



# 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.org](http://www.southwindsor.org)



March 2020



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Celebrating 40 Years

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2020



*Our 40th Anniversary  
Event this month is:*

## Breakfast & Bingo with Brookdale

Join us for an egg frittata, sausage, fruit, pastries and yogurt from Brookdale! **Thursday, March 26 at 9:00 AM** at the center. At 10:00 AM we will play bingo (50 cents a card). We will have prizes too! **Cost is \$5 and space is limited** so sign up now! No need to wait for sign up day! If you wish to come for bingo only, please arrive no earlier than 9:45 AM.

## EAT4LIFE:

**Thursday, March 19 at 1:00 PM** with Dr. Andrew Paterna, professor emeritus from Manchester Community College will present: We make Important food choices every day- "You are what you eat!" "Food and Exercise is Medicine". Choose: A Whole-Foods, Plant-Based Diet. If you shop at the Farmers' Market or the Supermarket....Buy LOCAL, Healthy, Food: Vegetables, Pasture Raised Chicken, Beef, with no hormones, no antibiotics and don't be fooled by 'food-like substance.' Call to register. FREE

## Early Bird Dinner and Entertainment

The Residence at South Windsor Farms and Athena Home & Hospice will be providing a meal of chicken, french fries, rice, seasonal veggies, salad and dessert! Following dinner, be entertained by Val Rogers, an accomplished entertainer who will play piano and sing. **Friday, March 27 at 4:00 PM.** Cost is \$5.00, after 3/20 cost is \$8. Food needs to be ordered so please register early.

## Growing Older Can Bring New Purpose

Growing older changes things: Our physical beings, our outlook on life, our wisdom. Does that mean your purpose has to change along the way? We are older, but we aren't finished, there is still work to do. Join us **Tuesday, March 3 at 1:00 PM** to discuss new purposes as we age. Sponsored by Hartford HealthCare Senior Services. Call to register. Free.

## Recycling Information Session

Tony Manfre, Superintendent of South Windsor's Pollution Control will be talking about recycling, which will include the DEEP's "What's In? What's Out?" campaign, an overview of the different recycling programs the town offers, and clarifying the difference between Acceptable and Recyclable. April Regan from All American Waste will talk about what happens after the material is picked up from the curb. Join us for this interesting topic! **Monday, March 9 at 11:00 AM.** Call to register. Free

## The Golden Age of Comedy

**Monday, March 16 at 10:00 AM,** join Joe the History Guy for a program on The Golden Age of Television Comedy. If you have fond memories of "Lucy and the Chocolate Factory", Carol Burnett and her amazing cast, Jonathan Winters, Foster Brooks and Abbott and Costello's "Who's on First"...It's still very funny. If you like to laugh...Bring a friend. Free, call to register!

## Inside this issue:

- Coffee with the Mayor
- Lunch and Learn
- Getting Organized Seminar!
- New Light Aerobics Class Friday mornings!

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](http://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  
**Program Coordinators:** Susan Gouin ext. 3339  
Victoria Hellberg ext. 3340  
**CARES Coordinator:** Amy Patterson ext. 3311  
**Caseworkers:** Stephen Clapp ext. 3325

### Assistant Director of Adult & Senior Services:

Lindsey Ravalese ext. 3319

### Director of Human Services:

Andrea Cofrancesco ext. 3316

## Senior Community Café Menu

3/2: BBQ Pork Ribeye, Mac & Cheese  
3/3: Cheeseburger, Potato salad, Peaches  
3/4: Pot Roast, Parslied Potatoes, Green Beans  
3/5: Chicken Parm, Rigatoni w/Tomato Sauce  
3/6: **\*Tuna Salad Sandwich & Creamy Tomato Soup**  
3/9: Cheese Ravioli, Salad, Caribbean Blend Veg  
3/10: Chili with Beans, Baked Potato, Green Beans  
3/11: Roast Pork, Brown Rice, Broccoli Cuts  
3/12: Beef Stew, Potatoes, Peas & Carrots  
3/13: **\*Cheese Pizza, Tossed Salad**  
3/16: Lemon Baked Chicken, Bowtie Pasta, Veg  
3/17: Corned Beef, Boiled Potatoes, Cabbage  
3/18: Italian Sausage w/Penne, Mixed Veg  
3/19: Roast Turkey, Mashed Potatoes, Mixed Veg  
3/20: Corn Chowder, Seafood Salad on a Bun  
3/23: Meatloaf, Spanish Rice, Carrots  
3/24: Roast Chicken, Mashed Potato, Spinach  
3/25: Stuffed Pepper, Sauce, Penne, Waxed Beans  
3/26: Baked Ham, Baked Potato, Butternut Squash  
3/27: Cheesy Veggie Lasagna, Spinach Salad  
3/30: Swedish Meatballs, Bowties, peas & carrots  
3/31: Hot Dog on Bun, Baked Beans, coleslaw

*CRT provides lunch for a 2.50 suggested donation.  
Lunch is served at 12 noon. Call ext. 3328 by 11:30 AM  
the day before to reserve. \*Meal Supplied by Senior  
Center is \$2.50 per person charge.*

**FREE Trip Sign Up Day: Monday, March 2 at 8 AM.** Residents sign up for all FREE trips (call in).

**TRIP Sign up Day: Thursday, March 5 at 8 AM.** Residents sign up for newly advertised trips requiring payment. Sign up for yourself and one other SW resident. Non residents sign up 3/6.

