



THE SENIOR CONNECTION

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

150 Nevers Road

860-648-6361



February 2022



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CARDS and GAMES

At the time of printing this newsletter, cards and games that do not allow for social distancing are still on hold. If we can restart these during February, we will get the news out word of mouth and through emails.

Valentine's Day Bingo and Lunch



We will have a special Valentine's Day Bingo on **Monday, February 14 at 10:30 AM** with special prizes and lots of fun! Sponsored by HarborChase of Evergreen Walk. Following Bingo there will be a CRT lunch at 12:00 noon. Sign up for lunch the day before (\$3 suggested donation). No need to sign up for bingo.

Life and Times of Elvis Presley

Join Joe the History Guy for a program on the Life and Times of Elvis Presley. Get a glimpse into his personal life, an American singer and actor, regarded as one of the most significant cultural icons of the 20th century. Come explore his life and his legacy. **Tuesday, February 15 at 10:30 AM.** Free, call to register.

Train Your Brain

Join Barbara on **Thursday, February 17 at 2:00 PM** and **Tuesday, March 1 at 2:00 PM** to exercise our brains. We think, solve and have fun so put your thinking caps on. Free, call to register anytime.

Fiduciary Roles

Czepiga Daly Pope & Perri will present on **Tuesday, February 22 at 10:00 AM.** They will help you understand the people part of your estate plan. Is a POA agent and an executor the same thing? Who should you choose? Can multiple people be named in each roles? Learn the answers to these questions and more from an experienced estate planning attorney. Free, call to register anytime.



Senior Olympics!

Who doesn't love some competitive fun?! In honor of the 2022 Winter Olympics, The South Windsor Senior Center will be holding our very own Senior Olympics on **Tuesday, February 22.** We will be competing for the Gold, Silver, and Bronze in Chair Volleyball, Cornhole, Billiards, Pickleball, Snowball Targets and Trivia. There will be lite pre-game snacks and refreshments as we divide into our teams. **Refreshments will be at 9:00 AM.** We will begin the games roughly at 9:30 AM and they will finish around noon. There will be a closing ceremony following the games. Call to sign up and let us know which sport/sports you would like to participate in and if you have a team already.

Shingles Information Session

Join Dr. Eric Lao, Internal Medicine Specialist, on **Tuesday, February 22 at 2:00 PM** for a discussion on Shingles and the Shingle Vaccine in honor of February being Shingles Awareness Month. There will be a Q&A so bring your questions! Free! Call to register anytime.

Early Bird Dinner & Entertainment

Join us for our monthly Early Bird Dinner on **Thursday, February 24 at 4:00 PM.** Enjoy a delicious dinner sponsored by The Village at Buckland Court: Salad, Italian short rib of Beef, Risotto, Squash and Cannoli. Following dinner at 5:00 PM we will have Noah Lis from The Voice performing! Cost is \$5 for South Windsor residents. Space is limited, pay and register in the office anytime.



Monte Carlo Whist Party

Come play with us on **Friday, February 25 at 1:00 PM!** Cash prizes will be awarded, and goodies will be served! **Cost: \$5** (proceeds benefit the many projects of our volunteer group!) Registration is requested; walk-ins are allowed if space is available. No partner needed! Register and pay in the office any time. Transportation is available if enough interest (call by 2/22). If we are still not offering card games by this date, we will notify all those who signed up that we are postponing.

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
Program Coordinators: Barbara Konicki ext. 3339
Tiffany Lazur ext. 3340
CARES Coordinator: Amy Patterson ext. 3311
Caseworkers: Stephen Clapp ext. 3325
Susan Grundstrom ext. 3314
Asst. Dir. Adult & Senior Services: Lindsey Ravalese ext. 3319
Director of Human Services: Andrea Cofrancesco ext. 3316

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Did you know?

- There is a notary public available at the Community Center. Call to schedule an appointment: 860-648-6357.
- We have files of life! A free magnet for your fridge with important emergency medical and contact information that is available to first responders when they are called to your home.



**CARDS AND GAMES
Currently on Hold due
to Covid**

Bridge ~ Mondays and Fridays at 9:00 AM
Poker ~ Mondays at 1:00 PM
Setback ~ Mondays at 1:00 PM
Samba ~ Tuesdays at 12:30 PM
Hand, Knee & Foot ~ Wednesdays at 12:45 PM
Duplicate Bridge ~ Wednesdays at 12:45 PM
Mahjong (American) ~ Thursdays at 10:00 AM

**Programs that are currently
NOT on hold:**

Bingo ~ Mondays at 10:30 AM and Thursdays 2/3 and 2/17 at 6:30 PM (call for bus)
Knitters Group ~ Wednesdays 9 AM to 11:30 AM
Billiards in Teen Center ~ Mon thru Fri 8 AM to 11:30 AM
Ceramics ~ Thursdays 9:00 AM to 11:30 AM (drop in, free)

SOCIAL SERVICES: 860-648-6361

Lindsey Ravalese ext. 3319; Steve Clapp ext. 3325, Sue Grundstrom ext. 3314

Caregiver Support Group

Please join us on **Friday, February 18 at 10:00 AM** for an open discussion meeting. If there are specific topics that you would like to discuss during the meeting or if you would like to be included in the email distribution list, please feel free to reach out to Sue at susan.grundstrom@southwindsor.org or by calling 860-648-6359. Hope to see you there!

