</div> <div>Mahjong</div> <div>Beginner Ukulele</div> <div>Beat Parkinson's</div> <div>Early Bird Dinner</div> <div>8:30 AM</div> <div>By Appt. 8:30 AM</div> <div>8:30 AM</div> <div>9:00 AM</div> <div>10:00 AM</div> <div>10:30 AM</div> <div>12:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>1:00 PM</div> <div>2:00 PM</div> <div>4:00 PM</div>			<div>Closed in observance of Good Friday</div>			<div>Billiards 8:00 AM—12:00 PM</div> <div>Fitness Center Open 7:30 AM—12:00 PM</div> <div>Pickleball 8:00—10:00 AM</div> <div>Gentle Yoga 9:00 AM</div> <div>Quilting 9:00 AM</div> <div>Origami Class 10:00 AM</div> <div>Hand, Knee, Foot Lessons 10:00 AM</div> <div>Chair Volleyball 10:00 AM</div> <div>Pickleball Lessons 10:00 AM</div> <div>Silver Strength & Vitality 10:30 AM</div>		

COMMUNITY RENEWAL TEAM **MARCH** 2024 CONGREGATE MENU Menu is subject to change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Please be advised that our food may have come in contact with or contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, sesame, or fish. Please advise staff of any food allergies prior to meal consumption !		Lunch served Monday – Friday at 12 PM Please call 860-648-6361 ext. 3328 by 12 noon the day before to sign up. 150 Nevers Rd. South Windsor, CT		Did you know that zinc is an essential trace mineral that may reduce stress in older adults ? Scientific research suggests that zinc may improve the body's balance of good and bad cholesterol- a positive effect.		Zinc plays a role in vision health, as well. Dietary sources of zinc include oysters ; beef patties ; canned baked beans ; pork roast ; breakfast cereal and low-fat fruit yogurt. Get zinc from a variety of foods !	1	<u>Nat'l Oranges & Lemons Day</u> Orange Juice Eggplant Rollatini w/ Sauce Italian Blend Vegetables Bread Stick Lemon Pudding
4	100 % Fruit Punch Juice All-Beef Hot Dog Hot Dog Bun Must, Relish, Ketchup Baked Beans / Coleslaw Tapioca Pudding	5	Orange Juice Bked Cheese & Beef Ziti Zucchini Squash Garlic Knot Frosted Cake	6	BBQ Beef Brisket Potato Salad Vegetable Medley Wheat Dinner Roll Fresh Fruit	7	Roast Turkey w/ Gravy Cranberry Sce / Cornbread Stuffing / Peas Dinner Roll Fresh Fruit	8	Battered Fish and Chips (Potato Wedges) Tartar Sauce / Ketchup Chuckwagon Blend Veggies Wheat Dinner Roll Fresh Fruit
11	Stuffed Cabbage w/ Sauce Garlic Smashed Potatoes Chuckwagon Blend Veggies Wheat Bread Fresh Fruit	12	Grilled Chicken Caesar Wrap : Grilled Chicken Breast / Green Leaf Lettuce / Caesar Dressing / Garlic Pesto Wrap / Mustard / Mayo / Potato Salad / Fresh Fruit	13	Boneless Chicken w/ Gravy White Rice Mixed Vegetables Wheat Bread Yogurt Cup	14	<u>CRT Celebrates St. Patrick's Day</u> Grape Juice Corned Beef / Mustard Parslied Boiled Potatoes Cabbage & Carrots Rye Bread St. Patrick's Day Cookie	15	Grape Juice Macaroni & Cheese Stewed Tomatoes 100 % Whole Wheat Bread BROWNIE (NO NUTS)
18	Chicken Stir-Fry Vegetable Fried Rice Asian Vegetable Blend Dinner Roll Fresh Fruit	19	<u>Nat'l Meatball Day</u> 100 % Fruit Punch Jce Mini-Beef Meatballs w/Sce / Pasta Brussel Sprouts Garlic Knot/Cookie	20	Honey Baked Ham/ Mustard Mashed Potatoes Broccoli Florets 100 % Whole Wh Bread Fresh Fruit	21	Oven Fried Chicken Sweet Potato Wedges Collard Greens 100 % Whole Wheat Bread Fresh Fruit	22	Tuna Noodle Casserole with Peas Wheat Bread Yogurt Cup
25	Boneless Chicken Marsala Parslied Pasta Italian Mix Veggies Wholegrain White Bread Fresh Fruit	26	Kielbasa / Mustard Caramelized Onions Paprika Diced Potatoes Capri Blend Vegetables 100 % Whole Wh Bread Fresh Fruit	27	Orange Juice Hearty Beef Stew with Potatoes and Root Vegetables Wheat Dinner Roll Vanilla Pudding	28	Chicken Rice Soup Salad Greens w/ Ham / Hard Cooked Egg / Red Onions / Cherry Toms / Cucs / Ranch Dressing / Bread Stick Fresh Fruit	29	CRT Closed In Observance of Holiday

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.