



# THE SENIOR CONNECTION

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

150 Nevers Road 860-648-6361 [www.southwindsor.org](http://www.southwindsor.org)

## February 2023



Like us on Facebook: [Facebook.com/swseniorcenter](https://www.facebook.com/swseniorcenter)



Follow us on Instagram: [SWSeniorCenter](https://www.instagram.com/SWSeniorCenter)

### Connecticut Day!

Join us to celebrate all things Connecticut. On **Wednesday, February 8 at 1:00 PM** we will be showcasing different products and attractions native to CT. Find out what makes this state so great. There will be games, food, fun & more! Cost is \$5...come hungry! Register in the office anytime.



### Soup-er Bowl Party

How can you not like the super bowl...football, food, fun! We will have our very own Super Bowl Party on **Friday, February 10 at 1:00 PM**. We will play football inspired games (no tackling of course) and enjoy yummy appetizers. Cost is \$3, payable at time of registration or a can of soup for our food bank. Please register in the office anytime.



### Valentine's Day Lunch and Bingo

Come in for a Valentine's Day lunch from CRT on **Tuesday, February 14 at 12:00 PM**. Lunch will consist of caprese baked chicken and parmesan linguini with asparagus and a garlic knot. Following lunch we will have a special Valentine's Bingo at 1:00 PM. Bingo cards are .50 a card. Please sign up for lunch by calling ext. 3328 by noon on 2/13. Lunch is a suggested donation of \$3.



### The Senior Center is Opening on Saturdays!

Beginning in March, the senior center will be open on Saturdays from 8:00 AM—12:00 PM. This includes the fitness center. Stay tuned for more information!



### Pancake Breakfast

Join us **Saturday, February 25** for all you can eat pancakes! We will be serving plain, blueberry or chocolate chip pancakes with a side of fruit and juice or coffee. Feel free to come anytime between **9:00 to 10:30 AM**. Cost is \$5 if you register ahead of time or \$8 at the door. Transportation is available if enough interest.

### Grandparent/Grandchild Bingo

Calling all grandparents! Bring your grandchildren or special child in your life for a fun game of bingo! There will be treats, prizes and more! **Friday, February 17 at 1:00 PM**. No need to register.

### Early Bird Dinner & Entertainment

Come out for an evening of good food and entertainment! We will hold our Early Bird Dinner on **Thursday, February 23 at 4:00 PM**. We will warm our hearts with a heaping bowl of beef stew, bread and dessert, followed by entertainment at 5:00 PM. Listen to the lovely voice of vocalist Elaine Cerullo. Cost is \$5 (\$10 for non-residents). Sign up anytime.

### Winter Olympics



Our annual Winter Olympic Games are back! On **Tuesday, February 28** we will compete in chair volleyball, pickleball, billiards, cornhole & ladderball. If you are interested in a day of fun competition call to sign up! Please let us know at time of sign up which games you would like to compete in. We will begin at **12:30 PM** with an opening ceremony and the games beginning at 1:00. Let's see who will win the gold!!

### Sound Meditation

**Tuesday, February 28 at 6:00 PM** enjoy a Sound Meditation Concert with The Conduit. Relax to the soothing sounds of live gongs and singing bowls washing over you for a deep meditative bliss without needing any experience or special techniques. Experience a live sound journey, finding stillness through the orchestration, allowing a deep connection to the space within one's heart, mind and body. Bring props for your comfort (a zero gravity chair, yoga mat or pillow/blanket), water and eye coverings are encouraged. Cost is \$8, sign up anytime.



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**Visit our Website:**  
**[www.southwindsor-ct.gov/adult-senior-services](http://www.southwindsor-ct.gov/adult-senior-services)**

**Adult and Senior Services  
Contact Information:  
Main Number: 860-648-6361**

<b>Transportation:</b>	Cindy Malone ext. 3310
<b>Program Sign Ups:</b>	Liz O'Brien ext. 3335
<b>Lunch Reservations:</b>	Sharon Bosco ext. 3328
<b>Program Coordinators:</b>	Barbara Konicki ext. 3339 Tiffany Lazur ext. 3340
<b>CARES Coordinator:</b>	Amy Patterson ext. 3311
<b>Caseworkers:</b>	Susan Grundstrom ext. 3314
<b>Asst. Dir. Adult &amp; Senior Services:</b>	Lindsey Ravalese ext. 3319
<b>Director of Human Services:</b>	Andrea Cofrancesco ext. 3316




## Did you know?

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 to inquire 860-648-6361 ext. 3335.



## Senior Advisory Council

 The Senior Advisory Council (SAC) consists of volunteers who represent the 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 held on the 2nd Tuesday of each month at 10:00 AM. Please reach out to any SAC member to share your thoughts on the Senior Center or join us at a meeting. The next meeting is **February 14.**

Daria Plummer, Chair 860-432-8403  
Kathie Stroh, Vice Chair  
John Habif, Corresponding Secretary  
Toni Baer  
Dave Bakulski  
Tom Bartomeli  
Rob and Barbara Betteker  
Carol Butler  
Tom Field  
Alva Fitch  
Estelle Fournier  
Gloria Goslin  
Hansa Khant  
Kathy Longo  
Elaine Smith

**SOCIAL SERVICES: 860-648-6361**  
Lindsey Ravalese ext. 3319; Sue Grundstrom ext. 3314

## Medicare Advantage Plan Open Enrollment

The 2023 Medicare Advantage Open Enrollment Period is underway. If you have chosen a Medicare Advantage Plan during open enrollment in 2022 and are unhappy with the plan, you have another chance to change it during the **Medicare Advantage Open Enrollment Period (MA OEP)** which occurs each year from *January 1 through March 31*. During this time you can switch from your Medicare Advantage Plan to another Medicare Advantage Plan, or switch back to Original Medicare, with or without a stand-alone Prescription Drug Plan. Changes made during this period take effect the first of the month following the month you enroll and you can only make one change. **Please note:** If you have chosen Original Medicare and a Part D plan for January 1, you **cannot** change your Part D plan during this time. If you are interested in changing your Medicare Advantage Plan, please give us a call at 860-648-6361 ext.3335 and ask to speak with a CHOICES counselor or call 1-800-MEDICARE.