Medicare Advantage Plan Open Enrollment

The 2022 Medicare Advantage Open Enrollment ends March 31. You still have time to switch from your Medicare Advantage Plan to another Medicare Advantage Plan, or switch back to Original Medicare, with or without a stand-alone Prescription Drug Plan. Changes made during this period take effect the first of the month following the month you enroll and you can only make one change. If you are interested in changing your Medicare Advantage Plan during this period, please give us a call at 860-648-6361 ext.3335 and ask to speak with a CHOICES counselor.

Mobile Foodshare



Located at Wapping Church every other Thursday from 11:30 AM to 12 noon. **February 3 and 17.** Fresh produce. Bring your own bags. If you need transportation, please call 860-648-6361 ext. 3310. Listen to the news for cancellations due to inclement weather. **FREE** *Please note:* this is not a town program, it is offered through Foodshare and has no income restrictions.

Telephone Reassurance

Are you feeling lonely or in need of some daily contact? If so, call Lindsey at 860-648-6358 and you could be connected to a friendly volunteer that will call you once daily or on a schedule that you feel comfortable with. Our trained volunteers will check up on you and have friendly conversations to ensure you are okay. If you are interested in being a volunteer or being called on a regular basis, contact Lindsey in Human Services today.

Friendly Shoppers and Visitors Available

Are you an older adult who doesn't drive and finds it difficult to get groceries? The Senior Center has volunteers who can shop for or bring you shopping weekly or bi-weekly. We also have volunteers who are available weekly or bi-weekly to provide socialization to at risk older adults. If you are interested in either of these programs, please contact Sue at 860-648-6359 for more information.

ENERGY ASSISTANCE

Applications for the 2021-22 energy assistance program are underway. Gross monthly income cannot exceed \$39,027/year (single) and \$51,035 (couples). **There is no asset limit this year due to COVID-19.** Documentation needed: last four weeks of income, bank statements, proof of rent or mortgage and utility bills. For an appointment or more info call 860-648-6361 ext. 3335 or call your worker directly.

The Affordable Connectivity Program

The Emergency Broadband Benefit Program has become permanent, now called the Affordable Connectivity Program. Eligible households could receive a discount of up to \$30 per month, per qualified household. You must meet at least one of the following criteria: at or below 200% of the federal poverty guidelines, participate in certain assistance programs, Tribal specific programs, receive free/reduced-price school lunch, meets the eligibility criteria for a participating provider's existing low-income program or received a Federal Pell Grant during the current award year. To enroll go to [ACPBenefit.org](https://www.acpbenefit.org) and submit or print an application to mail and contact your preferred participating provider to select a plan and have the discount applied to your bill. For any questions about your eligibility or application status call ACP Support Center at 877-384-2575. For more information, including a link to participating providers, go to www.fcc.gov/acp or reach out to one of our caseworkers at 860-648-6361 ext. 3335.



Triad for Senior Safety

What the Government will and will not do...

Many scams are ran by imitating some part of the government. Here are some things to remember which can help you decipher if you are really being contacted by a government agency or if it is a scam!

WHAT THEY WON'T DO:

- Government agencies will NOT call you unsolicited and ask for personal information.
- No government agency will initiate a serious contract with you via social media, text, or email.
- The government will not reach out to you to offer you a federal grant. Grants require an application and are always for a specific purpose.
- No government office will ask you for an up-front payment before sending you a benefit, grant, or refund.
- The government will not suspend benefits from Social Security or Medicare because someone else misused your identification.
- Federal law enforcement agencies will not bully you into revealing personal information such as your bank account.
- Agencies will not take payments in pre-paid gift cards, wire transfers or cryptocurrency.

WHAT THE GOVERNMENT WILL DO:

- Any important communications from the federal government will usually come through the U.S. Postal Service.

Tech Help with Tiffany

Tiffany is here to give you in-person assistance with any device such as your smart phone, laptop, or tablet! **Please come with questions.** Call 860-648-6399 to make an appointment.

Behavioral Health Services

South Windsor Human Services received funding from the American Rescue Plan Act to provide behavioral health services to residents who can benefit from counseling. Social isolation, the inability to see family during the pandemic and general concerns about the state of the world has brought on anxiety, depression and loneliness for many people. We are partnering with Intercommunity Health Care to provide both individual and group therapy **at the Senior Center** to support those in need and provide strategies to cope. If you find yourself struggling with getting back into the swing of things or if you want someone to talk to, please contact Liz Langevin, Director of Youth and Family Services in the Human Services Department at 860-648-505. She will work with getting you connected to Intercommunity. Services are confidential. It's okay to not be okay. Below are two programs being offered to start the conversation with Alexander Pepe, who will be providing these services at the center.

VOLUNTEER



Volunteer Corner

Community Service Group

The next meeting will be **Thursday, February 17 at 1:00 PM.** This is a group of adults who work on a variety of projects to assist people and groups of all ages in town and surrounding communities by being involved, raising funds and giving of their time to enhance the lives of others! ***This is being held IN PERSON and ON Zoom.*** Call Andrea at 860-648-6357 or andrea.cofrancesco@southwindsor.org for more info.
NEIGHBORS HELPING NEIGHBORS



Veteran's Corner

Questions about Veterans Benefits?