**Senior Advisory Council Meeting:** Tuesday, March 10 at 10:00 AM.

## SOCIAL SERVICES: 860-648-6361

Lindsey Ravalese ext. 3319; Steve Clapp ext. 3325



### ELDERLY AND DISABLED PROPERTY TAX RELIEF

Elderly and disabled homeowners who qualify can apply for reduced property taxes on their homes between until May 15, 2020. If you were on the program in the past, call to speak with a caseworker to see if you need to re-apply this year. This year's income limits are \$37,000 maximum for an individual and \$45,100\*for a couple. All gross income is counted including Social Security benefits. Documents you will need to bring: Signed 1040 Federal Tax form (if you file); Social Security Statement (SSA -1099); Pension Statement; Bank Interest Statement; Any other Income. For more info or to schedule an appointment, call 860-648-6361. *\*Town of S.Windsor has an expanded local option which allows up to \$50,000 a year for a single homeowner and \$65,000/married couple.*

### DIABETES SUPPORT GROUP

Friday, March 6 at 10:30 AM with dietician Laura Estan. For questions, call 860-648-6361 ext. 3316. Free.

### CAREGIVERS SUPPORT GROUP

The next group will meet on **Friday, March 13 from 10:30-12 noon** at the community center. As it is Nutrition Month our guest speaker will be Laura Estan, Dietician, who will speak about healthy eating. For questions, call Andrea at 860-648-6357 or [Andrea.cofrancesco@southwindsor.org](mailto:Andrea.cofrancesco@southwindsor.org)

### ALS SUPPORT GROUP

The ALS Association CT Chapter offers a support group for caregivers of people living with ALS. The group will meet on the 4<sup>th</sup> Wednesday of the month at the community center. **March 25 from 11-12:30**. RSVP to Michelle at [mgaski@alsact.org](mailto:mgaski@alsact.org), 203-874-5050.

### Dementia Support Group

If you are caring for someone with dementia, join the Village at Buckland Court for educational discussions and have the opportunity to learn and share with others who understand. March's theme will be "Your Time and Community Resources." **Meetings are held at the Community Center at 11:00 AM on the fourth Thursday of the month. Next meeting: March 26.** RSVP to The Village: 860-644-7366.

### ENERGY ASSISTANCE

Applications for the 2019-20 energy assistance program are ending May 1 for utilities. Last day to order fuel is March 16. Gross monthly income cannot exceed \$35,116/year (single) and \$45,920 (couples). Assets cannot exceed \$12,000 (renter) and \$15,000 (homeowner). If your assets exceed the limit and your income is low then you may still qualify. Info needed: last four weeks of income, bank statements, proof of rent or mortgage and utility bills. For an appt. or more info call 860-648-6361.

### MOBILE FOODSHARE

**Thursday, March 5 and 19** from 11:30-12 noon at Wapping Church, 1790 Ellington Road. Fresh fruits/vegetables (bring bags). For transportation: 860-648-6361 x3310. If South Windsor schools are closed, there will be no Mobile Foodshare.

### C.A.R.E.S. Corner

Center, Activities, Recreation,  
Exercise, Socialization

Amy Patterson, CARES Coordinator

### Space is Available!

The C.A.R.E.S. group is designed to promote wellness for those seniors who are in need of enhancement and maintenance of productivity in socialization, mobility, cognition and quality of life. The group meets Monday through Friday from 9:30 AM to 12:30 PM. Cost is \$3 per day, lunch is a \$2.50 donation. Transportation is provided at no additional cost. For more info, call Lindsey at 860-648-6361 ext. 3319. South Windsor residents only. *March will bring activities to CARES that consider "Names" as its theme. A few art projects will center around names, with each participant creating their own work using their name. Of course we will be celebrating St. Patrick's Day as well as Women's History Month and National Music in our Centers month. CARES has openings so if interested, come and join our group!*