### 2023 Medicare Cost Updates:

The standard monthly premium for Medicare Part B enrollees will be \$164.90 in 2023, a decrease of \$5.20 from \$170.10 in 2022. The annual deductible for Medicare Part B beneficiaries is \$226 in 2023, a decrease of \$7 from \$233 in 2022. The Medicare Part A inpatient deductible that beneficiaries will pay when admitted to the hospital is \$1,600 in 2023, an increase of \$44 from \$1,556 in 2022.

## Bereavement Support

If you are grieving the loss of a loved one and would like to find support from others, please come to our group. A licensed therapist from Intercommunity Health Care will be **at the center on the 1st and 3rd Fridays of each month at 3 PM: February 3 and 17**. Everyone deals with loss differently. Let's come together and talk and get tips on how to cope. Free. Please join us!

## Behavioral Health Services

Human Services received funding from the American Rescue Plan Act to provide behavioral health services to residents who can benefit from counseling. Intercommunity Health Care provides individual therapy **at the Senior Center** to support those in need. If you want someone to talk to, please contact Liz Langevin in Human Services at 860-648-5050. Services are confidential. It's okay to not be okay.

## Caregiver Support Group

Please join us on **Friday, February 10**, at **10:00 AM** in the Teen Center Lounge for a discussion with Amanda Brill, LCSW, from The Chase Family Movement Disorder Center, who is also the Center Coordinator for The Parkinson's Foundation. Please bring your questions! If you are interested in attending or would like to be included on the email distribution list for the Caregiver Support Group, please contact Sue at [susan.grundstrom@southwindsor-ct.gov](mailto:susan.grundstrom@southwindsor-ct.gov) or 860-648-6359. Hope to see you there!

## Energy Assistance

Applications for the 2022-23 energy assistance program are underway. Gross monthly income cannot exceed \$39,761/year (single) and \$51,996 (couples). **There is no asset limit this year due to COVID-19.** Documentation needed: last four weeks of income and utility bills. If you are new to the program DSS requires your Identification and Social Security cards for everyone in the household as well as income and utility bills. For an appointment call 860-648-6361 ext. 3335 or call your worker directly.

## CARES Group: Space is Available

The "CARES" group is for residents over sixty and meets five days a week from 9:30-12:30 PM. The charge is \$3 per day and is billed monthly. Lunch is a \$3 donation daily. CARES offers a variety of activities including music, crafts, games, reminiscence, current events, exercise, and holiday celebrations. If you have limitations or disabilities, but do not need medical or self-care assistance while in the group, you may qualify to attend. Call Lindsey at 860-648-6361 ext. 3319 for more information.



# Educational Programs & More

## History of St. Valentine's

Join Joe the History Guy on **Tuesday, February 7 at 10:00 AM**. This is the month of **St. Valentine's Day** and a time to reflect on that special someone. How did it all get started? The evolution of the Valentine begins with a beautiful story and then in time... love notes, the introduction of cards, flowers and chocolates and the heart shaped boxes. Let's not forget about the poets that helped things along. We'll even have a little quiz game for fun. Free, call to register.

## Train Your Brain



Join Barbara on **Monday, February 13 at 2:00 PM** for some games, puzzles and trivia to keep your brain working. Free, call to register.

## Highlights of China

China is one of the top tourist destinations in the world. Bob, the travel guy, will show us the Highlights of China in this first "Armchair Adventure" on **Tuesday, February 21 at 2:00 PM**. Bob takes us to Beijing, Xuan, Gillian and Hong Kong to visit the top bucket list tourist stops. We hike, bike, fly, ride the train, float on rivers and lakes and even take a rickshaw ride! Great walls(2), Forbidden city, 10,000 terracotta warriors, majestic Li river and terraced rice field and much more. Learn some of the ancient history of China. No visas required. Free, call to register.



## Monte Carlo Whist Party!

**Thursday, February 23 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.

## Journaling

Are you living up to your potential? Ignite a passion within yourself to achieve all you want out of life. Join Scott Weiss of the Kay Journal on **Friday, February 24 at 11:00 AM**. He will help you get started on the journey you were meant to be on. Journaling is at the center of self-care and allowed Scott to find the best version of himself at a time where he was looking for some new direction. However, most journals are blank and don't provide any guidance, so Scott designed Live Your Life with Purpose Journal to give himself and others that direction. During this hour you will spend time understanding goals that have meaning for you, better manage your time and managing a health-balanced life. Free, call to register.

## Simplify or Sell

When is the right time to sell your house? What if you'd rather stay in your house? What can be done with years of accumulated stuff? How can you feel less overwhelmed? Join Cate Evans, Realtor from Coldwell Banker on **Monday, February 27 at 10:00 AM** to learn options and tips for staying as well as information about selling in today's real estate market. With over 10 years of experience and a large network of trusted contractors, Cate has answers to these and more questions...and she is ready to answer your questions too! Free, call to register.



## ADA (Americans with Disabilities Act) Paratransit

**ADA** transportation is available for people with disabilities who live within 3/4 of a mile of a bus stop but are unable to use the regular public transportation system. Call 860-724-5340 for info or an application. Cost is waived through March. **Freedom Rides:** For those enrolled in the ADA program, vouchers can be used for taxi trips that go beyond the ADA service area and during times that ADA is not available. To enroll in ADA, call 860-724-5340 or [www.ctada.com](http://www.ctada.com)

## Mobile Food Share

Located at Wapping Church every other Thursday from 11:30 AM to 12 noon. **February 2 and 16**. Fresh produce, bring your own bags. Need transportation? Call 860-648-6361 ext. 3310. This is a Food Share program. No income restrictions. Listen to the radio for cancellations.