Stop in anytime on **Thursday, February 3 from 10:30-12 noon** to talk with reps from the American Legion. Learn about benefits, ask questions, meet your American Legion reps! No need to sign up, just show up!

Veteran's Social Hour!

Join us at the center for our veterans chat! Representatives from the American Legion will be at the community center. **Thursday, February 17 at 9:00 AM.** Call the American Legion with questions, no need to register.

The Center will be closed on

Friday, February 11 and Monday, February 21

Movies at the Center

Senior Center Cinema

Remember the Titans

Friday, February 4 at 2:00 PM

In Virginia, high school football is a way of life, an institution revered, each game celebrated more lavishly than Christmas, each playoff distinguished more grandly than any national holiday. And with such recognition, comes powerful emotions. In 1971 high school football was everything to the people of Alexandria. But when the local school board was forced to integrate an all black school with an all white school, the very foundation of football's great tradition was put to the test. Free, popcorn will be served. Call to register.

The Pursuit of Happyness

Tuesday, February 8 at 2:00 PM

Life is a struggle for single father Chris Gardner (Will Smith). Evicted from their apartment, he and his young son (Jaden Christopher Syre Smith) find themselves alone with no place to go. Even though Chris eventually lands a job as an intern at a prestigious brokerage firm, the position pays no money. The pair must live in shelters and endure many hardships, but Chris refuses to give in to despair as he struggles to create a better life for himself and his son. Free, popcorn will be served. Call to register.

Green Book

Monday, February 14 at 4:00 PM

Dr. Don Shirley is a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighborhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation. \$5 includes pizza and movie. Register and pay in the office anytime.



Arts & Crafts

Crafternoon with Tiffany

Join Tiffany on **Tuesday, February 15 at 2:30 PM** to have some fun making yarn hearts. These are perfect to use as a vase filler or to make into garland for Valentine's Day. Cost is \$5. Pay in the office anytime.

Painting with Christine!

Join professional artist Christine MacClintic for a fun, easy painting class using acrylic paint on a 16x20 canvas of a cardinal in a winter scene. No experience needed. **Fridays, February 18 and 25 from 9:30-11:30 AM.** Cost is \$20 and includes all supplies. SW residents only. Register and pay beginning 2/3.



Evening Painting Class

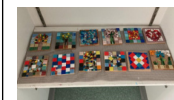
Join Artist Sandy Poirier on **Thursday, February 10 from 6:00 PM-8:30 PM** for a painting class on an 11x14 canvas. No experience needed. Cost is \$15 and includes all supplies. Pay in the office anytime.

Two Part Drawing Class

Mary Ransome will teach you basic drawing techniques using graphite pencils. During this two-part course you will learn how to use one-point perspective to create a serene country landscape! **Wednesdays, February 16 and 23 at 1:00 PM.** Cost is \$20 and includes all supplies. Pay in the office anytime.



Mosaic Art Class



Join Eugenia Mezhirova for this two-part Mosaic Art class on **Tuesday, February 15 and Thursday, February 17 at 5 PM.** You will make a colorful Mosaic and learn about the history of Mosaic Art. Cost is \$12. Residents register and pay anytime. Non-residents register beginning 2/10 if space allows.

Mimi's Cupcake Decorating

Try your hand at cupcake decorating. The instructor will help and encourage you to achieve your cupcake decorating goal. Class includes: 1 dozen cupcakes per student and all supplies. **Wednesday, February 16 from 2:00 PM - 4:00 PM.** Cost is \$5 per person. Residents register and pay anytime. Non-residents register beginning 2/10 if space allows.



Stay Fit, Stay Well!



Class	Times	Session Dates	Cost
Pickleball	Mon. — Fri at 8:30 AM at Ellsworth School, 1737 Main St.	For more information call volunteer coordinator Dick Lane at 860-614-3348	FREE
Beginner Pickleball	Mon & Wed from 8:30-10:30 at Ellsworth	On-going	
Pickleball	Mon & Fri at 11:30 At the Senior Center		FREE
Light Aerobics with Linda	Monday & Thursday 8:30 AM In person and on Zoom	Jan 3—Feb 28 No class 2/21	\$30 For 15 classes
Tai Chi With Marivic	Wednesday 2:00 PM In person only	Feb 2—Feb 23	\$8 For 4 classes
Stretch & Strength Training with Barbara	Tuesday 9:00 AM In person and on Zoom	Jan 4—Feb 22	\$16 For 8 classes
Walkers Group (New folks always welcome to join us!)	Tuesday & Thursday 8:30 AM	On-going <i>Meet at the pavilion at Nevers Park.</i>	FREE
Chair Yoga with Diana	Wednesday and Friday 10:00AM In person and on Zoom	Jan 5—Feb 25 No class 2/11	\$30 For 15 classes
Chair Volleyball	Wednesday 11:30 AM	On-going	FREE
LivFree Mat Yoga with Brenna	Thursday 10:00 AM In person and on Zoom	Jan 6-Feb 24	\$16 For 8 classes
Cardio Drumming with Tiffany	Monday 2:30 PM In person only	Jan 3-Feb 28 No class 2/21	\$14 For 7 classes

We are now accepting Renew Active Plan holders of an eligible Medicare plan insured by UnitedHealthcare Insurance Company can use this program. To confirm eligibility call the customer service number on the back of your insurance card and ask for a confirmation code which is needed at registration. Call 860-648-6399 with any questions.