# EXERCISE Classes and FITNESS Programs

Class	Times/Place	Session Dates	Cost
Pickleball	Mon. — Fri 9 AM to 1 PM at 1737 Main St. Beginners only on: Mon/Wed 9-11	For more information call 860-648-6361 x3339	FREE
Light Aerobics with Linda	Monday & Wednesday 9:00 AM Fridays at 7:45 AM!	On-going	\$2 per class Drop in
EVE CLASS Light Aerobics with Linda	Monday 6:00PM	On-going	\$2 per class Drop in
*Classic SS (beginners) with Erin)	Monday 9:45 AM Wednesday 9:00 AM	On-going Silver Sneakers Class (no class 3/30)	\$3 per class or FREE SS
*Circuit SS (intermediate) with Erin)	Monday 11:00 AM	On-going Silver Sneakers Class (no class 3/30)	\$3 per class or FREE SS
Qigong with Lorelei	Tuesday 10:00 AM	Feb 4-March 31	9 weeks \$40
Chair Yoga with Lorelei	Tuesday or Wed 11:00 AM	Feb 4-March 31 (Tuesdays) Feb 5-March 25(Wed)	9 weeks/\$40 7 weeks/\$35
Nourishing Mat Yoga with Lorelei	Wednesdays 10:00 AM	Feb 5-March 25(Wed)	7 weeks \$35
Chair Yoga with Diana	Wednesday 3:00 PM	Feb 5-March 25(Wed)	7 weeks \$35
Walkers Group (New folks always welcome to join us!)	Tuesdays & Thursdays 8:30 AM	On-going <i>Meet at the pavilion at Nevers Park.</i>	FREE
Gentle Tai Chi with Marivic	Tuesday 1:00 PM	Feb 4-March 31	9 weeks \$40
Chair Volleyball	Wednesday 11:30 AM	On-going	FREE
Country Line Dancing with Niki (intermediate)	Friday 10:00 AM	Feb 7-March 27	7 weeks \$35
*Senior Stretch & Flexibility SS w/Erin	Friday 1:30 PM	On-going	\$3 per class or FREE SS

## NEW Lite Aerobics Class!

Linda Hull will be offering a new lite aerobic class on Friday mornings from 7:45 AM to 8:45AM, in the GYM. Please wear comfortable clothing and clean sneakers. No need to sign up, this is a drop-in class. Cost is \$2 payable that day.

## Meditation & Mindfulness

This on-going program meets every **Wednesday at 1:30 PM**. It combines meditation with the act of being in the moment during activities of daily living. Facilitated by Diana Gunther. No need to sign up. Just Drop in! Free!

## Want to Try out a Class?

All new enrollees are welcome to try one free class, and if you wish to register after that, you can pay and register for the entire session. **You can join any class in the middle of a session with the class fee being pro-rated. Classes may be cancelled if we do not get enough enrolled.** Sign up for all exercise classes (except drop in classes) any time Monday-Friday in the front office from 8:00 AM to 4:30 PM.

## Silver Sneakers Classes

Please know that we are still searching for a Silver Sneakers instructor to teach on Tuesdays and Thursdays. We appreciate your patience and encourage you to try one of the classes that we already offer at no charge.

*Do you know a Silver Sneakers Instructor? Send them our way!*



## Beginner Pickleball



Experienced pickleball players will hold lessons at the senior center for beginners. If you are new to the sport and would like some help getting started this is perfect for you! Lessons are on **Mondays at 1:00 PM**. These lessons are for true beginners, not players who would like to improve their game. No need to sign up, just show up in room 214 at the Center by 1:00 PM. FREE!

## ADVENTURE CLUB

### Maple Sugaring at Northwest Park

Learn the history of maple sugaring and the technique used for tapping a maple tree. Then take a short walk to view the tapped trees and check the buckets for sap. Once finished outside, you will head to the sugarhouse to see how the sap is boiled and have a taste of the maple syrup. After the program, you will have lunch at **The Tunxis Grill**. Bus leaves the center at **10:30 AM** and returns at **2:00 PM** on **Tuesday, March 10**. Cost of trip is **\$10**, includes program and transportation. Bring money for lunch. Sign up has begun. Space is limited!

### Connecticut River Museum

**Tuesday, March 24**, take a trip with us to Essex, CT. The Connecticut River Museum is nestled in the historic town of Essex on the banks of the Connecticut River. Your one-hour tour will allow you to learn about the River and its rich heritage. After your tour enjoy lunch at the historic **Griswold Inn**. Cost of trip is **\$12** and includes tour and transportation. Bus leaves the center at **10:00 AM** and returns by **3:00 PM**. Sign up begins 3/5 for residents.

## HIKES

(March can be a muddy season so please be sure to wear hiking boots and bring a bottle of water.)

- **Saturday, March 21, Belding Wildlife in Vernon.** This will be a 2.6 mile heavily trafficked loop trail that features a waterfall and is rated a moderate hike. We will meet at the center at **9:30 AM** and carpool. After hike we will stop for lunch. Time returning the center approx. **2PM**. Free. Bring money for lunch. Register anytime.
- **Sunday, March 29, West Hartford Reservoir.** A nature lover's paradise, the area features 3,000 acres of beautiful forestland; there are more than 30 miles of paved and gravel roads. We will hike approx. 4 miles. This is an intermediate hike. We will stop for lunch after hike. Meet at the center at **9:30AM** and carpool. Time returning the center approx. **2:30PM**. Free. Bring money for lunch. Register anytime.
- **Wednesday, April 8, Wapping Park in South Windsor.** This is an easy hike with bridges, boardwalks and bird blinds. This trail takes hikers through open meadows, pine and hardwood forests, shallow marshes, vernal pools and the Podunk River. The area offer peace and relaxation. Meet at center at **4 PM**. We will go to dinner after hike. Time returning to center **6:30 PM**. Free. Bring money for dinner. Register anytime.

