



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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May 2024



Older American's Month Mystery Kick Off Event!

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

Cinco de Mayo Fiesta

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

Medicare 101

Join Susan Grundstrom, Certified CHOICES Counselor and Caseworker for South Windsor Human Services, for a talk on Medicare, including A, B, Drug Plans and Medicare Advantage Plans. **Tuesday, May 14 at 3:00 PM**. Register online or call us! Free



Senior Bowling League

We are teaming up with Spare Time in Vernon for a Senior Bowling League. 13-week summer leagues starts **Monday, May 20 at 10:15 AM**. Doors open at 10:00. The fee is \$11.00 per bowler per week, shoe rental is \$5.25. Any date that a member is not present they are not responsible for any fees for that week. Please register with the Senior Center by phone or online. All fees are paid to Spare Time, transportation is not provided.

State Rep Tom Delnicki

Wednesday, May 22 at 11:00 AM State Representative Tom Delnicki will be at the center to discuss "Issues Affecting Seniors" from the 2024 legislative session. Free. Register online or call us! See inside for details on a State Capitol and Legislative Office Building Tour!

Mother's Day Tea



Celebrate all women on **Friday, May 10 at 1:00 PM** with our special Mother's Day Tea. Enjoy a variety of tea accompanied by light finger foods while listening to the angelic sounds of Kate O'Brien playing violin. All women come for free, any spouses can attend for \$5. We encourage you to bring your own tea cups. We love to see them all and hear the stories behind them. We have a some available for those who do not have one. Please register.

Meet the Library Director *By Request!*

Meet South Windsor's Library Director, Kevin Sullivan, on **Thursday, May 16 at 3:00 PM**. Kevin will be at the Senior Center to talk about current services available, recent changes within the library, what's coming and he will answer any questions you may have. Free, please register.



Monte Carlo Whist Party

Tuesday, May 21 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.

Early Bird Dinner & Entertainment

Join us **Thursday, May 23 at 4:00 PM** for cilantro chicken fajitas, with peppers and onions: pulled pork served with Spanish rice, corn and black bean salsa and dessert from The Residence at South Windsor Farms! Following dinner, Ashley Cruz will entertain us with lively music you can sing-along and dance to. Cost is \$5 for residents, \$10 non-residents. Register online or in the office.

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



LGBTQ Moveable Senior Center

For a list of upcoming events
visit [cthealthyliving.org/event-
-directory/](http://cthealthyliving.org/event-directory/)



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 **May 14**. Daria Plummer, Chair 860-432-8403, Kathie Stroh, Vice Chair, John Habif, Corresponding Secretary. Other members: Toni Baer, Tom Bartomeli, Rob and Barbara Bettaker, Carol Butler, Tom Field, Alva Fitch, Estelle Fournier, Gloria Goslin, Hansa Khant, Kathy Longo, Elaine Smith.

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

Support Groups at the Center:

Parkinson's Support Group: For both those with Parkinson's and their caregivers/family members. 2nd Thursday of each month at 1:00 PM. Next date: May 9.

Bereavement Support: 1st Friday of each month at 3 PM: Next date: May 3.

Depression and Anxiety: 3rd Tuesday of each month at 10:30 AM. Next date: May 21.

Caregivers Support Group: Friday, May 17 at 10:00 AM with Robin Lagasse, Clinical Coordinator with Human Services, for an open discussion on caregiver emotions. Robin is a popular speaker so we hope you can make it! To RSVP or to be added to the e-mail list, contact Sue at susan.grundstrom@southwindsor-ct.gov or call 860-648-6359.

Energy Assistance

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



Mobile Food Share

Located at Wapping Church every other Thursday from 11:30 AM to 12 noon. May 9 and 23. Fresh produce, bring your own bags. Need transportation? Call 860-648-6361 ext. 3310. This is a Food Share program. No income restrictions.

Elder Fraud Hotline

833-FRAUD-11 or 833-372-8311

New! Men's Group

Please join us for Coffee and Donuts on Friday, May 31 from 9:30 AM-10:30 AM at the Senior Center as we premier a new Men's Group. This will be a time and space to gather and support one another in a group environment. In addition to providing a place for discussion and support, we would like to provide information and education on topics that are relevant to attendees. As we are in the formation period, we want to hear what you want. Facilitated by Ryan Schieding, Caseworker in Human Services. Please contact Ryan at 860-648-6362 or ryan.schieding@southwindsor-ct.org with any questions or to RSVP.

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. 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.*

RENTER'S REBATE

Did you rent an apartment in 2022? Are you 65 or totally disabled? Income limited to \$43,800 for an individual, \$53,400 for a couple. Documentation needed includes all income for 2023 which includes your 2023 1040 form and Social Security 1099 form or if you do not file taxes all 2023 1099 forms and proof of what you paid for rent and utilities for 2023. You can obtain printouts of your 2022 Eversource light and/or gas payments by calling Customer Service, we can't accept monthly bills. If you live at Watson Farm, Berry Patch or Hillcrest we have your rent history only, you must provide all the other documents. Call 860-648-6361 ext. 3335 or your caseworker directly. **You have time: Deadline to register is October 1.**

Free Educational Programs: Register On-line or Call

Potassium: More than a Banana

Join Lorri Lennon, Registered Dietitian from the Community Renewal Team for a discussion on potassium on **Friday, May 3 beginning at 11:45 AM and during the regular lunch program.** Free, no need to sign up.

Spring Food Ideas

Join Sarabeth Campanelli, RDN and celebrate the start of Spring with a fresh vegetable and quinoa salad! Samples will be served! She will discuss creative ways to help fresh produce last longer and tasty ideas for what to do with fruits and vegetables to help reduce food waste and save you money! **Tuesday, May 7 at 1:00 PM,**



History of Husky Hoops: A Legacy of Greatness

Celebrate the history and greatness of the UConn basketball teams with this fun, lively and enlightening presentation hosted by award-winning sportswriter and author Marty Gitlin. Take a journey from the beginning of the men's and women's programs to the present with video highlights of their greatest teams, players and events from the turn of the twentieth century to today. The best of the best will be featured here, including legendary coaches Jim Calhoun and Geno Auriemma. There will be fun trivia questions, too! **Tuesday, May 7 at 10:30 AM.**

Do you have a Fear of Falling?