Join the Fitness Center!

We are currently accepting new members to our fitness center! One-on-one instruction on how to use the equipment will be available to people 55+ by appointment. Tiffany Lazur is available to train you on the equipment or give you a refresher. If you are interested please call ext. 3340.

To Join Our 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 Tiffany who will teach you how to use the equipment. 860-648-6399

Cost for Residents: \$30 for 3 months, \$50 for 6 months, \$75 for 1 year or FREE with Renew Active!

Cost for Non-Residents: \$50 for 3 months, \$75 for 6 months, \$100 for 1 year (we reserve the right to limit the number of non-residents).

****At this time masks are mandatory while using the fitness center.**

February Fitness Challenge Healthy Heart Challenge

In honor of February being heart month our fitness challenge this month is the healthy heart challenge. To complete this challenge you will be asked to do an activity 3 times a week that increases your heart rate and gets your blood pumping! Pick up a tracking sheet either at the volunteer desk in the lobby or in the office!



FREE Tai Ji Quan Classes!

Moving for Better Balance®

This is an evidence-based therapeutic movement program which helps participants improve balance, mobility and daily functioning and prevent falls. Participants meet twice a week for 1-hour for 24 weeks. This class will meet **Mondays and Wednesdays at 1:00 PM starting March 7** through August 24. This is a grant funded program and is offered FREE. Call to register, space is limited!

Programs



Bingo in February

- Mondays at 10:30 AM: February 7, 14 (Valentine's Bingo) and 28.
- Special Bingo Friday, February 25 at 10:30 AM.
- Thursdays at 6:30 PM: February 3 and 17. Hot dogs between 5:30-6:15 PM.

For transportation on Mondays, you will be brought in on the lunch run with pick-ups between 10-11 AM, and go home after lunch. No need to call for bingo, but you need to call for the bus and if you would like to have lunch.

Rescheduled! Tech Tutor Part 2



This will pick up where part 1 left off with Audrey Breen from the SW Library. During this lesson you will further develop the information included on your profile such as choosing a profile picture and writing a short bio. You will create various posts and much more. **Thursday, February 10 at 10:00 AM.** Free. Register anytime.

Special Bingo

The office will be closed on Monday, February 21 in honor of President's Day. But don't worry, we won't let you miss out on Bingo! Join us on **Friday, February 25 at 10:30 AM** for a Special Bingo filled with prizes.

Ukulele Classes

with instructor Sue Hill
It's NOT TOO LATE!

Beginners (10 weeks) \$50: Learn to play the ukulele, a fun and easy instrument that you can sing along with. These classes are designed for the complete beginner, NO musical background is required, just your enthusiasm and willingness to learn. Please purchase your own prior to the class. Ukuleles are affordable and can be found on-line or at Guitar Center in Manchester. **Thursdays 12:45 to 1:45 PM beginning January 27 through March 31.** Pay the instructor directly.

Advanced (10 weeks) \$50: This class is designed for those who have already taken the beginners class, and want to continue to grow and play with others because it's so much fun! **Thursdays 2:00 to 3:00 PM beginning January 27 through March 31.** Pay the instructor directly.

AARP Tax Aide Program

Due to Covid-19 this is a **DROP OFF SERVICE** only. You will come in, meet briefly with a counselor, and then return to pick up your completed return. There will be other rooms in the center for you to wait in, or you may **leave and come back.**

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 on Thursday, February 3 through Thursday, April 14 by appointment. Call 860-648-6361 ext. 3335 to schedule an appointment. Married couples filing jointly should both be available to sign. No return will be filed until all signatures have been entered on the forms. *South Windsor residents only.*

Please be sure to bring the following:

- ♦ Personal identification including photo ID, Social Security card, etc.
- ♦ Copy of 2020 Income Tax Return and related forms
- ♦ All applicable 2021 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

Transportation Services



Transportation Services Back on Regular Schedule

To request a Transportation Brochure, or to register for a ride, please call Cindy Malone, Transportation Coordinator, at 860-648-6361 ext. 3310.

MASKS ARE REQUIRED ON OUR BUS

Medical transportation is available to Manchester, South Windsor, Glastonbury, Vernon, East Hartford and Hartford. To book a ride, please register at least two days in advance. 860-648-6361 ext. 3310.

IN TOWN GROCERY STORES: *Stop and Shop, Geissler's* on Wednesday and Friday mornings.

Call to schedule your ride by noon the day before.

Our bus will go to the South Windsor Aldi on Fridays! Call to register!

Masks are still required on public transportation at all times (per state guidelines).



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 860-648-6361 ext. 3325.

Health Services

ELDER WELLNESS is BACK!

The Visiting Nurse and Health Services of CT will be offering monthly clinics to check blood pressure, blood sugar and talk to you about your general health. **Thursday, February 3 from 9-10:30 AM by appointment only: 860-648-6361 ext. 3335.** SW residents only. Free.

FOOT CARE ~\$30

Twice a month by appointment
Call 860-648-6361 ext. 3335 for the next available appointment.

Therapeutic Massage: Missy will be at the center a few times a month on **Fridays and now on Tuesdays!** Cost is \$30 payable that day. Call 860-648-6361 ext. 3335 for an appointment. They book up fast!