## Trip: Tour of Town Services

### Tour of Town Services

On **Friday, April 3** the Town Manager will welcome you to the town hall and bring you around to the various departments on the 1st floor, including the Town Clerk, Collector of Revenue and the Tax Assessor. Town Clerk's office is the holder of property records, death, marriage and birth certificates, map plans including Volume 1 (the first document after the Town of South Windsor was incorporated in 1845). Hear from the Collector of Revenue about due dates, collection tools, state statutes and policies. The Assessor will provide you with information on property values, the revaluation cycle in South Windsor as well as tax relief programs and other potential benefits. Also what you should do if you sell or otherwise dispose of a vehicle in order to pro-rate your bill! The bus leaves the community center at **9:15 AM** and returns approximately **11:30 AM**. Sign up begins on free sign up day, March 2.

## VOLUNTEER CORNER

### Community Service Group

The next meeting will be **Wednesday, March 18 at 12:30 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! Call Andrea for info: 860-648-6357.  
**NEIGHBORS HELPING NEIGHBORS**

### Dollars for Scholars Scholarship

The Community Service Group is proud to announce that an annual scholarship will be provided to a graduating high school senior who lives or goes to school in South Windsor. The focus of the award is for a student who is engaged in community service; an essay will be required. Please encourage your family members, friends and neighbors to apply! The application period ends March 15. Students can plan on attending a trade school or 2 or 4 year college. [southwindsor.dollarsforscholars.org](http://southwindsor.dollarsforscholars.org)



## Health and Wellness



### 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 Steve Clapp to inquire. X3325

### EAR INSPECTIONS AND WAX REMOVAL

Christine DiRienzo, doctor of audiology from Advanced Hearing Healthcare will be at the center to do ear inspections and wax removal. Call 860-648-6361, ext. 3335 for an appointment or put your name on the wait list. Free

**ELDER WELLNESS ~ Free**  
**Thursdays, March 5, 12, 19, 26**  
**9:00 to 11:00 AM**

Have your blood pressure and blood sugar checked; ask general questions about your health. No appointment needed.

**FOOT CARE ~\$29.00**  
**Monday, March 2 by appointment**  
**Call 860-648-6361 ext. 3335**

**HEARING CLINIC ~ Free**  
**Quarterly: Next date is April 8 at 1 PM**  
Barbara B. Feehan, Audiologist from Feehan Hearing Center in South Windsor will be providing complimentary hearing screenings and hearing aid cleaning and service. Call for an appointment.

**ELDER WELLNESS AT HOUSING SITE**  
Blood pressure and blood sugar screening  
Flax Hill Community Hall: Mar. 17 from 9:15-9:45

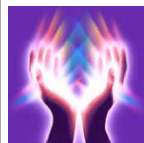
## Veterans Corner

**Questions about Veterans Benefits?**  
Stop in anytime on **Thursday, March 5** from 8 to 9:30 AM to talk with reps from the American Legion. No need to sign up, just show up!

### Veteran's Coffee Hour!

Hang out with other veterans, meet new friends and connect with old! The 3rd Thursday of the month at 9 AM. **March 19**. No need to register! Coffee and goodies will be available.

## Reiki and Massages



### Therapeutic Touch REIKI

Denise Cassella, Reiki Master, is offering her services on **Tuesdays, March 3 and 17 from 10 AM to 2 PM by appointment**. Cost is \$30 for 30 minutes payable that day. Please call to schedule an appointment. Walk-Ins are welcome!



### Therapeutic Massage

Melissa Almquist, LMT, is offering therapeutic massages on **Mondays from 10:00 AM to 2:00 PM and Thursdays 11:30 AM to 2:00 PM by appointment**. Cost is \$30 for 30 minutes payable that day. Please call to schedule an appointment.



## Fun and Games



**Bingo ~ Mondays at 1:00** (call for transportation)

**Poker ~ Mondays at 1:00**

**Setback ~ Mon at 1:00 & Wed at 6:00** (*hot dogs 3/4*)

**Bridge ~ Mondays and Fridays at 9:00**

**Adult Coloring ~ Tuesdays at 9:00**

**Billiards in Teen Center ~ Tuesdays at 10:00**

**Samba ~ Tuesdays at 12:30**

*Want to play Samba? Players can teach you!*

**Cribbage ~ Tuesdays at 6:00**

**Knitters Group ~ Wednesdays at 10:30**

**Duplicate Bridge ~ Wednesdays at 12:30**

**Hand, Knee & Foot ~ Wednesdays at 12:30**

**Evening Bingo ~ March 5 and 19 at 6:30 PM** (call for transportation)...*hot dogs are back!*

**Ceramics ~ drop-in program Thursdays at 9:00**

**Mahjong (American) ~ Thursdays at 10:00**

**Mexican Train Dominoes ~ Fridays at 12:45**

*Is there a game you would like to see offered at the Center? Or would you like to learn a new game? Call Susan or Victoria, program coordinators, with your suggestions! 860-648-6361*

# Classes and Educational Programs



## ART CLASS

Join professional artist Christine MacClintic for a fun, collaborative painting class. **Fridays, March 20 and 27 from 9:30-11:30** for an impressionistic acrylic painting of "A Bowl of Cherry Blossoms" on a 16x20 canvas. You will be guided step by step. Beginners to intermediate, all supplies provided. **\$20/residents; \$30/non residents. Residents register 3/5, non residents 3/6.**



## Fall Prevention Presentation

**Tuesday, March 10 at 1:00 PM**, Christine Knight from Integrated Rehabilitation Services will be providing information on fall prevention. She will discuss how to know if you are at risk for a fall and ways to reduce your risk of falling. Free, call to register anytime.