Sandee Wood from the Visiting Nurse and Health Services of CT will be at the center on **Wednesday, May 8 at 9:30 AM** to give you techniques for balance and safety. Sandee is always a popular speaker, please join us!

Pearls from Carol

Pearls from Carol is a delightful book based on 20 years of writing by CT resident Carol Ruggiero. Upon her death her husband Albert, compiled over 300 short stories and poems in a charming book that is both funny and easy to read. Join Albert on **Thursday, May 23 at 10:30 AM.**

Courageous Dissent

Colchester resident Robert Kim Bingham, Sr. will present a talk about his late father, Hiram Bingham IV, who, as Vice-Consul in Marseille, France in 1940 and 1941, rescued over 2,500 Jews and others fleeing through southern France to escape forced deportation to the Nazi concentration camps in Germany and Eastern Europe. **Thursday, May 30 at 11:00 AM.**

Armchair Adventure

Bob, The "travel guy", takes us on a springtime auto tour to Washington state and Vancouver Island, B.C. on **Tuesday, May 14 at 1:00 PM.** The auto route follows the Oregon Trail in Wyoming, Utah, Idaho and Oregon.



All About Electric Bikes

Avid E-Bike rider, John Galeota, will join us on **Wednesday, May 15 at 10:00 AM** to talk to you about electric bikes. He will share his own 6-year experiences of local ebiking. His story began when he made his first electrical bike purchase at the age of 71 and has since ridden 12,000 miles. He will share his inspirational story and answer any questions you may have while he explains all about electric bikes.

Biography of Richard Wagner

Join Jack Brin as he delves into the biography of composer Richard Wagner, Great Composer, Mediocre Librettist, Terrible Human Being on **Thursday, May 16 at 1:00 PM.** Wagner was a German composer, mainly known for his operas but there is more to him than that. Jack will show a video depicting his biography as well as give insights on different aspects of his life.

Tech Toys & Tools

Audrey Breen from the SW Public Library will be at the senior center on **Thursday, May 23 at 1:00 PM.** Children still in preschool are being taught "coding." Come find out how! Tech toys are not just fun and games; they're fun and games and learning! Anyone can do this!!



Book Club

Cynde Acanto from Book Club on the Go facilitates our Book Club! **Monday, May 13 at 6:00 PM** we will discuss *The Paris Daughter* by Kristin Harmel. **Monday, June 10 at 6:00 PM** we will discuss *The Guncle* by Steven Rowley (for Pride Month). Books are available at the SW Library. No registration required.

Coming in June



Arts & Crafts

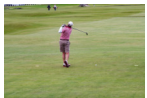


Sol Solis Consort Orchestra

Join the Sol Solis Consort Orchestra for a Concert on **Saturday, June 1 at 1:30 PM** at the center. Selections include: Can't Help Falling in Love (Elvis Presley), Bohemian Rhapsody (Freddie Mercury), Fiddler on the Roof, and more. Monetary donations will be accepted for the Food and Fuel Bank. Register online or call us.

Cooking demo - Super Smoothies

Join Jessica Dorner, Dietitian on **Tuesday, June 4 at 1:00 PM** for a fun and informative cooking demonstration all about smoothies! Learn how to make different delicious, healthy smoothies and sample some made by Jessica. Attendees will get samples as well as nutrition handouts and recipes. Register online or in the office.



Golf Lessons By Request!

Golf Pro Tony Rowe at Rolling Meadows in Ellington will offer one-hour lessons on full swing, chipping and putting. Clubs provided if needed. We need a minimum of 5 people. **June 5, 12, 19 and 26 at 10:00 AM.** Cost is \$18/pp per lesson. All fees are paid to Tony directly. Transportation not provided. Register with us on-line or by phone.

Save the Date!! Senior Picnic!

Our 2024 Senior Picnic is on **Tuesday, June 25 from 10:00 AM—2:00 PM.** More details to come!



Triad for Senior Safety

Cornhole with Cops

Join South Windsor's finest for some fun playing cornhole on **Friday, May 17 at 2:00 PM.** We will put together teams and let's see if we can win against the Police! Free, register online or call us!



Yellow Dot Sign Up Day

Triad for Senior Safety is offering you an opportunity to register for the Yellow Dot program, which is like the File of Life for your car. Fill out emergency and medical information on a form, keep it in your glovebox, and a sticker on your car alerts first responders that emergency info is available in the event of an accident or medical emergency. **Wednesday, May 22 anytime 10:00 AM to 12 Noon.**

Button Bracelet

Make your own button bracelet on **Wednesday, May 1 at 4:00 PM.** Sandi Plummer will teach this 1-1.5 hour class. No experience needed; all supplies are included for \$15. Class is limited, register on-line or in the office. Samples 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, May 24 and 31 from 9:30-11:30 AM.** Cost is \$20 and includes all supplies. Register online or in the office.

Patriotic Wreath Making

Join Sherri Milkie on **Wednesday, May 15 from 10:00 AM—12:00 PM.** You will make and take your own Patriotic wreath. Cost is \$10. All supplies are included and the class is limited to 7 residents. Register online or in the office.



Evening Painting

Join Artist Sandy Poirier on **Monday, May 20 at 6:00 PM** for "Birch tree landscape" on an 11x14 canvas. No experience needed. Cost is \$20 and all supplies are included. Register online or in the office. Priority given to residents.



BBQ Apron Art

Create your own all-purpose apron resplendent with the red, white and blue of Old Glory! Celebrate Memorial Day and summer with this 2-pocket apron, hand painted by YOU! All materials supplied, for beginners and pros alike! Join Mary Ransom on **Wednesday, May 22 at 1:00 PM.** Cost is \$15. Register online or in the office.



Feather Paint Pouring Class

Time to experience the next level of paint pouring! We will be learning a simple swiping technique to create a beautiful abstract feather. No experience required. Be ready to have fun! \$18 per person. **Wednesday, May 22 at 6:00 PM.** Register online or in the office.