Haircuts at the Center

Pat Sauer will be here on **Wednesday, February 9 and Monday, February 28 from 9:00 AM to 3:00 PM.** Haircuts are \$15 payable to Pat at your appointment, cash is preferred. Call 860-648-6361 ext. 3335 for an appointment.

Carbon Monoxide Detectors Available

The South Windsor Fire Department has a limited number of carbon monoxide detectors available to residents free of charge. They will even install them for you! At the time of installation, they will also evaluate your smoke detector to be sure it is working properly. Please call the Senior Center to have your name put on the list; you will then hear from a firefighter to schedule an appt. 860-648-6361 ext. 3335.

Recycling Program

Join Tony Manfre from the Town of South Windsor's Pollution Control and a representative from USA Recycling for an informative program on recycling: what, when, where and how to recycle, including what happens to it once you recycle it! **Tuesday, March 8 at 11:00 AM.** Free, call to register anytime.



Stay Connected With Us!



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@swseniorcenter



Follow us on Instagram:
SWSeniorCenter



Find us on YouTube: South Windsor Senior
Connections



Do you want to get our weekly emails with helpful information and reminders from us?

Email: swseniors@southwindsor.org

Programs, Programs and More Programs

Dryer Balls

Join Barbara to learn to make your very own environmentally safe dryer balls. The dryer balls continually agitate against the fibers in clothes and linens. So, after a (shorter) drying cycle, your clothes will also be soft to the touch. **Thursday, February 10 at 2:00 PM.** Cost is \$8 which includes all supplies. Pay and register in the office anytime.

Lyme Disease

Presentation on Ticks in CT by Voices Against Lyme Disease CT on **Tuesday, February 15 at 1:30 PM.** Please join Bonnie Waterhouse and Fred Grilli in learning the truth about the myths surrounding ticks and tickborne illnesses. You will learn awareness, education and prevention information regarding our tick environment and Lyme Disease. Similarities between Lyme Disease and COVID19 will also be discussed. Free, call to register.



Setback Lesson

Need a setback refresher? Never played and want to learn? Join us for a setback lesson on **Wednesday, February 16 at 1:30 PM.** Free! Call to register anytime.

Cornhole Tournament



Do you want to participate in some friendly competition? Our monthly cornhole tournaments are heating up! Join staff on **Friday, February 18 at 2:30.** Seniors will be paired together for a competitive but fun game! FREE. Call to register!

Intergenerational Design-A-Kite

Calling all grandparents! Bring your grandchildren in to decorate and design kites for National Fly A Kite Day. Weather permitting, we will go outside and fly them. **Wednesday, February 23 at 2:30 PM.** Cost is \$3 per person. Pay and register in the office.



Mardi Gras Party



Grab your beads and get ready to party like we're in New Orleans. **Tuesday, March 1 from 11:00 AM—12:00 PM** we will celebrate Mardi Gras with games and snacks followed by a CRT lunch at 12. Call to register. Cost is a \$3 donation for lunch.

New! Ceramics Class with Dawna

It's not too late to join ceramics! Join us to clean and paint items of your choice and learn techniques and tips on creating beautiful ceramics pieces that you can keep for yourself or gift to others! Dawna Cavagnaro is the instructor and she also has over 1200 molds to make greenware! She has items premade that you can choose from or you can place an order from a catalogue she has. Classes began in January, but you can still join for the remainder of this 9-week session. **Fridays from 1-3 PM in Feb and March.** Cost is \$21 and includes paints, glazing and instruction. Additional costs for items you choose to paint, which will be payable during class (cash, check or debit card). To register for the classes, pay and register any time.

Special Events

Resident sign up day 1/29

Non-resident sign up day 2/7

Dine Out: Parkville Market

Take a trip to the first food hall in Connecticut, Parkville Market in Hartford! With 19 unique restaurants and plenty of seating you will have your pick of the restaurants. On **Tuesday, February 15 we will be leaving the center at 11:30 AM and returning approx. 2:00 PM.** Free. Call to register.

Extreme Shopping: Cabela's

We will be heading to Cabela's in East Hartford on **Thursday, February 24.** The bus will leave the center at 11:30 AM and return approx. 2:30 PM. There is a café at Cabela's you could enjoy some lunch at if you wish. Free, call to register.

Inclement Weather Policy



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

Adventure Club

Hikes: *Please sign up and pay any time in the office for all below hikes. If enough interest we will provide a bus, otherwise we will carpool.*

- **Case Mountain Manchester:** Located in the southeastern section of Manchester, the Case Mountain Recreational Area encompasses 640 acres of combined open space and watershed land stretching from the Glastonbury border north to Case Pond. Join us **Wednesday, February 9 from 9:30 AM to 1:00 PM** for a 3.5-4 mile hike. Bring water, snacks, trekking poles, and dress in layers. Cost is \$5.
- **Talcott Mountain/Heublein Tower:** The 165-foot-tall Heublein Tower is located in Talcott Mountain State Park in Simsbury and provides panoramic views of the Hartford skyline, the Farmington River Valley and surrounding areas. It was listed on the National Register of Historic Places in 1983. **Sunday, February 13 from 9:30 AM to 1:00 PM.** Cost is \$5.
- **Vernon Rails to Trails:** The Rails to Trails project re-purposes old railroads to multi-use trails. The leveled, stone-dust surface is popular for walking, biking, scenic views, and snowshoeing or cross-country skiing in the winter. This will be an easy stroll. Dress in layers, bring water, snacks, and trekking poles. **Wednesday, February 16 from 9:30 AM to 1:00 PM** Cost is \$5.
- **West Hartford Reservoir 6:** West Hartford Reservoir #6 Trail is a 3.8 mile heavily trafficked loop trail located near Avon, Connecticut that features a lake and is good for all skill levels. Please dress in layers, bring water, snacks, and trekking poles. **Wednesday, February 23 from 9:30 to 1:00 PM.** Cost is \$5.