**Do you have a talent, hobby or knowledge to share? Call us to volunteer!**



## Arts & Crafts

### Puzzle Hearts

Join Tiffany on **Tuesday, February 7 at 11:00 AM** to make puzzle hearts as pictured. This is the perfect valentine's day gift to give to a loved one or use as decoration! Cost is **\$5**. Sign up in the office anytime.



### Asian Art

Learn and use the basics of Korean painting, including its unique techniques and materials, with Hyeonsu Kim, experienced South Korean artist. This class is an introductory tour of Korean traditional painting. Students are guided through painting(s) of symbolic flowers. Black ash and colored inks are used in a watercolor-like method on traditional mulberry tree paper. Just a note, this class is static and slower paced in a meditation-like environment. **Cost is \$20 per class. Wednesday, February 1 from 10:00—12:00 PM and March 1 from 10:00—12:00 PM. Each class is different. Sign up for either class (or both!) any time. As long as there is interest, this class will run the first Wednesday of each month at 10:00 AM.**



## Senior Center Cinema

### 12 Years a Slave

**Tuesday, February 7 at 1:30 PM**



In the years before the Civil War, Solomon Northup (Chiwetel Ejiofor), a free black man from upstate New York, is kidnapped and sold into slavery in the South. Subjected to the cruelty of one malevolent owner (Michael Fassbender), he also finds unexpected kindness from another, as he struggles continually to survive and maintain some of his dignity. Then in the 12th year of the disheartening ordeal, a chance meeting with an abolitionist from Canada changes Solomon's life forever. Popcorn will be served. Free, call to register.

### The Lost Valentine

**Tuesday, February 14 at 4:00 PM**



A reporter (Jennifer Love Hewitt) seeks the truth about a woman's (Betty White) husband (Billy Magnussen), a pilot who never returned from duty in World War II. Pizza will be served. Cost is **\$5**. Please register and pay in the office.

### Watercolors with Mary



Join Mary Ransom to create 3 Valentine's Day watercolor greeting cards to give your favorite Valentines! The possibilities are endless, but we'll give you some great ideas to make them uniquely yours! Envelopes included. This is an all-levels class & great for beginners, with step by step instructions. **Monday, February 6 from 1:00 PM to 3:00 PM.** Cost is \$15 and includes all supplies. Register and pay in the office anytime. Priority is given to residents.

### Painting with Christine

Join professional artist Christine MacClintic for a fun, easy class using acrylic paint on a 16x20 canvas. No experience needed. **Fridays, February 17 and 24 from 9:30-11:30 AM.** Cost is **\$20** and includes all supplies. Register and pay in the office anytime. Priority will be given to residents.

### Evening Painting Class



Join Artist Sandy Poirier on **Tuesday, February 7 at 6:00 PM** for a painting class on an 11x14 canvas of winter cardinals. No experience needed. Cost is **\$15** and all supplies are included. Pay in the office anytime. Priority will be given to residents.

### Ceramics Class FREE for February!

Clean and paint items of your choice and learn techniques and tips on creating beautiful ceramics pieces! Dawna Cavagnaro, instructor, 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. Join us **Fridays in February from 1-3 PM for free!** Call to register. Includes paints, glazing and instruction. Additional costs for items you choose to paint, which will be payable during class (cash, check or debitcard). **The fee for March and April (8 classes) is \$24. Pay and register in the office. No class on 4/7 (Good Friday).**

# Stay Fit, Stay Well!



Class	Times	Session Dates	Cost
Pickleball	Mon. — Fri at 8:30 AM at Ellsworth School	For more information call volunteer coordinator Dick Lane at 860-614-3348	FREE
Beginner Pickleball	Mon & Wed from 8:30-10:30 at Ellsworth School		
Pickleball	Mon & Fri at 11:30 at the Senior Center	On-going	FREE
Pickleball Lessons	Tuesdays at 10:30 at the Senior Center	Limited to 8 people (residents only)	FREE
Lite Aerobics with Linda	Monday & Thursday 8:30 AM In person and on Zoom	Jan 5—Feb 23 No class Feb 20	\$26 for 13 classes
Cardio Drumming with Tiffany	Monday at 2:30 PM In person Only <b>Try it out!</b>	Jan 9—Feb 27 No class Feb 13, 20	FREE for this session!
Stretch & Strength Training with Barbara	Tuesday 9:00 AM In person only	Jan 3—Feb 28	\$18 for 9 classes
Walkers Group New folks always welcome!	Tuesday & Thursday 8:30 AM	On-going <u>Meet at the parking lot beyond the pavilion to the right at Nevers Park.</u>	FREE
Chair Yoga with Diana	Wednesday and Friday 10:00AM In person and on Zoom	Jan 4—Feb 24	\$32 for 16 classes
Chair Volleyball	Wednesday 11:30 AM AND Thursday 1:00 pm	On-going	FREE
Beginner Tai Chi	Wednesday 1:00 PM	Feb 1—22	FREE for this session!
Tai Chi (Intermediate) With Marivic	Wednesday 2:00 PM In person only	Feb 1—22	
Silver Sneakers with Rose	Tuesdays and Thursdays at 5:15 PM In person only	Jan 3—Feb 23 Free with Silver Sneakers	Free or \$3 per class
Silver Sneakers With Krissy	Wednesdays at 8:30 AM In person Only	Jan 4—Feb 22 Free with Silver Sneakers	Free OR \$3 per class

**NEW!** Chair Volleyball is available twice a week!  
Thursdays from 1-3 PM! Join us!



## CORNHOLE IS BACK!

We will begin holding our monthly cornhole tournaments again beginning **Tuesday, February 7 at 2:30 PM.** Get ready for some fun competition! Free, please call to register.

## Join our Fitness Center!

### We have State-of-the-Art Equipment!

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.

### To Join Our Fitness Center You Must:

- Be 55 or older
- Have a medical clearance form signed by doctor
- Register at the front desk
- Make an appointment for orientation with Tiffany who will teach you how to use the equipment and design a program based on your health. 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).