Trips~ Residents sign-up 5/2 (non-residents 5/9)

Extreme Shopping: Clinton Crossings

Shop 'til you drop at Clinton Crossings on **Thursday, May 16**. With over 69 stores and restaurants you are sure to find just what you're looking for plus enjoy a delicious lunch! The senior bus will depart at 10:00 AM and return approx. Cost is \$5 for the bus.

Weekend Dine Out: Hop Haus

Head to lunch in Berlin at Hop Haus Craft Eatery & Taproom on **Saturday, May 11** and enjoy an upbeat casual craft eatery featuring locally sourced eats. You won't be disappointed. The bus departs at 12:00 PM and return approx. 3:00 PM.

Dine Out: Terrazza Restaurant

We will be having lunch at Terrazza Restaurant in Portland on **Tuesday, May 28**. Located on the Quarry Ridge Golf Course, this elegant Restaurant is dedicated to providing an unforgettable experience and authentic Italian cuisine, and the views are great! See Tiffany for a menu. The bus will depart at 11:45 AM and return approx. 2:30 PM.

State Capitol Tour and Lunch

Tuesday, June 11 the bus will leave the center at 9:30 AM to tour the Legislative Office Building and the State Capitol. State Rep Tom Delnicki will join the group for part of the tour and be available for questions. The tour is approx. 1 hour and requires walking 2 football field lengths. Following the tour, we will head to Salute for a lunch, with an approximate return time of 1:30. Cost of the tour is \$5 for transportation, bring money for lunch and any souvenirs.

Shop Rite Grocery Tour

Join **Sarabeth Campanelli, RDN** for a healthy eating tour at Shop Rite in Vernon. Sarabeth will guide you through the store and help you make healthy choices on **Thursday, June 13**. The bus will leave the Center at 10:30 AM, return approx. 12 noon. Open to the first 8 residents who sign up.



A Spoonful of Britain

Experience an afternoon tea in Simsbury at "A Spoonful of Britain" on **Tuesday, June 18**. Cost is \$40 and you will enjoy finger sandwiches, scones, cream & jam and a variety of desserts/cakes and a pot of tea! Following the tea you will have time to shop in their store filled with all things Britain. Our bus will depart the center at 11:45 AM and return approx. 3:00 PM.

Adventures Await

Please register for hikes ASAP so we know if we have enough to make it a go! We require at least 12 people to sign up so we can use the bus, otherwise we carpool or meet there, or cancel. Register on-line or call us! *Please wear appropriate hiking clothing, footwear and bring trekking poles. It is Spring, we may encounter some mud. If you have any question call Barbara at 860-648-6398.*

Wadsworth Falls



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

Dividend Pond



Join Jay on **Tuesday, May 14** for a 3-mile hike at Dividend Pond in Rocky Hill. The bus will leave the Center at 9:30 AM and return approximately 1:30 PM. Bring trekking poles, water, a snack and a picnic lunch. After the hike we will head to Elm Ridge Park for a picnic lunch. Please register online or in the office. Cost is \$5 for transportation.

Hammonasset State Park



Join Debbie for a 3-mile hike at Meg's Point on **Thursday, May 30**. After the hike we will head to Lenny & Joe's for lunch. The bus will leave the Center at 9:00 AM and return approximately 3:15 PM. Please bring water, snacks, and money for lunch. Cost is \$5 for transportation. Register online or in the office.

Whitewater Rafting

We will be joining the Glastonbury Senior Center on an epic summer adventure! This Class 1-11 guided whitewater rafting trip down the Deerfield River Fife Brook Section will leave you exhilarated! The bus will be leaving the Center at 7:45 AM on **Thursday, August 22**. Cost is \$140.00 per person. This includes transportation, white water rafting, professional rafting guide, lifejacket, helmet, safety lecture, paddling instruction and lunch (grilled chicken or fish or veggie, homemade salads, dessert and drinks).

Stay Fit, Stay Well!

Register for all programs below, online, in the office or for free classes, by phone

Class	Times	Session Dates	Cost
Pickleball Lessons with Paulette	Saturdays 10:00-12:00 PM Residents only	May 4 thru May 25	Free
Cardio Drumming with Tiffany	Mondays at 10:00 AM	May 6 –June24 No class on May 27	\$14 for 7 classes
Lite Aerobics with Linda	Monday & Thursday 8:30 AM In person and on Zoom	May 2– June 27 No class May 27	\$32 for 16 classes
Line Dancing with Jim	Tuesdays at 1:30 PM	May 7– June 18 No Class June 25	\$18 for 9 classes
Intermediate Mat Yoga with Anne	Tuesdays at 10:30 AM	May 7–June 18 No Class June 25	\$14 for 7 classes
Stretch & Strength with Barbara	Tuesday 9:00 AM	May 7 –June 18 No Class June 25	\$14 for 7 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 <i>*residents only</i>	May 1–June 28	\$34 for 17 classes
Chair Volleyball	Wednesday 11:30 AM & Thursday 1:00 PM	On-going	FREE
Beginner Tai Chi	Wednesdays at 1:00 PM	May 1–June26	\$16 for 8 classes
Tai Chi (Intermediate) With Marivic	Wednesdays at 2:00 PM		\$16 for 8 classes
Silver Sneakers with Rose	Tuesdays & Thursdays at 5:15 PM	May 7–June 27 Free with Silver Sneakers	Free OR \$3 per class
Silver Sneakers with Krissy	Wednesdays at 8:30 AM	May 1–June 26 Free with Silver Sneakers	Free OR \$3 per class
All Levels Yoga with Anne	Thursdays at 10:00 AM	May 2–June 27	\$18 for 9 classes
Strength with Weights with Barbara	Fridays at 8:30 AM	May 10–May 31	FREE
Gentle Yoga with Noreen	Saturdays at 9:00 AM	May 4–June 29 No class June 8	\$16 for 8 classes

New TIME: Cardio Drumming

Cardio Drumming NEW time: Mondays at 10:00 AM!

New CLASS! Strength with Weights

Join Barbara for a free 4-week class on weight training with dumbbells. Fridays, May 10-31 at 8:30 AM.