## AARP Safe Driver Course

Learn defensive driving techniques, safety strategies, new traffic laws and rules of the road. **Monday, March 16 from 8 AM to 12 PM. Cost: \$15/AARP members, \$20/non-members, payable day of the course!** Call to register anytime.

## New Routines and Habits for a Happier and Healthier Life

Research says the best way to bring change into your life is by creating new routines and strategies and sticking to them until they become habits. During each session, we will learn about the habit-building process to incorporate healthy new habits into your life for 2020 and beyond. This is a 2-part series with Jo Anne Harrison-Becker. **Tuesdays, March 31 and April 21 at 10:30 AM.** Free, call to register.

## Assurance Wireless Phone Program

**Monday, March 9 at 1:00 PM**, Assurance Wireless, a federal Lifeline Assistance program will be here. Lifeline is a government assistance program that provides free monthly data, unlimited texting and free monthly minutes and a free phone. Enrollment is available to individuals on certain public assistance programs like Medicaid, SNAP or Husky D. You can also qualify based on income. Please bring proof of the program you participate in or of your income and photo identification. One phone per household. Call to register anytime. Free.

## Historical Hartford Series

Daniel Sterns returns with two new programs for the month of March. **Tuesday, March 17 at 1:00 PM**, come for "The Growth and Destruction of Hartford Public High School". This program includes the original high school buildings as well as the later one that most people remember. Discussion will also include other lost sites in the immediate vicinity.

**Tuesday, March 31 at 1:00 PM**, the topic is "Lost Treasures at Bushnell Plaza, Downtown Hartford." This presentation explores the 1960's redevelopment across from the Wadsworth Atheneum and adjacent to Gold Street; there were once some very interesting buildings in the area. Please call to register for both of these free programs.

## Finding Your Organizing Groove

Sarah Soboleski, social worker and professional organizer, will present her talk: Finding Your Organizing Groove: How to Gain SPACE and Develop Tidy Habits. Participants will learn proven steps for tackling any home organizing challenge, explore the pros and cons of the KonMari Method, and will undergo an assessment of their organizing habits. Sarah will share before and after pictures of her own projects with clients and will talk about the process of working with a professional organizer. **Monday, March 30 at 10:00 AM.** Free, call to register.



## LGBT Moveable Senior Center

**Thursday, March 12 beginning at 5:30 PM.** Movie Screening of "The Queen of Ireland" which follows Ireland's most famous drag queen and self styled accidental activist Panti Bliss. Watch as she becomes a figurehead in the fight for LGBT rights in Ireland and a vital part of the successful campaign for marriage equality. Following, cocktails and desserts will be served while discussing the movie. Held at Work\_Space, 903 Main Street, Manchester. Call Missy Rankin to R S V P a t 8 6 0 - 6 4 7 - 3 2 1 0 o r mrankin@manchesterct.gov

## Special Events

Call to sign up for the below trips beginning  
Monday, March 2 (non residents 3/6).

First come, first serve.

### Dine Out: Angellino's

Wednesday, March 11 at Angellino's Italian Restaurant in Vernon. They have been serving great Italian food to guests in a family friendly environment since 1999. The bus **departs** from the Center at **11:30 AM** and returns to the Center by **2:00 PM**.

### Dine Out: The Main Pub

On Saturday, March 21, join the trip to The Main Pub, in Manchester. They have been serving customers for over 39 years. The menu offers delicious appetizers, soups, sandwiches and entrees and a large selection of local craft beers. The bus **departs** the Center at **11:30 AM** and returns to the Center by **2:00 PM**.



## WELCOME COMMITTEE

Thursday, March 5 from 8:00-9:30 AM tour the center with volunteers from the Senior Advisory Council. Drop in anytime during this time to learn about the programs offered and meet new people!

### Men's Morning Group

This is a group of men who play pool and other games in the teen center, chat, take trips and enjoy each other's company. The next meetings will be **Thursday, March 12 and 26 at 9:00 AM**. For more info contact Jeff Clark at [jc59birch@outlook.com](mailto:jc59birch@outlook.com) or 336-258-0680.



### Birthday Lunch

Celebrate all March birthdays on **Tuesday, March 31 at 12 noon**. Cake is donated by Geissler's. Sign up by 11:30 AM the day before. 860-648-6361 ext. 3328.

## Tax Aide Program

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 Community Center on **Thursdays and Fridays beginning at 9 AM through Thursday, April 9 by appointment**. Please call 860-648-6361 ext. 3335 to schedule an appointment. Married couples filing jointly should both be present during the income tax preparation session. No return will be filed until all necessary signatures have been entered on the forms.