## Renew Active~

### Accepted in our Fitness Center!

We are participating with Renew Active, the gold standard in Medicare fitness programs which provides eligible members access to participate in our Fitness Center at no cost. ***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 to get your confirmation code; you will need at time of registration. Questions! Call Tiffany: 860-648-6399.



## Tech Help with Tiffany

Tiffany is here to give you in-person assistance with any device such as your smart phone, laptop, or tablet! Come with questions. Call 860-648-6399 to make an appt. Residents only.



## February Programs

### Fall Risk Workshops

Join a registered nurse as we overview the risks for falls, followed by tips and exercises to avoid falls. Combination of educational presentations, one on one and interactive exercises. **Tuesdays, February 7, 14 and 21, 28 and March 7 at 1:00 PM.** This is free, but we ask that you commit to the majority of the one-hour sessions. Call to register.

### Bridging the Years

Don't forget if you signed up for Bridging the years we start **Friday, February 10 at 3:00 PM** and brunch will be **Friday, February 17 at 9:30 AM.** We have room for two more fun, friendly seniors.

## Veterans Corner



### Veterans Benefits Questions

Stop in anytime on **Thursday, February 2 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!

### Veteran's Social Hour!

Join us for our veterans chat! Representatives from the American Legion will be at the community center on **Thursday, February 16 at 9:00 AM.** No need to register, join us!

## Cards, Games & More

**Bingo** ~ Mondays at 10:30 AM and Thursdays 2/2 and 2/16 at 6:30 PM (hotdogs on 2/2)

**Special Bingo: Friday, February 24 at 1:00 PM**

**Poker** ~ Mondays at 1:00 PM

**Setback** ~ Mondays at 1:00 PM

**Samba** ~ Tuesdays at 12:30 PM

**Knitters Group** ~ Wednesdays 9 AM to 11:30

**Hand, Knee & Foot** ~ Wednesdays at 12:45 PM

**Duplicate Bridge** ~ Wednesdays at 12:45 PM

**Pool** in Teen Center ~ Mon thru Fri 8:30- 11:30

**Ceramics** ~ Thursdays 9:00 AM, (drop in, free)

**Mexican Train** ~ Fridays 12:45 PM

**Bridge** ~ Fridays at 9:30 AM

**Cribbage** ~ Fridays at 1:00 PM



## March Programs

### Made-to-Order Breakfast Sandwiches



This was such a big hit that you asked for us to add this to our monthly schedule! The first Wednesday of each month, stop in for an egg sandwich on your choice of a bagel or roll, and your choice of bacon or sausage, and cheese! Coffee or juice, and fruit will accompany. Pay and register in advance, the cost is \$5; walk-ins are \$8. Come anytime **between 9:00 AM and 10:30 AM on Wednesday, March 1.**

### Learn How to Dance Like a Star

Have fun while exercising and make new friends! This six-week class will focus on the fundamentals of waltz, tango, foxtrot, rumba, cha-cha and swing. Learn basic patterns and technique that will have you dazzling your friends on the dance floor. Each class is one hour of instruction, followed by a 30-minute practice session that will allow you to master the movement of each dance. Starting **Friday, March 3 at 5:30 PM.** Cost is **\$60 per couple.** Sign up starts February 2.

### Meet the Mayor and Town Manager

Join Mayor Liz Pendleton and Town Manager Mike Maniscalco on **Tuesday, March 7 at 10:00 AM.** Come with questions about your town! Free, call to register.

### GOTHS, GARGOYLES AND GOD

European churches were small, thick-walled, dark and dreary. Less than 200 years later, they were breathtaking architectural wonders. In an illustrated tour from the first Gothic Cathedral in St Denis Paris to the glorious cathedrals of Ely, Durham and Monets favorite, Rouen. Join Dr. Benfield as he explains what happened to make this frenzy of church building so possible, so marked and so spectacular on **Thursday, March 9 at 2:00 PM.** Free, call to register.

### 18 Minutes: A Daughter's Primer on Life & Death

This memoir, written by Susan MacNeil is about her mother, Jean Brady, a member of our center who passed away in 2022. Part love letter, part cautionary tale and part instructional manual, it chronicles her experience during the final 18 minutes of her mother's life, while reflecting upon the legacy left behind. Join Susan on **Tuesday, March 14 at 1:00 PM.** Free, call to register.



## Triad for Senior Safety

### It's National Heart Month!!

Heart disease is the leading cause of death for both men and women in the United States. Here are some facts and how-to-tips to inspire you to join with others to improve your heart health.

- **Increase your physical activity**—small steps make a big difference. You could make it a social event and think of fun activities you could do to get off the couch and moving. Aim for 30 minutes, 5 days a week but anything helps.
- **Maintain a healthy weight**
- **Eat a nutritious diet**—we tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier.
- **Quit smoking**
- **Reduce your stress**—reducing stress helps your heart health. Try a relaxing activity every day like walking, yoga or meditation.
- **Get enough quality sleep**—Sleeping 7-8 hours a night helps to improve heart health. Take a walk instead of a late afternoon nap, instead of watching TV before bed, relax by listening to music, reading or taking a bath.
- **Track your heart health stats**—keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart healthy track.

### VOLUNTEER



## Volunteer Corner

### Community Service Group

Thursday, February 16 at 1:00 PM

This is a group of adults who work on a variety of projects to assist people and groups of all ages in town and surrounding communities by being involved, raising funds and giving of their time to enhance the lives of others! Contact Andrea at 860-648-6357 or [andrea.cofrancesco@southwindsor-ct.gov](mailto:andrea.cofrancesco@southwindsor-ct.gov) for more info. *Neighbors helping Neighbors.*

### Want Email Updates?

Do you want to receive our newsletter and weekly updates via email? Go to [www.southwindsor-ct.gov/adult-senior-services](http://www.southwindsor-ct.gov/adult-senior-services) and fill in the info on the pop out to be added to our email list. Or let anyone in the office know!