Additional Mat Yoga Class

You asked for it! This class is an intermediate level class with Anne on Tuesdays at 10:30 AM.

New CLASS! Qigong

Lorelei Chang is BACK for this class to enhance your immune system, strengthen your bone health, and keep you flexible. Thursdays at 3:00 PM starting June 6. Free

Meditation

Join Prabha for Satya Meditation for stress reduction and self healing on Friday, May 24 at 11:00 AM. Free

Pickleball

Lessons for Beginners: Saturdays 10 AM to 12 Noon.

Ellsworth School—Mon.– Fri., 8:00 AM to 2:00 PM

Beginners at Ellsworth: Mon. & Wed. 8:30-10:30 AM

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

ALL Pickleball 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.

Fit For Life Fitness Center

Join our fitness center! You must be a 55 or older SW resident registered at the senior center, have a doctor complete our medical clearance form and make an appointment with Barbara or Christine by calling 860-648-6398! **NEW HOURS Effective June 3, closing at 4:30 PM during the week due to low attendance.**

May HOURS:

Mon, Wed, Thurs 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 8-11 AM and Tuesdays 4-7 PM. This service is free as a Fit for Life Fitness Center member.

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 no longer able to offer this service. We hope to find another agency. We will post an update in future newsletters when we have one.

FOOT CARE ~\$45

Routine toenail cutting by appointment. Call 860-648-6361 ext. 3335 for the next available appointment.

Hearing Clinic ~ Free

Quarterly ~ Next date July

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 are through an automated system. \$35 for 30 min. payable to Melissa that day.

Hair Cuts at the Center

Monday, May 6 and Wednesday, May 29 with Pat. \$20 payable at your appointment, cash preferred. Call 860-648-6361 ext. 3335.



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 at 860-648-6361 ext. 3325.

Old Trips: Sign up anytime!

Mark Twain & Harriet Beecher Stowe: Historic Houses—5/9; cost \$65 pp
American Mural Project—5/19; \$15pp
9/11 Museum & Memorial—5/22; \$118 pp
Coastal Cruises—6/27; \$148 pp
Newport Play House—7/25; \$154pp
Highlights of Nova Scotia and PEI—6/27—7/4; \$2,583 pp double/\$3,1146 pp single.
Island Hopping: Nantucket & Martha's Vineyard—8/16—8/18; \$759 double, \$955 single,
West Virginia Railroad Adventure—9/20—9/25; \$2,283 pp double/\$2,966 pp single.
Escorted San Antonio Holiday—12/4—12/8; \$2,799 pp double



Volunteer Corner

Community Service Group

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! **Thursday, May 16 at 1:00 PM** Contact Andrea at andrea.cofrancesco@southwindsor-ct.gov or 860-648-6357. Neighbors Helping Neighbors

Undies Wanted!

Our Community Service Group is holding a drive to collect men's boxers, sports bras, women's undies size 5-10 and children's undies in sizes 4+ for boys and girls to benefit SW Human Services and Cornerstone. Drive up and drop off anytime at the center on **Tuesday, May 21 from 4:00-6:00 PM.** Or anytime in the office!



Veterans Corner

Veterans Benefits Questions

Stop in anytime **Thursday, May 2 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, May 16 at 9:00 AM.** No need to register, join us!

Mental Health Resources for Veterans

Thursday, May 23 at 6:00 PM at the SW Public Library, a representative from the American Legion will talk about the "Be the One" and "SAVE" programs. No need to register.

Saturday Programs



Quilting

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



Chair Volleyball

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

Billiards & Fitness Center:

7:30 AM—12:00 PM. Drop-in!

Pickleball

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

Swim Passes

Recreation will be at the Senior Center so you can purchase your Veterans Memorial Pool Passes for the 2024 season. Cost is \$65 for residents 65 and over. **Stop in anytime Wednesday, May 8 from 10:30-12:30 or Monday, May 13 from 11:00-1:00.**

Garden Tour Tickets

Tickets will be sold at the Center on **Tuesday, May 7 from 10:00 AM-1:00 PM** and on **Wednesday, May 15 from 10:30 AM to 1:30 PM** for the Down to Earth Garden Club and Wood Memorial Library and Garden Tour & Plant Sale scheduled for Sunday, June 9, 9:30 AM-4 PM. Eight beautiful gardens throughout town, including historic Main Street. Plant sale will occur at The Wood during tour hours. Advance tickets are \$20; \$25 on the day of the tour. For more info visit: <https://www.swgardenclub.org>.

Wellness Retreat Meeting

Anne Alleva, our Mat Yoga Instructor, is planning a Yoga Retreat trip to Costa Rica in Feb 2025. Informational meeting scheduled for **Thursday, May 16 at 11:30 AM**. This is not a Senior Center trip.

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, May 17**. Held the **3rd Friday of each month at 10:00 AM**. Meet new friends! Please call to register.

Cards, Games & More

Billiards ~ Mon - Sat. from 8 AM -12 PM
Bingo ~ Mondays at 10:30 AM and Thursdays 5/2 at 6:30 PM and 5/16 at 6:30 PM (hotdogs on 5/2)
Poker ~ Mondays at 1:00 PM
Setback ~ Mondays at 1:00 PM
Evening Setback Wednesdays at 6 PM
Samba ~ Tuesdays at 12:30 PM
Knitters Group ~ Wednesdays 9:00 AM- 11:30
Hand, Knee & Foot ~ Wed. at 12:30 PM
Duplicate Bridge ~ Wed. at 12:45 PM
Mahjong ~ Thursdays at 1:00 PM
Bridge ~ Fridays at 9:30 AM
Mexican Train ~ Fridays at 12:30 PM
Cribbage ~ Fridays at 1:00 PM
Ceramics ~ Fridays, 1-3 PM (drop in, free)



Hot Dog Bingo:



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

Special Bingo

Come on down and play bingo with us **Friday, May 31 at 10:30 AM!** There will be goodies and prizes from Merciful Homecare Services. No need to register, just come!



Join our Poker Group!

The Poker players need more players! Join in on the fun on Mondays beginning at 1:00 PM. No need to register, just come on down!