Meditation

Lets try a new Adventure! Meditation is a practice where an individual uses a technique such as mindfulness, or focusing the mind on a particular object, thought, or activity to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Join Brenna Adams on **Friday, February 25 at 1:00 PM.** Bring your mat, and blanket or pillow. This is a 30 min. class. **FREE,** call to register.

Center Lunches

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

Menu for CRT Lunches

Feb 1: Stuffed shells, veg, garlic knot, cake
Feb 2: Special Lunch, see below
Feb 3: Fish, potato wedges, veg, bread, fruit
Feb 4: Baked ham, sweet potatoes, veg, cookie
Feb 7: Stuffed cabbage, rice, squash, bread, fruit
Feb 8: Meatloaf, potatoes, veg, bread, fruit
Feb 9: Special Lunch, see below
Feb 10: Kielbasa, pierogies, veg, bread, fruit
Feb 14: Beef stew, veg, roll, apple pie
Feb 15: Battered fish, potato wedges, veg, bread
Feb 16: Special Lunch, see below
Feb 17: Lasagna, veg, garlic knot, fruit
Feb 18: Chicken picata, rice, peas, bread, cookie
Feb 22: General Tso Chicken (mild), fried rice, fruit
Feb 23: Special Lunch, see below
Feb 24: Pork Loin, potato wedge, veg, bread, pie
Feb 25: Jamaican beef patty, mac 'n cheese, roll
Feb 28: Sweet & sour meatballs, orzo, veg, roll, fruit

Special Wednesday Lunches

Sharon will be continuing the special lunches in February on **Wednesdays!** Instead of CRT's lunch, we are offering a different option. Lunch is served at 12 noon. \$3 charge, payable the day of. Call to sign up by noon the day before: 860-648-6361 ext. 3328

Wednesday 2/2— Country Fried Chicken

Wednesday 2/9—Hotdogs

Wednesday 2/16—Quiche

Wednesday 2/23—Chili

Meals come with a beverage and dessert.

Birthday Lunch

Celebrate **February** birthdays on **Tuesday, February 22** following lunch. Cake donated by **Geissler's**, a gift for the birthday people will be supplied by **HarborChase**. Sign up for lunch by noon the day before: 860-648-6361 ext. 3328.



New Trips Residents register 2/3; Nonresidents 2/10



Chowder Pot and Entertainment

Enjoy a luncheon show featuring Rich Wilson at the Chowder Pot in Hartford on **Tuesday, April 26**. Rich Wilson's natural charisma and stage presence takes over as soon as he steps onto a stage. There will be a full course lunch menu of New England Clam Chowder, rolls and your choice of Chicken Piccata or Baked Scrod with Crumb Topping, vegetable and potato along with cheesecake, coffee & tea. Please let us know your entrée choice at time of registration. Cost is **\$73**. The bus will depart the center at 11:00 AM and return approx. 3:30 PM.

New England Air Museum



We will head to the New England Air Museum in Windsor Locks on **Friday, March 25**. See one of the world's most outstanding collections of historic aviation artifacts including the last remaining four-engine American flying Sikorsky VS-44A. The bus **departs the center at 9:30 AM and returns approx. 2:00**. \$20 includes transportation and admission to the museum. Bring money for lunch, we will stop at Ruby Tuesday.

Previously Advertised Trips Registration has begun; sign up anytime!

New England Carousel Museum

Experience the joy of Carousel! Take a trip and learn about Art, History, and fabrication of this little known form of American sculpture. We will discover over 200 antique wooden horses and objects, see their restoration department where preservation is happening and take a ride on the indoor carousel. We will have lunch at the museum in the form of a Bistro Box. Meal choices available at registration. **Thursday, February 17**. The bus will leave the center at 10:00 AM and return approx. 2:30 PM. Cost **\$23**, includes admission, lunch, and transportation. Last day to register is 2/10.

CT Flower & Garden Show



Experience Spring in February at the Connecticut Convention Center on **Friday, February 25**. Explore over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, equipment and much more. View beautifully landscaped gardens, seminars and demonstrations. Bring money for concessions available at the show. The bus will leave the center at 10:00 AM and return approx. 2:00 PM. Cost is **\$20** and includes transportation and admission. Last Day to Register is 2/3.

St. Patrick's Day Celebration



Take a trip to the Aqua Turf Club on **Tuesday, March 15** for their St. Patrick's Day Celebration featuring The Maclean Avenue Band. Pdraig Allen and The Mclean Avenue Band have their very own sound with old Irish Celtic Folklore and rock pop Celtic music of today! Cost is **\$52** and includes ticket to the show, your family style entrée of corned beef & cabbage or baked scrod as well as transportation. Complimentary coffee and donuts, glass of beer or wine and door prizes included. The bus will depart the center at 10:00 AM and return approx. 4:30 PM. Last day to register is 2/25.