## Health Services

*Due to the popularity of these services, all Health Services below are open to residents only.*

### ELDER WELLNESS

The Visiting Nurse and Health Services of CT is offering clinics to check blood pressure, blood sugar and talk to you about your general health on **Wednesday, Feb 8 and 22 from 10-12** by appointment.  
**860-648-6361 ext. 3335. Free.**

### FOOT CARE ~\$30

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

### HEARING CLINIC ~ Free

Quarterly: **Wednesday,**  
**Next Date: April**

Dr. Gail Brown, Audiologist from HearingLife (formerly Feehan Hearing Center) will provide complimentary hearing screenings and hearing aid cleaning and service.

This is NOT wax removal. Call 860-648-6361 ext. 3335 to make an appointment.

### Therapeutic Massage:

On Hold Until April

### Hair Cuts at the Center

Wednesday, February 8 and Monday, February 27 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.

### Old Cell Phones

We can take your old cell phones off your hands! The center receives a small stipend from a non-profit cell phone bank. Please drop them off in the office.



## Active Adventures

### Outdoor Scavenger Hunt

Get out there and take pictures of your outdoor adventures. Send your pictures to [barbara.konicki@southwindsor-ct.gov](mailto:barbara.konicki@southwindsor-ct.gov). Whoever completes the list below and throws in a few extras wins a prize. Trailhead sign, Blaze maker, Nevers Park Trail, a river, stream or pond, an out of town trail, animals on a farm, snowman, beech tree, ski slope or skier, white pine, white birch, and an ice skater. Be creative and have fun. Get pictures to Barbara by **Feb 22**. We will have a slide show on **Thursday, March 2 at 2:00 PM (free, call to register)**. Snacks will be served and the winner revealed.

### Walk and Talk

Join research forester Joseph Barsky at Nevers Park on **Tuesday, February 21 at 10:30 AM** for an hour-long hike while we observe nature, talk about Connecticut's changing forests, and learn winter tree identification skills. Be sure to bring your binoculars, and dress appropriately! In case of inclement weather, the program will be held indoors. Joseph "J.P." Barsky is a research forester employed at the Connecticut Agricultural Experiment Station (CAES) for a majority of his career. Prior to joining CAES, he worked for the USDA-Forest Service in Colorado, and is a 1995 graduate of the University of Maine. Meet in the lobby of the Senior Center at 10:30 AM. Free, call anytime to register.

### Crandall Park

Join this active crew on **Friday, March 3 from 9:30 AM to 12:30 PM** for a 3 mile hike around Crandall's Pond in Tolland. The Park contains a mix of active and passive areas with approximately 20 acres developed, and the remaining 380 acres undeveloped. Bring trekking poles, water and snacks. Dress in layers and be prepared for some mud. This walk is in between a beginner and intermediate hike. Free, call anytime to register.

### Gratitude Group

Lets get together to express what we appreciate and how to return kindness. We will make candy wreaths to share with someone who needs a sweet gesture. Join Barbara on **Monday, February 6 at 2:00 PM** to share all we have to be thankful for. Free, call to register.

## Dine Outs & Shopping

Call to register for the below trips  
**beginning at 8:00 AM on Sign Up Day,  
Thursday, February 2 (non-residents 2/9)**

### Sofia's Restaurant

Do you want a delicious Italian lunch? Come with us to Sofia's Restaurant in East Windsor on **Saturday, February 11 at 12:00 PM**. They offer an extensive menu with everything from pizzas to pasta, seafood, grinders and more. Treat yourself to enjoy the finest ingredients and flavors you won't find anywhere else. **The senior bus will depart the center at 11:30 AM and return approx. 2:00 PM.**



### Staropolska Restaurant

Head to Staropolska Restaurant in New Britain on **Tuesday, February 21**. You will be dining at the most highly recommended Polish restaurant in Connecticut where you can have a homemade Polish feast at bargain prices. Separate checks will be accommodated. **The senior bus will depart the center at 11:15 AM and return approx. 3:00 PM.**

### The Shops at Marlborough Barn and Sadler's Ordinary Restaurant

Your destination for finding what you didn't even know you were looking for. Join us for a trip to the Shops at Marlborough Barn in Marlborough on **Friday, February 17**. Here you will find a variety of shops ranging from hand made items, antiques, décor, photography and more. There are over 20 shops for your browsing pleasure. Bring money for lunch, we will stop at Sadler's Ordinary before heading home. Separate checks will be accommodated but the restaurant asks that you please bring exact change or pay by credit/debit card. **The senior bus will depart the center at 10:30 AM and return at approx. 2:45 PM.**

### "YOU PICK" Dine Outs: Have an idea for a Dine-Out!?

Give us your suggestion in our box on the lobby table, or email [tiffany.lazur@southwindsor-ct.gov](mailto:tiffany.lazur@southwindsor-ct.gov)

## Lunch Program

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

### CRT Lunch Menu:

Wednesday 2/1—Country Fried Steak  
Thursday 2/2—Yankee Pot Roast with Gravy  
Friday 2/3—Chicken Pot Pie  
Monday 2/6—Sweet and Sour Turkey Meatballs  
Tuesday 2/7—Chicken Marsala  
Wednesday 2/8—Baked Pork Loin  
Thursday 2/9—Quiche Wedge  
Friday 2/10—Paprika Baked Chicken  
Monday 2/13—Hot dog, baked beans, cole slaw  
Tuesday 2/14—Caprese Baked Chicken  
Wednesday 2/15—Stuffed Peppers  
Thursday 2/16—Brown Sugar Glazed Ham  
Friday 2/17—Salmon  
Monday 2/20—Closed for holiday  
Tuesday 2/21—Meatloaf  
Wednesday 2/22—Shrimp Scampi  
Thursday 2/23—Beef n Bean Chili \*National Chili DAY\*  
Friday 2/24—Omelet with cheese sauce  
Monday 2/27—Rigatoni Bolognese  
Tuesday 2/28—Roast Turkey with Gravy



### Birthday Lunch

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

### Hot Dog Bingo



Hotdogs will be sold on the first **Thursday** of the month, served from **5:45—6:15 PM!** You can have a meal consisting of a drink, chips and hotdog for \$3 or just a hotdog for \$2. Chips are .50 and drinks are \$1.