More Programs



Beginners Ukulele Part 2

This is a 4-week extension of the beginner's class that was held in April. You will learn new songs (and continue to improve your old favorites) by building on what was introduced in the first session. **Thursdays, May 9 through 30 from 1:00-2:00 PM.** You'll learn new chords, strengthen strumming techniques and learn a picking pattern. Free. Register online or call us.

Inside Scoop: SW Farmer's Market

Wednesday, May 29 at 11:00 AM join SW Parks and Recreation for an info session on the 2024 Farmers' Market Season. Learn about the vendors, financial benefits like SNAP and S/FMNP, entertainment and more. Be prepared for the best Market season yet! Please register.

The Wizard School of Magic

This 45-minute Magic Class for seniors will teach entry-level magic to all participants! Learn four magic tricks, receive a magic wand, and be entertained by professional magician Tom O'Brien. Perform the tricks and amaze your friends and family. Your grandchildren will call you their "Grandparent Houdini." **Friday, May 31 at 1:00 PM.** Cost is \$15, sign up online or in the office.

Gazebo Events

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

National Mimosa Day

It is National Mimosa Day so why not celebrate one of the best brunch drinks out there! Join us for some delicious (non-alcoholic) mimosas at **11:00 AM on Wednesday, May 8.** But wait, that's not all...we will play some trivia too!

Macaroon Mania

Come down to talk about all things Macaroons! We will be snacking on them, playing trivia and having a great time. **Wednesday, May 22 at 2:30 PM.**



Hoppin' Hamburgers

It's May...that means it's finally time for the weather to warm up. Warmer weather means barbeques. What better way to get ready for BBQ season than by celebrating National Hamburger Day with some sliders! Join us on **Wednesday, May 29 at 2:30 PM.**



Breakfast Sandwiches

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

Sound Meditation

Tuesday, May 14 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. Cost is \$8, register online or in office.

Nutrition Tips and Cues

Celebrate where we talk about hunger cues, family mealtimes and incorporating all food groups. Join Megan Brown, MPH, RDN, CDN on **Thursday, May 16 at 10:00 AM** for tips and cues on a few different nutrition topics. There will be a food demonstration of bread pudding. Free. Please register online or in the office anytime

New York World's Fair 1964/65

Jason Scappaticci, the Bowtie Historian, will bring the fair to life through "pictures and stories." Held in Queens, NY, there were 80 nations, 24 U.S. states and over 45 corporations represented. The fair's theme was "Peace Through Understanding" and is noted as a showcase of mid-twentieth-century American culture and technology. More than 51 million people attended, including many American Baby Boomers, who visited as children. Were you there? Did you bring home any souvenirs? We'd love to see any memorabilia you'd like to show off! **Thursday, May 16 at 7:00 PM.** Register online or call us. Free

Lunch Program

Lunch is served Monday—Friday at 12 noon. Provided by Community Renewal Team (CRT). CRT was able to secure funding so there are no limits and we are back to a regular program. Lunch is a \$3 suggested donation, Call by noon the day before: 860-648-6361 ext. 3328.

Birthday Lunch

Celebrate **May** birthdays on **Wednesday, May 22**. Cake donated by Geissler's; gift for the birthday folks by Riverside Health and Rehab. Sign up for lunch by noon the day before: 860-648-6361 ext. 3328.

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

Lunch Menu:

Wed 5/1—Meatball Stroganoff

Thurs 5/2—Roast Beef

Fri 5/3—Cinco de Mayo Celebration—Beef Tacos

Mon 5/6—Kielbasa

Tues 5/7—Hearty Beef Stew

Wed 5/8—BBQ Beef Brisket

Thurs 5/9—Mother's Day Lunch—Chicken Cordon Bleu

Fri 5/10—Meat Lasagna

Mon 5/13—Salisbury Steak

Tues 5/14—American Chop Suey

Wed 5/15—Baked Ham

Thurs 5/16—Sweet Italian Sausage

Fri 5/17—Oven-Fried Chicken

Mon 5/20—Sloppy Joes

Tues 5/21—Berries Day—Smoked Turkey & Swiss

Wed 5/22—Seafarer's Seafood Salad

Thurs 5/23—Swedish Meatballs

Fri 5/24—Celebrate Memorial Day—BBQ Boneless Chicken

Mon 5/27—CLOSED

Tues 5/28—Beef Hot Dog

Wed 5/29—Boneless Chicken Marsala

Thurs 5/30—Minestrone Soup

Senior Center Cinema



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. **Thursday, May 9 at 4:00 PM.** Cost is \$5 and includes hot dog, chips, drink and the movie. Please register in the office or online! Rated PG.



The Boys in the Boat

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin. **Friday, May 17 at 10:00 AM.** Popcorn will be served. Register online or call us. Rated PG-13



Maestro

On the verge of securing a golden opportunity, American conductor Leonard Bernstein begins a tumultuous relationship with actress Felicia Montealegre, upturning their lives. Popcorn will be served. **Friday, May 24 at 1:00 PM.** Free. Register online or call us! Rated R

New Info!

Credit Cards & Online Sign-Ups

We accept credit cards in person or online for all programs; for trips, we only accept credit card 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.

New Trips: Residents sign up on Trip Sign-Up Day, Thursday, May 2 beginning at 8:00 AM in the office. On-line registration is not available for trips. Non-residents can sign up one week later, Thursday, 5/9

Cruise the Connecticut River

Come with us to Rocky Hill to board a chartered boat and cruise the Connecticut River with Slipaway River Tours. First we will have lunch at Grill n' Chill at the dock then head out on our 90-minute boat ride. Everyone will have a seat to sit back and relax, listen to music and/or narration and enjoy the day. There is a bathroom on board. You can bring drinks and snacks. A limited number of wheelchairs can fit on board and the ramp is walker friendly. **Cost is \$22. Tuesday, June 4, our bus will depart the center at 11:15 AM and return approx. 3:15 PM.**

Old New-Gate Prison & Lunch

The Old New-Gate Prison & Copper Mine is nationally recognized as the first chartered copper mine and first state prison in early America. You will be given a guided tour of the mine and prison yard which includes the prison ruins, guard house and cells. There are 33 modern steps leading to the mine 35 feet below ground. The pathway through the mine has an anti-skid coating but it is uneven. The entire loop we walk is 100 yards. After the tour you will have time to explore on your own. Following, we will have lunch at La Figata. Bring money for lunch. **Thursday, June 6. The senior bus will depart the center at 9:30 AM and return approx. 2:00 PM. Cost is \$15.**

Celebrate Italia at the Aqua Turf

Head to the Aqua Turf Club with us on **Tuesday, July 9** to see Aaron Caruso and the Sam Vinci Band. They are back by popular demand. Enjoy great food and music as Aaron and Sam bring your favorite Italian hits to life!! Lunch will consist of a family style meal offering meatballs and sausage and chicken parmesan. Cost is **\$59** and includes transportation, the show and lunch. **The senior bus will depart the center at 10:15 AM and return approx. 4:00 PM.**

PARKING REMINDER:

Please park in the upper lot when going on a trip. The bus will pick you up in the upper lot.