Lancaster, in Style

Enjoy 3 days visiting Lancaster, In Style on **April 18-20, 2022**. Trip insurance is a flat rate of \$75 in addition to deposit. Please see flyer for the trip itinerary. **\$50 deposit due at time of reservation and final payment is due by February 7, 2022**. Cost is **\$790 single, \$635pp double and \$580pp triple**. Checks payable to Town of South Windsor. For more information call Tiffany at 860-648-6399.

Magical Mackinac

Traditional Mackinac Island is a step-back in time. Tour includes motor coach transportation, hotel accommodations, 13 meals and more. See flyer for details or call Tiffany with any questions. Trip will be **August 14-21, 2022**. Cost is **\$2,199pp single, \$1,725pp double, and \$1,599pp triple**. Call Tiffany at 860-648-6399 for further information and reservations. **\$150 is due at time of reservation and full payment is due by June 1, 2022**. Trip insurance is \$137 pp double or triple and \$187pp single. And is due along with deposit.

**Checks payable to Town of
South Windsor**

Upcoming Trips of 2022

Day Trips

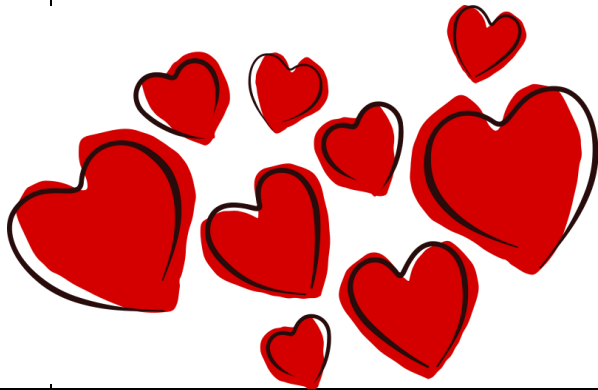
DATE	COMPANY	TRIP	COST
Feb. 17	SWSC	New England Carousel Museum	\$23
Feb. 25	SWSC	CT Flower and Garden Show	\$20
March 15	SWSC	Aqua Turf: St. Patrick's Day Celebration	\$52
March 25	SWSC	New England Air Museum	\$20
April 12	SWSC	Aqua Turf Club: Mark Verselli	\$50
April 26	Friendship Tours/ SWSC Bus	Luncheon Show at the Chowder Pot featuring Rich Wilson	\$73
June 15	Friendship Tours/ SWSC BUS	Luncheon Show at Saint Clements Castle: "I Write The Songs, The Music of Barry Manilow"	\$84
July 12	SWSC	Aqua Turf Club: Celebrate Italia	\$50
July 19	Friendship Tours/ SWSC Bus	Twin Lobsters at The Log Cabin: Lou Villano presents The Best of Paul Anka	\$93
Aug. 18	SWSC	Aqua Turf Club: Tom Jones & Englebert	\$50
Aug. 24	Friendship Tours	Lighthouses of Boston Harbor	\$132
Sept. 7	Friendship Tours/ SWSC Bus	Amarante's Sea Cliff—Sounds of Summer	\$82
Sept. 13	SWSC	Aqua Turf Club: Jimmy Mazz	\$50
Sept. 28	Friendship Tours	Winnepesaukee Turkey Train	\$133
Oct. 11	SWSC	Aqua Turf Club: Polka! Polka!	\$50
Oct. 18	Friendship Tours/ SWSC	Corned Beef & Comedy	\$91
Nov. 15	SWSC	Aqua Turf Club: Bob Hope USO Show	\$50
Dec. 13	SWSC	Aqua Turf Club: Holiday Fun with the Cartells	\$50

Overnight Trips

DATE	COMPANY	TRIP	COST pp. DOUBLE
April 18–20	Tours of Distinction	Lancaster In Style	\$635
TBD	Tours of Distinction	Boston: Casino, Duck Tour & Lobster Cruise	TBD
Aug. 14—21	Tours of Distinction	Magical Mackinac	\$1725

Please refer to flyers and newsletters for more details on each trip as well as other trips. Sign up dates for each trip will be listed in the newsletter along with the trip description.