### Please be sure to bring the following:

- ◆ Personal identification including photo ID, Social Security card, etc.
- ◆ Copy of 2018 Income Tax Return and related forms
- ◆ All applicable 2019 forms which show taxes paid, withheld or "not determined"
- ◆ All W-2 forms for wages earned
- ◆ All 1099 forms
- ◆ 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

**Please arrive 15 minutes early to complete additional paper work.**



## Special Programs



## Triad for Senior Safety

### Coffee with the Mayor!

Join South Windsor's Mayor Andrew Paterna for coffee! Bring questions, comments or suggestions and have an informal conversation with the Mayor. He will also talk about ongoing town projects and future plans for South Windsor. **Friday, March 13 at 10:30 AM.** Free, call to register anytime.

### Lunch and Learn at the Center

**Tuesday, March 24 at 11 AM** join South Windsor Alliance for Families (SWAFF) and Dr. Chad McDonald from Intercommunity Health Care for a pizza lunch and a discussion on how alcohol and drug addiction impact seniors (an overlooked population). We will discuss warning signs of addiction, and how all members of the community can help prevent medication theft and its associated addictions. All that attend will receive a medication lock box. Limited to 20 participants. Call 860-648-6361 ext. 3335 to register. **FREE**

### Special Lunches

The first two Fridays of the month staff will be providing lunch because the regular lunch provided by CRT will not be offered due to budget issues. Menu is: March 6 (tuna sandwich & soup) and March 13 (cheese pizza/salad), and ***the charge is \$2.50 payable the day of.*** Reserve your meal by 11:30 the day before! Please note, *Monday thru Thursday, CRT provides lunch and is a \$2.50 suggested donation. Lunch is served at 12 noon. If you cannot attend lunch after signing up, please call to cancel so we can offer your meal to someone else.*

### Movie at the Center: Beautiful Day in the Neighborhood (2019)

Tom Hanks portrays Mister Rogers in A Beautiful Day in the Neighborhood, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. **Friday, March 20 at 1:00 PM. Rated PG. Runtime: 1 hour and 48 minutes.** Call ext. 3335 to register. Popcorn will be served!

### Subtle Warning Signs of Elder Abuse:

If you suspect a senior is in harm's way, you can report it anonymously to state's Protective Services for the Elderly at 1-888-385-4225 during business hours or by calling 211 after hours. Per the National Adult Protective Services Association, good faith reports are immune from liability if the allegations prove to be unfounded.

#### Signs that a senior could be in trouble:

- Termination of vital utilities such as electricity, water, telephone, gas or garbage, potentially due to lack of payment despite adequate income
- Oversight of finances, changes to wills/estate documents being surrendered to others without explanation or consent
- Unexplained transfer of assets to new "friends", checks for "cash", promiscuous spending or donating, disappearance of valuables, important documents
- Confusion about and lack of understanding of personal finances
- Appearance of property liens or foreclosure notices

For additional information please visit the website for Protective Services for the Elderly at: <https://portal.ct.gov/DSS/Social-Work-Services/Social-Work-Services/Related-Resources>

Info received from the North Central Area Agency on Aging.

### Census Fraud: Don't be fooled!

#### No genuine census survey or agent can:

- Ask for your Social Security Number, bank, credit card or account numbers
- Ask when you leave for or return to work
- Ask for money or donations
- Ask for support for a political party
- Threaten jail time

#### Census Scam Warning Signs:

- ⇒ You get an email claiming to be from the Census Bureau. Info is usually sent through regular mail!
- ⇒ An agent asks you for money or financial data. The Census Bureau will never ask you this info.
- ⇒ A supposed census taker threatens you with arrest. Taking part in the census is required by law, but you can't be imprisoned.

**Call the National Processing Center to verify a phone survey is legitimate: 800-523-3205; 800-642-0469**

## Additional Programs

### Series for People with Early-Onset Dementia

A 6-week series is being offered to residents who have been diagnosed with early-onset dementia, which is typically diagnosed prior to age 65. Structured activities will be held on **Tuesdays beginning March 3 from 9:30-12:30**. Cost is \$80 for 6 weeks and includes lunch and transportation! If interested in this series for your loved one, please call Andrea at 860-648-6357 to see if this program would be appropriate.



### Hot Dogs are Baaaack!!!! BINGO and SETBACK!

Victoria will be serving up hot dogs again beginning in March! Bingo: **Thursdays, March 5 and 19**. Hot dogs are served at 6:00 PM and Bingo starts at 6:30 PM. Setback: **Wednesday, March 4** hot dogs are served at 5:30 PM and setback starts at 6:00 PM.

### Aging Mastery Program

This is a 10-week comprehensive and fun program that celebrates the gift of longevity. The program helps prepare you for issues that are important as you age, with a different topic each week. The program combines goal setting, daily practices and peer support to help participants make meaningful changes in their lives. An ideal class for “baby boomers.”

#### Topics include:

Healthy eating, Exercise, Medication management, Sleep strategies, Financial fitness and more... Class meets every **Tuesday, starting April 7 from 1:00 PM to 2:30 PM**.