## Income Tax Program

AARP Tax-Aide is a free program for *low and middle income* taxpayers with special focus on taxpayers age 60 and over. Tax-Aide workers will be available at the Center **Thursdays and Fridays beginning at 9 AM from Thursday, February 2 through Friday, April 7 by appointment**. Call 860-648-6361 ext. 3335 for an appointment. Married couples filing jointly should both be present. No return will be filed until all necessary signatures have been entered on the forms. *Limited to South Windsor residents.*

### Please be sure to bring the following:

- ◆ Personal identification including photo ID, Social Security card, etc.
- ◆ Copy of 2021 Income Tax Return and related forms
- ◆ All applicable 2022 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

## New Trips: Residents sign up beginning 2/2; Non residents 2/9

### Snelgrove's Chocolatier & More

Travel to Enfield, CT with us on **Thursday, February 16** to Snelgrove's Chocolatier and Florist. We will be given a tour of how they make their chocolate as well as a demo of dipping chocolate. Next we will head for lunch at the Yarde Tavern. After lunch we will make a final stop at Janelle Imports where they house the world's largest inventory of authentic, artistic Polish stoneware, said to be almost unbreakable. You can browse their selection of thousands of beautiful Polish pottery pieces and treat yourself to the ultimate in stoneware. Cost of the trip is **\$5**. Please bring money for lunch as well as anything else you would like to purchase from either stop. **The bus will depart the center at 10:30 AM and return approx. 4:00 PM.**



### Vintage Radio & Communications Museum

Take the short trip to Windsor with us on **Thursday, February 27** to the Vintage Radio and Communications Museum. You will be given a guided tour of the museum, taking a walk through history from Morse Code transmitters to radio and television to personal computers and everything in between. Many of the displays are hands on, giving you the opportunity to even tap out your name in Morse Code, tune a 1925 radio, listen to a home-made crystal set and more! Please bring money for lunch. Following our visit to the museum we will stop at Bart's Drive-in Restaurant, famous for their chili dogs, fried clams and ice cream. This restaurant is counter service style. **The senior bus will depart the center at 9:30 AM and return approx. 2:30 PM. Cost is \$10.**



### PEZ Factory

Head to the Pez factory, the house of America's most beloved interactive candy, in Orange, CT on **Monday, March 6**. Enjoy a self-guided tour of 4,000 square ft, everything PEZ. where we learn the history play interactive games, view the actual process of PEZ being packaged, view decades of PEZ memorabilia and of course shop for awesome PEZ candy and merchandise. Bring money for lunch, we will be dining at Olive Garden after our visit. The senior bus will depart the center at 9:15 AM and return approx. 2:30 PM. Cost is **\$10**.

### Yale University Art Gallery

Head to New Haven on **Tuesday, March 28** to visit the Yale University Art Gallery. You will see media from all regions of the globe across time. The museum has an exceptional collection, numbering 300,000 objects. It is the oldest university art museum in America. **The senior bus will depart the center at 10:30 AM** and we will stop for lunch at Heirloom Restaurant in New Haven. **We will arrive back at approx. 3:30 PM.** Please bring money for lunch. Cost of the trip is **\$5**.

### Shake Rattle n' Roll Dueling Pianos at the Aqua Turf Club

Enjoy a delicious lunch and show at the Aqua Turf Club on **Tuesday, April 11**. The senior bus will depart the center at 10:00 AM and return approx. 4:15 PM. Two top piano entertainers will take the stage for an epic battle! Mixing music, comedy and audience interaction in a singalong, laugh-along, dance-along show you'll never forget! Family style lunch will consist of Chicken Kathryn and Baked Ham. Cost is **\$55**.

### Iceland & Canyon Country Informational Trip Meeting

Join Collette Tours on **Wednesday, February 15** as they discuss the Canyon Country trip at 10:00 AM and the Iceland trip at 11:00 AM. Refreshments will be served. Come ready with all your questions! No need to sign up.

### Old Trip: Sign up anytime

### A Villa Louisa Luncheon Show

Spring is in the air at the Chowder Pot in Hartford on **Thursday, April 27**. Join Friendship Tours for lunch and a matinee show starring Anthony Duke Claus, an up and coming star entertaining you with a variety of your favorite tunes. Lunch will include your choice of chicken marsala or baked shrimp caserole. Let us know your meal choice at time of sign up. **Our bus departs the senior center at 11:00 AM and return approx. 4:00 PM. Cost is \$74.**



## Old Trips: Sign up anytime, limited space available.



### Washington D.C. Featuring the Cherry Blossom Festival

Head down to our Nation's Capitol, Washington, D.C. **April 14-16, 2023** with Tours of Distinction. You will spend 3 days and 2 nights seeing all D.C. has to offer. You will be staying in the Holiday Inn Capitol, located in the center of the city within walking distance of the Smithsonian Museum and only blocks from the White House, National Mall, and metro. **Cost is \$1,090pp double, \$1,430pp single.** This includes motor coach transportation, accommodations, tram tour of Arlington National Cemetery, Mount Vernon, Cherry Blossom Parade Grandstand tickets, 5 meals, Guided Illumination Tour, Washington Monuments, baggage handling, tour director and gratuities for the tour director, bus driver and local guide. Travel insurance is included in the price of the trip. **\$200 deposit is due at time of registration.** For more information or to see a detailed flyer, call 860-648-6399.