****This is not a conclusive list of all the 2022 trips. There will be additional trips and/or possible changes.**

Monday			Tuesday			Wednesday			Thursday			Friday		
WEEKEND PROGRAMS • Talcott Mountain Hike Sunday, February 13 at 9:30 AM PICKLEBALL • Outdoor Pickleball at Ellsworth 8:30 AM Mon-Friday			Therapeutic Massage Billiards Walkers (meet at Nevers Park) (H) Stretch & Strength Lunch Samba	By Appt. 8-11:30 AM 8:30 AM 9:00 AM 12:00 PM 12:30 PM	1	Billiards Knitters Group (H) Chair Yoga Chair Volleyball Special Lunch Hand, Knee, Foot Dup. Bridge Tai Chi	8-11:30 AM 9:00 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 12:45 PM 2:00 PM	2	Elder Wellness Sign Up Day (H) Lite Aerobics Walkers (meet at Nevers) Ceramics—Drop In Mahjong Mat Yoga Veteran’s Benefits Lunch Beginner’s Ukulele Advanced Ukulele BINGO & Hotdogs	By Appt. 8:30 AM 8:30 AM 8:30 AM 9:00 AM 10:00 AM 10:00 AM 10:30 AM 12:00 PM 12:45 PM 2:00 PM 6:30 PM	3	Billiards Bridge (H) Chair Yoga Pickleball Lunch Ceramics Movie: Remember The Titans	8-11:30 AM 9:00 AM 10:00 AM 11:30 AM 12:00 PM 1:00 PM 2:00 PM	4
Footcare (H) Lite Aerobics Bridge BINGO Pickleball Lunch Setback Poker Cardio Drumming	By Appt. 8:30 AM 9:00AM 10:30AM 11:30 AM 12:00 PM 1:00 PM 1:00 PM 2:30 PM	7	Footcare Billiards Walkers (meet at Nevers Park) (H) Stretch & Strength Senior Advisory Meeting Lunch Samba Movie: The Pursuit of Happyness	By Appt. 8-11:30 AM 8:30 AM 9:00 AM 10:00 AM 12:00 PM 12:30 PM 2:00 PM	8	Haircuts Billiards Knitters Group Case Mountain Hike (H) Chair Yoga Chair Volleyball Special Lunch Hand, Knee, Foot Dup. Bridge Tai Chi	By Appt 8-11:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 12:45 PM 2:00 PM	9	Billiards (H) Lite Aerobics Ceramics—Drop In Mahjong Tech Tutor Part 2 Mat Yoga Lunch Beginner’s Ukulele Advanced Ukulele Dryer Balls	8-11:30 AM 8:30 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 12:00 PM 12:45 PM 2:00 PM 2:00 PM	10	Closed		
Billiards (H) Lite Aerobics Bridge Valentine’s Day BINGO Pickleball Lunch Setback Poker Cardio Drumming Pizza & Movie	8-11:30 AM 8:30 AM 9:00AM 10:30AM 11:30 AM 12:00 PM 1:00 PM 1:00 PM 2:30 PM 4:00 PM	14	Therapeutic Massage Walkers (meet at Nevers Park) (H) Stretch & Strength Joe the History Guy Dine Out Lunch Samba Lyme Disease Crafternoon with Tiffany Mosaic Art Class	By Appt. 8:30 AM 9:00 AM 10:30 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 2:30 PM 5:00 PM	15	Knitters Group Vernon Rails to Trails (H) Chair Yoga Chair Volleyball Special Lunch Hand, Knee, Foot Duplicate Bridge Drawing Class Setback Lesson Tai Chi Cupcake Decorating	9:00 AM 9:30 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 12:45 PM 1:00 PM 1:30 PM 2:00 PM 2:00 PM	16	Billiards (H) Lite Aerobics Ceramics—Drop In Veteran’s Social Hour Mahjong Mat Yoga Lunch Community Service Group Beginner’s Ukulele Advanced Ukulele Train Your Brain Mosaic Art Class BINGO & Hotdogs	8-11:30 AM 8:30 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 12:00 PM 1:00 PM 12:45 PM 2:00 PM 2:00 PM 5:00 PM 6:30 PM	17	Therapeutic Massage Billiards Bridge Painting with Christine (H) Chair Yoga Caregiver Support Group Pickleball Lunch Ceramics Cornhole	By Appt. 8-11:30 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM 11:30 AM 12:00 PM 1:00 PM 2:30 PM	18
Closed			Billiards Walkers (meet at Nevers Park) (H) Stretch & Strength Senior Olympics Fiduciary Roles Birthday Lunch Samba Shingles Presentation	8-11:30 AM 8:30 AM 9:00 AM 9:00 AM 10:00 AM 12:00 PM 12:30 PM 2:00 PM	22	Knitters Group W. Hartford Reservoir (H) Chair Yoga Chair Volleyball Special Lunch Hand, Knee, Foot Duplicate Bridge Drawing Class Tai Chi Design-A-Kite	9:00 AM 9:30 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 12:45 PM 1:00 PM 2:00 PM 2:30 PM	23	Billiards (H) Lite Aerobics Walkers (meet at Nevers) Ceramics—Drop In Mat Yoga Mahjong Extreme Shopping Lunch Beginner’s Ukulele Advanced Ukulele Early Bird Dinner	8-11:30 AM 8:30 AM 8:30 AM 9:00 AM 10:00 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 2:00 PM 4:00 PM	24	Therapeutic Massage Billiards Bridge Painting with Christine (H) Chair Yoga Special Bingo Lunch Ceramics Monte Carlo Whist Meditation	By Appt. 8-11:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 12:00 PM 1:00 PM 1:00 PM 1:00 PM	25
Haircuts Billiards (H) Lite Aerobics Bridge Haircuts BINGO Pickleball Lunch Setback Poker Cardio Drumming	By Appt. 8-11:30 AM 8:30 AM 9:00 AM By Appt. 10:30 AM 11:30 AM 12:00 PM 1:00 PM 1:00 PM 2:30 PM	28	Please Note: <i>All card games are on hold until further notice</i>			KEY <i>Use this key to refer to how each program will be offered</i> H = HYBRID Z = ZOOM			February 2022					



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