This program is offered free from a grant by the CT. Healthy Living Collaboration and Anthem BCBS. All we ask is that you commit to attending at least 7 out of 10 classes. You will receive a certificate of completion during a luncheon at the end of classes. Call 860-648-6361 ext. 3335 to register. Seating is limited, so call now!



**Save the Date:**  
**Monte Carlo Whist**  
Tuesday, April 21 at 1:00 PM

## Fit For Life Fitness Center

### *We Have State of the Art Equipment*

#### Cardio:

Treadmills, NuStep Machines, Elliptical Trainers,  
Recumbent Bike

#### Resistance Training:

Lat Press, Shoulder Press, Bicep/Tricep Extension  
Medicine Balls  
Seated Leg Extension/Leg Curl  
Incline Weight Bench  
Dumbbells

### To Join Fit For Life Fitness Center you must:

- Be 55 years of age or older
- Have a medical clearance form signed by your doctor
  - Register at the front desk
- Make an appointment for orientation with Susan Gouin, Certified Medical Exercise Specialist. **She will teach you how to use the equipment and design a program based on your health.**  
Call 860-648-6361 ext. 3339.

**Cost for Residents:** \$30 for 3 months, \$50 for 6 months, \$75 for 1 year

**Cost for Non-Residents:** \$50 for 3 months, \$75 for 6 months, \$100 for 1 year

### Spring into Spring!

#### Join the 30 Day/30 Minute Fitness Challenge

We are continuing the **30 day/30 minute fitness challenge** into the Spring because we have had so many folks who would like the chance to get on board! Remember: The challenge is with yourself. All current fitness members and all new members are encouraged to register. You have nothing to lose, only to gain! Everyone who registers and completes the challenge will be eligible for a Grand Prize Raffle ticket. You will also receive a small complimentary gift for completing your challenge. More details are posted in the Fitness Center. Free with Fitness Center Membership. Call Susan at 860-648-6398 to Register.

#### *Snack of the Week:*

We will be offering a healthy snack every Thursday in the Fitness Center for all members (*while supplies last*). So *March on in and exercise and enjoy a snack to go!*

## New Trips: Residents Register 3/5; Nonresidents 3/6

### Rose Hill Exhibition

We're going to Rose Hill, located in Waterbury, for a docent led tour on **Tuesday, March 31**. Rose Hill, designed by Henry Austin, was home to three of the city's most prominent manufacturing families, the Scovills, Weltons, and Chases. Some of the home's important architectural elements survive including beautiful carved and poly-chromed ceilings and wall moldings. The exhibition will examine the vivid background of this living historic site, including the compelling portrait of Carrie Welton, Waterbury's 19th century benefactor. **Cost is \$5 for transportation; plus \$7 payable at the door.** Bring money for lunch before at Signatures! **Bus departs the center at 11:00 AM** and will return approximately 4:00 PM.

### *The Great Gatsby*

Come with us to see *The Great Gatsby* at the Ivoryton Playhouse on **Sunday, May 3!** Jay Gatsby, a self-made millionaire, passionately pursues the elusive Daisy Buchanan. Nick Carraway, a young newcomer to Long Island, is drawn into their world of obsession, greed, and danger. A beautifully crafted interpretation of the 1925 novel which defined the Jazz Age, Simon Levy's play captures the breathtaking glamor and decadent excess of the 1920s. **Cost is \$40.** Bring money for dinner at Scotch Plains Tavern. The bus will **depart from the Center at 1:00 PM** and will return approx. 7:00 PM.



### Annual Albany Tulip Festival

Come with Tours of Distinction to Washington Park, Albany, New York on **Sunday, May 10** for the Annual Albany Tulip Festival. The Tulip Festival is Albany's signature spring event. Featuring annual traditions rooted in the city's rich Dutch heritage, nearly one hundred artisans selling their handmade crafts, a fine arts show, delicious food, the Kidzone family fun destination, two stages of world-class live entertainment and more than 140,000 tulips in 150 different varieties, the Tulip Festival is a sparkling showcase of local culture and business. We will have a family-style late lunch at Buca di Beppo. **Cost is \$81 and includes bus, lunch and festival.** The bus **departs from Geissler's at 8:15 AM** and returns approx. 6:15 PM. *Please Register by Friday, April 10.*

### *Father Misgivings* at Crestview Country Club

Join Father Patrick Aloysius Misgivings for this divine presentation of stories and one liners about growing up Catholic at Crestview Comedy Club located in Agawam, MA, on **Monday, June 1**. From miracles and marriage counseling to bazaars and birth control, nothing escapes the good father's razor sharp Irish wit. This hilarious, interactive comedy includes a collection, a raffle, and even an actual BINGO game. **Cost is \$60** and includes a delicious luncheon of Tossed Garden Salad, Chicken Francais **OR** Stuffed Filet of Sole (please provide your meal choice at the time of registration), Potato, and Vegetable. The bus will **depart the Center at 10:30 AM** and will return approx. 4:15 PM. *Please register by Friday, April 24*