Gloucester Lobster Cruise

Depart Geissler's at 7:30 AM with Tours of Distinction to head to Gloucester Harbor to board the Beauport Princess. Enjoy a lobster buffet lunch while cruising past downtown Gloucester. Your traditional New England lobster bake menu includes rolls, New England clam chowder, steamed 1/23 pound lobster, bbq chicken, corn on the cob, red bliss potatoes, coleslaw and dessert. Following the cruise you will head to Rockport, MA, one of the country's oldest artisan colonies to walk around and enjoy the shops and art museums. Approximate return is 7:30 PM. **Cost is \$194. Wednesday, July 17.**

Trip Meeting

There will be a trip meeting on both Italy & Alaska on **Tuesday, June 11 at 10:30 AM** with a representative from Collette Tours to talk about the details and answer questions. No need to register for this meeting.



Italian Vistas

Collette Tours will be taking us to Italy **March 24—April 5, 2025**. This includes visits to Rome, Pompeii, Sorrento, Isle of Capri, Florence, Pisa and Venice. Included in your trip is stops at the Colosseum, Ruins of Pompeii, Statue of David, Leaning Tower of Pisa, Tuscan Winery, Murano Island, Verona, Lake Maggiore, Stresa and much more. There are many customizable options for you on this trip to choose from. **Cost is \$5,848 double or \$6,848 single. A deposit of \$1,247 is due at registration.** This includes airfare to and from Logan, transfers, 17 meals, trip insurance, and prescheduled stops and attractions. Please see flyer for more information and full itinerary or visit <https://gateway.gocollette.com/link/1256027>.





Alaska Discovery Land & Cruise

Travel to Alaska with Collette for this land and cruise discovery **July 16—27, 2025**. Highlights of this trip include Fairbanks, Sternwheeler Discovery, Music of Denali Dinner Theater, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage, 26 meals, and much more!! **Cost is \$6,999pp Inside double, \$9,799pp Inside single; \$7,599 Ocean-View Double, \$10,799 Ocean-view single; and \$8,499 Veranda Double, \$12,299pp Veranda Single.** See flyer for full itinerary, all inclusions and more information or visit <https://gateway.gocollette.com/link/1255971>.

COMMUNITY RENEWAL TEAM **MAY** 2024 CONGREGATE MENU Menu is subject to change 4/9/24

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Monday – Friday at 12 PM Please call 860-648-6361 ext. 3328 by noon the day before to sign up. South Windsor Senior Center – 150 Nevers Road South Windsor, CT		Advise our staff of any food allergies prior to your meal consumption. ----- Berries are rich in Vit C; fiber; potassium and prebiotics for gut health. Enjoy them often !	1	100 % Fruit Punch Juice Meatball Stroganoff Parslied Linguini Peas 100 % Whole Wheat Bread Pudding	2	Roast Beef w/ Gravy Parslied Boiled Potatoes Monaco Blend Veggies Dinner Roll Fresh Fruit	3	<u>CRT Celebrates Cinco de Mayo</u> Orange Juice Beef Taco / Taco Shell Spanish-Style Rice / Lett, Tom, Cheese / Sour Cr / Salsa Churros
6	Kielbasa / Mustard w/ Caramelized Onions Baked Beans Prince Edward Veggies Wheat Bread Fresh Fruit	7	Hearty Beef Stew w/ Potatoes & Root Vegetables 100 % Whole Wheat Brd Yogurt Cup	8	BBQ Beef Brisket Sweet Pot Wedges / Ketchup 4-Way Vegetable Mix Wheat Bread Fresh Fruit	9	<u>CRT Celebrates Mother's Day</u> Grape Juice Chicken Cordon Bleu Twice Baked Potato Grilled Asparagus Garlic Knot Cheese Cake w/ Berry Topping	10	Meat Lasagna / Marinara Sca Italian Vegetable Blend Wholegrain Bread Fresh Fruit
13	Grape Juice Salisbury Steak w/ Gravy Cornbread Stuffing Normandy Veg Blend Wheat Dinner Roll Wholegr Fruit Bar	14	American Chop Suey w/ Elbow Pasta Zucchini Squash Wheat Bread Fresh Fruit	15	100 % Fruit Punch Ice Baked Ham w/ Mustard Baked Beans Parslied Baby Carrots Dinner Roll Cookie	16	Sweet Italian Sausage w/ Sca Baked Ziti / Parmesan Cheese Spinach / Bread Stick Fresh Fruit	17	100 % Fruit Punch Ice Oven-Fried Chicken Garlic Smashed Potatoes 5-Way Vegetable Blend Wheat Bread Pudding
20	Sloppy Joes on Hamburger Bun Waffle Fries / Ketchup Capri Vegetable Blend Fresh Fruit	21	<u>Celebrate Berries Day</u> Orange Juice Smoked Turkey & Swiss/ Lett & Tom / Horserad Must/ Multigr Hero / Strawb / Bisc / Whip Topping	22	Seafarer's Seafood Salad Bked Sweet Potato / S Cream Coleslaw Club Roll Fresh Fruit	23	Swedish Meatballs Garlic Pappardelle Brussel Sprouts 100 % Whole Wh Bread Fresh Fruit	24	<u>Celebrate Memorial Day</u> BBQ Grilled Boneless Chicken Potato Salad Buttered Corn Dinner Roll Yogurt Cup
27	CRT Closed for Memorial Day Holiday	28	100 % Fruit Punch Juice Beef Hot Dog / Hot Dog Bun Baked Beans Sauerkraut Must, Rel, Ketch Pudding	29	Boneless Chicken Marsala w/ Mushrooms Rice Green & Yellow Wax Beans Garlic Knot Fresh Fruit	30	Minestrone Soup Chicken Caesar Salad w/ Roma Blend / Grilled Chicken Breast Seasoned Croutons /Shaved Parmesan / Caesar Dressing / Saltines / Cookie	31	Macaroni & Cheese Stewed Tomatoes 100 % Whole Wheat Bread Fresh Fruit