## Policies for Trips Sign Ups:

- ♦ Sign up for newly advertised trips is the 1st Thursday of each month for SW residents. You may register for yourself and one other resident on sign-up day. Non-residents may sign up one week later, if space allows.
- ♦ All trips are open to those age 55 or older unless otherwise noted.
- ♦ If a person cancels a trip for any reason, **no refunds** will be given once payment is received unless we are able to fill your spot on the trip. We will call our wait list, if any, and make every effort to fill your spot in order to be refunded.

**Special Accommodations:** If you require special seating due to a physical disability, mobility issue or inability to climb stairs in an auditorium, you must indicate this **prior** to registering for a trip or event to allow adequate time to accommodate your request. .

**Checks should be written out to the  
Town of South Windsor unless otherwise  
noted.**



### Canyon Country

Spend 8 days experiencing America's canyons and venture through a world of colorful vistas and the neon-lit spectacle of Las Vegas with Collette Tours. Your tour will begin in Scottsdale, Arizona where you will travel to the Grand Canyon area of Sedona, Lake Powell, Horseshoe Bend, Bryce Canyon National Park, Zion National Park and Las Vegas. This trip is at a low activity level. You should be able to handle at least one flight of stairs, board a coach and walk for 15-30 minutes at time with little difficulty. **Friday, September 8—Friday, September 15, 2023. Cost is: \$3,749.00 pp double.** This includes land and air transportation, transportation to and from airport, 10 meals and accommodations. **\$1,047 is due upon registration and is fully refundable until March 1, 2023.** Final payment is due July 9.



### Iceland & The Northern Lights




Travel with Collette Tours to the magical country of Iceland **November 2—8, 2023.** At a glance you will spend 7 days with 11 included meals, spend time in Reykjavik, Iceland's capital city, go on a Northern Lights Cruise, Search for the Northern Lights, travel to the Golden Circle to experience renowned natural wonders, Thingvellir National Park, Gullfoss, Lava Exhibition Center, Vik, Seljalandsfoss—one of Iceland's most famous and unique waterfalls, Skogar Museum, Skogafoss—another spectacular waterfall, Jokulsarlon Glacial Lagoon, Skaftafell National Park and Vatnajokull Glacier and Blue Lagoon. **Cost is \$3,449 pp double, & 3,949 pp single for bookings made before May 3. A deposit of \$1,147 is due at time of registration.** Here is a link to view more information and detailed itinerary online or stop in and grab a flyer! <https://gateway.gocollette.com/link/1146747>

COMMUNITY RENEWAL TEAM FEBRUARY 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	<b>South Windsor Senior Center 150 Nevers Road South Windsor, CT</b>			1	Grape Juice Country Fried Steak Mac N' Cheese Stewed Tomatoes Wheat Bread Frosted Cake	2	Yankee Pot Roast w/ Gravy Boiled Potatoes Carrots Rye Bread Fresh Fruit	3	<a href="#"><u>National Celebrate Pie Day</u></a> Orange Juice Chicken Pot Pie w/ Potatoes Peas 'n Carrots in Crust Roasted Brussel Sprouts 100 % Whole Wheat Brd Slice of Pie
6	100 % Fruit Punch Ice Sweet & Sour Turkey Meatballs Garlic Smashed Potatoes Chuckwagon Blend Veggies 12 Grain Brd Jello Cup	7	Chicken Marsala Egg noodles Italian Blend Veggies Italian Bread Fruited Yogurt Cup	8	Baked Pork Loin w/ Gravy Mashed Potatoes Capri Blend Vegetables 100 % Whole Wheat Brd Fresh Fruit	9	Quiche Wedge Seasoned Diced Potatoes Vegetable Medley Rye Bread Fresh fruit	10	Grape Juice Paprika Baked Chicken Quarter Long Grain Rice Broccoli Normandy Oatnut Bread Cookie
13	Chicken Noodle Soup Beef Hot Dog on a Bun Baked Beans Coleslaw Mustard, Relish, Ketchup Fresh Fruit	14	<a href="#"><u>Happy Valentine Day</u></a> Orange Juice Caprese Baked Chicken Parslied Linguini Asparagus / Garlic Knot Frosted Cupcake	15	Stuffed Pepper w/ Sauce Rice California Blend Veggies 100 % Whole Wheat Bread Fresh Fruit	16	Grape Juice Brown Sugar Glazed Ham Cut-Up Sweet Potatoes Green & Yellow Wax Beans 12 Grain Bread Pudding	17	Salmon w/ Lemon Dill Sce Rice Pilaf Spinach Wheat Bread Fresh Fruit
20	CRT Closed In Observance of Holiday	21	Meatloaf w/ Mushroom Onion Gravy Mash Potatoes Peas Wholegrain White Brd Fresh Fruit	22	Shrimp Scampi Seasoned Pasta Steamed Broccoli Garlic Knot Fruited Yogurt Cup	23	<a href="#"><u>National Celebrate Chili Day</u></a> Apple Juice Beef n Bean Chili on Baked Potato Mixed Veggies Cornbread Loaf Frosted Cake	24	Omelet w/ Cheese Sauce Lyonnaise Potatoes Calif Veggies Wheat Dinner Roll Fresh Fruit
27	Grape Juice Rigatoni Bolognese Vegetable Medley Garlic Knot Wholegrain Fruit Bar	28	Roast Turkey w/ Gravy Cornbread Stuffing Glazed Carrots Cranberry Sauce Wheat Roll Fresh Fruit				Lunch is served Monday – Friday at 12 Noon.		Please call 860-648-6399 ext. 3328 by 12 Noon the day before to sign up for lunch.

**THE MENU IS SUBJECT TO CHANGE DUE TO POSSIBLE UNAVAILABILITY OF PRODUCT. THANK-YOU VERY MUCH FOR YOUR UNDERSTANDING !**

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.