### Long Island & The Hamptons

You're invited on this delightful 2-day journey to the Eastern End of Long Island, NY, 'The Hamptons' with Tours of Distinction, **August 3-4!** Your first stop will be at Old Westbury Gardens where you'll begin your visit at the former home of John S. Phipps and his family. After, stroll through the formal gardens, some of the most beautiful in the world. Box lunch from Panera included. Dinner is included in the evening. You will be staying at Hyatt Place East End. The next day after breakfast (included) you'll meet your local historian who will share history, stories, sights & gossip of 'The Hamptons', the summer playground of the rich and famous. You'll also visit the eastern end of Long Island, Montauk Point—an oceanfront playground with over 5,000 acres of pristine public beaches and breathtaking parkland. You will take the ferry home from Orient Point. **\$50 and completed Reservation and Travel Protection form due at the time of registration. Cost is \$431 pp double, \$395 pp triple, and \$586 pp single. Final payment is due May 25.** Cost includes transportation, One-Way Ferry, visit to Old Westbury Home & Gardens, hotel, 3 meals, guided tour of The Hamptons and Long Island, Tour Director, Gratuities to Tour Director, Driver, and Local Guide. The bus will **depart from Geissler's at 7:00 AM on 8/3** and will return approximately 7:30 PM on 8/4.

## Previously Advertised...Sign up now!

### West Point Dress Parade

We will be attending the famous Dress Parade at West Point Academy conducted with a great pomp and circumstance on parade grounds on **Saturday, April 25**. The cadets march in full uniform, in cadence with the military music, presenting arms in unison. Lunch is at the Hotel Thayer for a Bountiful Buffet. There will be a guided tour of West Point with highlights such as Cadet Chapel, Trophy Point, and Hudson River Lookout. **Cost is \$113**. The bus will depart from Geissler's at **7:00 AM** and will return approx. **8:00 PM**. Register by **March 13**.

### Queen Esther Live on Stage

**June 16-18, 2020!** Our travels will take us to the Pennsylvania Dutch Country. **Appalachian Brewing Company; The Cork Factory Hotel**, our historic accommodations; **Private wine, cheese and paint party; Kitchen Kettle Village** for a flavorful "food fight" and hands-on whoopee pie making experience; Reserved orchestra seats at **Sight & Sound Theater** for their brand new production of *Queen Esther*. Dinner is served at **Miller's Smorgasbord; Mount Hope Estate and Winery** for light lunch paired with wine and beer tasting. Total cost is \$599 pp double, \$549 pp triple, and \$759 pp single. \$100 deposit due at time of registration. Final payment due May 12. *Submit a Reservation and Travel Protection Form with deposit.* Bus will leave Geissler's at **7 AM** on **6/16** and return approx. **8 PM** on **6/18**.

### MGM Majestic Theater

**Saturday, April 18!** Majestic Theater in West Springfield for the show "9 to 5" with music and lyrics by Dolly Parton. **\$60**. Bus departs Geissler's at **8:30 AM** and returns **5:15 PM**. *\*Limited seats left, register by March 6.*

### Cruise Through the Panama Canal

**November 29 to December 12**

Transfer to the New York City Pier and embark on the Encore. A combination of at-sea days and stops including: **Puerto Plata, Dominican Republic, Willemstad, Curacao, Oranjestad, Aruba, Santa Marta, Columbia, Cartagena, Columbia, Colon, Panama, Canal and Puerto Limon, Costa Rica**. Your final days will be spent at sea before you disembark in Miami for your flight home. *Optional Tour Excursions Available!*

**Inside Stateroom: \$2,865 pp dbl/\$4,125 pp single**  
**Balcony Stateroom: \$3,905 pp dbl/6,050 pp single**

- **\$500 deposit due at the time of registration**
- **2nd deposit: \$1,000 due April 25**
- **Final payment due: August 17**
- **Book before November 30 and save \$100!**

## New Trips

**Residents Register 3/5,  
non residents 3/6.**

### Dancing Dream ABBA Tribute

Attend this Friendship Tours Special Event at the Aquaturf on **Thursday, May 14!** This tribute act will take you back to the days when Swedish disco group ABBA ruled the music world with their great pop hits and memorable performances. Their music is still so popular and alive, and resonates with audiences of all ages! Come experience the glitter and glamour of the 70s! This band takes pride in being able to honor the original, fantastic performers of the Swedish music group, ABBA! **Cost is \$76** and includes a family style meal of garden salad, pasta, chicken francais & salmon with dill sauce, vegetable, potato, rolls, dessert, and beverage. The bus will **depart from the Center at 10:45 AM** and will return approx. **4:15 PM**. *Please register by Friday, April 3.*

### Lunch at Manchester Community College

The culinary students are cooking for us on **Tuesday, April 7**. Join us at the **MCC Culinary Arts Center** for a luncheon featuring a full-course menu of tantalizing, classic dishes. The student "chefs -in-training" will wow you with their culinary skills, the wait staff of culinary arts and hospitality students will provide you with superior table service. There is **only one meal choice served** on this day: Clam chowder, Waldorf salad, Panko crusted cod, glazed carrots, baked potato and dessert. The **cost is \$10.00**. The bus **departs from the Center at 11:30 AM** and **returns by 2:00 PM**.