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

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
Every Day Programs Lunch <i>Monday—Friday 12:00 PM</i> Billiards <i>Monday—Saturday 8:00 AM to 12:00 PM</i> Coffee Available <i>Mon– Fri 9:00 AM to 11:00 AM</i> Pickleball At Ellsworth Mon—Fri 8:30 AM to 2 PM			TRIPS <i>May 9 @ 9:30 AM</i> Mark Twain & Harriet Beecher Stowe Houses <i>May 11 @ 12:00 PM</i> Dineout: Hop Haus <i>May 16 @ 10:00 AM</i> Extreme Shopping <i>May 19 @ 9:30 AM</i> American Mural Project <i>May 22 @ 7:00 AM</i> 9/11 Memorial Museum <i>May 28 @ 11:45 AM</i> Dineout: Terrazza <i>YELLOW DOT SIGN UP DAY</i> Wednesday, May 22 10:00 AM—12:00 PM			Silver Sneakers 8:30 AM Breakfast Sandwiches 9:00 AM Knitters Group 9:00 AM (H) Chair Yoga 10:00 AM Chair Volleyball 11:30 AM Hand, Knee, Foot 12:30 PM Duplicate Bridge 12:45 PM Beginner’s Tai Chi 1:00 PM Intermediate Tai Chi 2:00 PM Button Bracelet 4:00 PM Evening Setback 6:00 PM			Trip Sign up Day 8:00 AM Walkers (meet at Nevers) 8:30 AM Lite Aerobics 8:30 AM Wadsworth Falls Hike 9:00 AM All Levels Yoga 10:00 AM Veteran’s Benefits 10:30 AM Mahjong 1:00 PM Older American’s Month Kick Off Party 1:00 PM Chair Volleyball 1:00 PM Hotdogs & Bingo 5:45/6:30 PM Silver Sneakers 5:15 PM			Bridge 9:30 AM (H) Chair Yoga 10:00 AM Pickleball 11:30 AM Potassium: More Than A Banana 11:45 AM Mexican Train 12:30 PM Cribbage 1:00 PM Ceramics 1:00 PM Cinco de Mayo Bereavement Support Group 2:00 PM 3:00 PM			Fitness Center 7:30 AM-12:00 PM Open PM Billiards 7:30 AM – Noon Pickleball 8:00—10:00 AM Gentle Yoga 9:00 AM Quilting 9:00 AM Pickleball Lessons 10:00 AM Chair Volleyball 10:00 AM		
Haircuts By Appt. Personal Trainer 8-11:00 AM (H)Lite Aerobics 8:30 AM Cardio Drumming 10:00 AM Bingo 10:30 AM Pickleball 11:30 AM Poker 1:00 PM Setback 1:00 PM	6		Massage & Footcare By Appt. Walkers (meet at Nevers) 8:30 AM Stretch & Strength 9:00 AM Garden Tour Ticket Sale 10 —1 PM History of Husky Hoops 10:30 AM Moving Forward with Parkinson’s 10:30 AM Mat Yoga 10:30 AM Samba 12:30 PM Spring Food Ideas 1:00 PM Line Dancing Lessons 1:30 PM Personal Trainer 4-7:00 PM Silver Sneakers 5:15 PM	7		Massage By Appt. Silver Sneakers 8:30 AM Knitters Group 9:00 AM Fear of Falling 9:30 AM (H) Chair Yoga 10:00 AM Swim Passes 10:30 AM—12:30 PM Nat. Mimosa Day 11:00 AM Chair Volleyball 11:30 AM Hand, Knee, Foot 12:30 PM Duplicate Bridge 12:45 PM Beginner’s Tai Chi 1:00 PM Intermediate Tai Chi 2:00 PM Evening Setback 6:00 PM	8		Walkers (meet at Nevers) 8:30 AM Lite Aerobics 8:30 AM All Levels Yoga 10:00 AM Moving Forward with Parkinson’s 10:30 AM Mahjong 1:00 PM Parkinson’s Support Group 1:00 PM Beginner’s Ukulele 1:00 PM Chair Volleyball 1:00 PM Movie: The Hill 4:00 PM Silver Sneakers 5:15 PM	9		Strength with Weights 8:30 AM Bridge 9:30 AM (H) Chair Yoga 10:00 AM Pickleball 11:30 AM Mexican Train 12:30 PM Cribbage 1:00 PM Ceramics 1:00 PM Afternoon Mother’s Day Tea 1:00 PM	10		Fitness Center 7:30 AM-12:00 PM Open PM Billiards 7:30 AM – Noon Pickleball 8:00—10:00 AM Gentle Yoga 9:00 AM Quilting 9:00 AM Pickleball Lessons 10:00 AM Chair Volleyball 10:00 AM	11	
Personal Trainer 8-11:00 AM (H)Lite Aerobics 8:30 AM Cardio Drumming 10:00 AM Bingo 10:30 AM Swim Passes 11:00 AM—1:00 PM Pickleball 11:30 AM Poker 1:00 PM Setback 1:00 PM Book Club 6:00 PM	13		Massage & Footcare By Appt. Stretch & Strength 9:00 AM Dividend Pond 9:30 AM Senior Advisory Council 10:00 AM Moving Forward with Parkinson’s 10:30 AM Mat Yoga 10:30 AM Samba 12:30 PM Armchair Adventure 1:00 PM Line Dancing Lessons 1:30 PM Medicare 101 3:00 PM Personal Trainer 4-7:00 PM Silver Sneakers 5:15 PM Sound Meditation 6:00 PM	14		Silver Sneakers 8:30 AM Knitters Group 9:00 AM (H) Chair Yoga 10:00 AM All About Electric Bikes 10:00 AM Patriotic Wreath Making 10:00 AM Garden Tour Ticket Sale 10:30—1:30PM Chair Volleyball 11:30 AM Hand, Knee, Foot 12:30 PM Duplicate Bridge 12:45 PM Beginner’s Tai Chi 1:00 PM Intermediate Tai Chi 2:00 PM Evening Setback 6:00 PM	15		Lite Aerobics 8:30 AM Veteran’s Social Hour 9:00 AM All Levels Yoga 10:00 AM Nutrition Tips and Cues 10:00 AM Moving Forward with Parkinson’s 10:30 AM Community Service Group 1:00 PM Chair Volleyball 1:00 PM Biography of Richard Wagner 1:00 PM Mahjong 1:00 PM Beginner’s Ukulele 1:00 PM Meet the Library Director 3:00 PM Bingo 6:30 PM Silver Sneakers 5:15 PM New York World’s Fair 1964/65 7:00 PM	16		Strength with Weights 8:30 AM Bridge 9:30 AM (H) Chair Yoga 10:00 AM Newcomer’s Group 10:00 AM Movie: The Boys in the Boat 10:00 AM Caregiver Support Group 10:00 AM Pickleball 11:30 AM Mexican Train 12:30 PM Cribbage 1:00 PM Ceramics 1:00 PM Cornhole with Cops 2:00 PM	17		Fitness Center 7:30 AM-12:00 PM Open PM Billiards 7:30 AM – Noon Pickleball 8:00—10:00 AM Gentle Yoga 9:00 AM Quilting 9:00 AM Pickleball Lessons 10:00 AM Chair Volleyball 10:00 AM	18	
Personal Trainer 8-11:00 AM (H)Lite Aerobics 8:30 AM Cardio Drumming 10:00 AM Bowling League 10:15 AM Bingo 10:30 AM Pickleball 11:30 AM Poker 1:00 PM Setback 1:00 PM Evening Painting 6:00 PM	20		Massage By Appt. Walkers (meet at Nevers) 8:30 AM Stretch & Strength 9:00 AM Mat Yoga 10:30 AM Depression and Anxiety 10:30 AM Moving Forward with Parkinson’s 10:30 AM Samba 12:30 PM Monte Carlo Whist Party 1:00 PM Line Dancing Lessons 1:30 PM Undie’s Wanted 4-6:00 PM Personal Trainer 4-7:00 PM Silver Sneakers 5:15 PM	21		Massage By Appt. Silver Sneakers 8:30 AM Knitters Group 9:00 AM (H) Chair Yoga 10:00 AM State Representative Tom Delnicki 11:00 AM Chair Volleyball 11:30 AM Birthday Lunch 12:00 PM Hand, Knee, Foot 12:30 PM Duplicate Bridge 12:45 PM Beginner’s Tai Chi/Intermediate 1:00/2:00 PM BBQ Apron Art 1:00 PM Macaroon Mania Gazebo 2:30 PM Evening Setback 6:00 PM Paint Pouring Class 6:00 PM	22		Lite Aerobics 8:30 AM Walkers (meet at Nevers) 8:30 AM All Levels Yoga 10:00 AM Pearls from Carol 10:30 AM Moving Forward with Parkinson’s 10:30 AM Chair Volleyball 1:00 PM Tech Toys & Tools 1:00 PM Mahjong 1:00 PM Beginner’s Ukulele 1:00 PM Early Bird Dinner 4:00 PM Silver Sneakers 5:15 PM	23		Strength with Weights 8:30 AM Bridge 9:30 AM Painting with Christine 9:30 AM (H) Chair Yoga 10:00 AM Meditation 11:00 AM Pickleball 11:30 AM Mexican Train 12:30 PM Cribbage 1:00 PM Ceramics 1:00 PM Movie: Maestro 1:00 PM	24		Fitness Center 7:30 AM-12:00 PM Open PM Billiards 7:30 AM – Noon Pickleball 8:00—10:00 AM Gentle Yoga 9:00 AM Quilting 9:00 AM Pickleball Lessons 10:00 AM Chair Volleyball 10:00 AM	25	
<div>Closed</div> <div></div>	27		Massage By Appt. Walkers (meet at Nevers) 8:30 AM Stretch & Strength 9:00 AM Mat Yoga 10:30 AM Moving Forward with Parkinson’s 10:30 AM Samba 12:30 PM Line Dancing Lessons 1:30 PM Personal Trainer 4-7:00 PM Silver Sneakers 5:15 PM	28		Haircuts By Appt. Silver Sneakers 8:30 AM Knitters Group 9:00 AM (H) Chair Yoga 10:00AM Inside Scoop: SW Farmer’s Market 11:00 AM Chair Volleyball 11:30 AM Hand, Knee, Foot 12:30 PM Duplicate Bridge 12:45 PM Beginner’s Tai Chi 1:00 PM Intermediate Tai Chi 2:00 PM Hoppin’ Hamburgers 2:30 PM Evening Setback 6:00 PM	29		Lite Aerobics 8:30 AM Walkers (meet at Nevers) 8:30 AM Hammonasset State Park 9:00 AM All Levels Yoga 10:00 AM Moving Forward with Parkinson’s 10:30 AM Courageous Dissent 11:00 AM Chair Volleyball 1:00 PM Beginner’s Ukulele 1:00 PM Mahjong 1:00 PM Silver Sneakers 5:15 PM	30		Strength with Weights 8:30 AM Bridge 9:30 AM Painting with Christine 9:30 AM (H) Chair Yoga 10:00 AM Men’s Group 9:30 AM Special Bingo 10:30 AM Pickleball 11:30 AM Mexican Train 12:30 PM Cribbage 1:00 PM The Wizard School of Magic for Seniors 1:00 PM Ceramics 1:00 PM	31		<div>May 2024</div> <div></div>		

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25 Oakland Road
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