Monday			Tuesday			Wednesday			Thursday			Friday		
						<div>Silver Sneakers8:30 AM1Knitters Group9:00 AM(H) Chair Yoga10:00 AMAsian Art10:00 AMChair Volleyball11:30 AMLunch12:00 PMHand, Knee, Foot12:45 PMDuplicate Bridge12:45 PMBeginner’s Tai Chi1:00 PMIntermediate Tai Chi2:00 PM</div>			<div>Sign Up Day8:00 AM2TaxesBy ApptWalkers (meet at Nevers)8:30 AM(H) Lite Aerobics8:30 AMCeramics—Drop In9:00 AMVeteran’s Benefits10:30 AMMusical Expressions11:00 AMLunch12:00 PMChair Volleyball1:00 PMSilver Sneakers5:15PMBingo and Hot dogs6:30 PM</div>			<div>TaxesBy ApptBridge9:30 AM3(H) Chair Yoga10:00 AMPickleball11:30 AMLunch12:00 PMMexican Train12:45 PMCribbage1:00 PMCeramics1:00 PMBereavement Support Group3:00 PM</div>		
<div>FootcareBy Appt.8:30 AM6(H)Lite Aerobics10:30 AMBingo11:30 AMPickleball12:00 PMLunch1:00 PMPoker1:00 PMSetback1:00 PMWatercolors with Mary1:00 PMGratitude Group2:00 PMCardio Drumming2:30 PM</div>			<div>Walkers (meet at Nevers)8:30 AM7Stretch &amp; Strength9:00 AMDiabetes Education10:00AMJoe the History Guy10:00 AMPickleball Lessons10:30 AMPuzzle Hearts11:00 AMLunch12:00 PMSamba12:30 PMFall Risk Workshop1:00 PMMovie: 12 Years a Slave1:30 PMCornhole2:30 PMSilver Sneakers5:15 PMEvening Paint Class6:00 PM</div>			<div>Haircuts/ Elder WellnessBy Appt8:30 AM8Silver Sneakers9:00 AMKnitters Group10:00 AM(H) Chair Yoga11:30 AMChair Volleyball12:00 PMLunch12:45 PMHand, Knee, Foot12:45 PMDuplicate Bridge1:00 PMBeginner’s Tai Chi1:00 PMCT Day1:00 PMIntermediate Tai Chi2:00 PM</div>			<div>TaxesBy Appt9Walkers (meet at Nevers)8:30 AM(H) Lite Aerobics8:30 AMCeramics—Drop In9:00 AMMusical Expressions11:00 AMLunch12:00 PMChair Volleyball1:00 PMSilver Sneakers5:15 PM</div>			<div>TaxesBy Appt9:30 AM10Bridge10:00 AM(H) Chair Yoga10:00 AMCaregiver Support Group10:00 AMPickleball11:30 AMLunch12:00 PMMexican Train12:45 PMCribbage/Ceramics1:00 PMSouperbowl Party1:00 PMBridging the Years3:00 PM</div>		
<div>(H)Lite Aerobics8:30 AM13Bingo10:30 AMPickleball11:30 PMLunch12:00 PMPoker1:00 PMSetback1:00 PMTrain Your Brain2:00 PM</div>			<div>Walkers (meet at Nevers)8:30 AM14FootcareBy Appt.9:00 AMStretch &amp; Strength10:00 AMDiabetes Education10:00 AMSenior Advisory Council10:00 AMPickleball Lessons10:30 AMValentine’s Day Lunch12:00 PMSamba12:30 PMFall Risk Workshop1:00 PMValentine’s Day Bingo1:00 PMMovie: The Lost Valentine4:00 PMSilver Sneakers5:15 PM</div>			<div>Silver Sneakers8:30 AM15Knitters Group9:00 AMCanyon Country10:00 AMInformational Meeting10:00 AM(H) Chair Yoga11:00 AMIceland Informational Meeting11:30 AMChair Volleyball12:00 PMLunch12:45 PMHand, Knee, Foot12:45 PMDuplicate Bridge1:00 PMBeginner’s Tai Chi2:00 PMIntermediate Tai Chi2:00 PM</div>			<div>TaxesBy Appt16Walkers (meet at Nevers)8:30 AM(H) Lite Aerobics8:30 AMCeramics—Drop In9:00 AMVeteran’s Social Hour9:00 AMSnelgroves Trip10:30 AMMusical Expressions11:00 AMLunch12:00 PMChair Volleyball1:00 PMCommunity Service Group1:00PMSilver Sneakers5:15 PMBingo6:30 PM</div>			<div>TaxesBy Appt.9:30 AM17Bridge9:30 AMBridging the Years Brunch9:30 AMPainting with Christine10:00 AM(H) Chair Yoga10:00 AMShops at Marlborough Barn Trip10:30 AMPickleball11:30 AMLunch12:00 PMMexican Train12:45 PMCribbage/Ceramics1:00 PMGrandparent/Grandchild Bingo1:00 PMBereavement Support Group3:00 PM</div>		
<div>20</div>			<div>Walkers (at Nevers)8:30 AM21Stretch &amp; Strength9:00 AMDiabetes Education10:00 AMWalk &amp; Talk10:30 AMPickleball Lessons10:30 AMStaropolska Dineout11:15 AMLunch12:00 PMSamba12:30 PMFall Risk Workshop1:00 PMArmchair Adventures: China2:00 PMSilver Sneakers5:15 PM</div>			<div>Elder WellnessBy Appt.8:30 AM22Silver Sneakers9:00 AMKnitters Group10:00 AM(H) Chair Yoga11:30 AMChair Volleyball12:00 PMBirthday Lunch12:45 PMHand, Knee, Foot12:45 PMDuplicate Bridge1:00 PMBeginner’s Tai Chi2:00 PMIntermediate Tai Chi2:00 PM</div>			<div>TaxesBy Appt23Walkers (meet at Nevers)8:30 AMLite Aerobics8:30 AMCeramics—Drop In9:00 AMMusical Expressions11:00 AMLunch12:00 PMChair Volleyball1:00 PMMonte Carlo Whist Party1:00 PMEarly Bird Dinner4:00 PMSilver Sneakers5:15PM</div>			<div>TaxesBy Appt.9:30 AM24Bridge9:30 AMPainting with Christine10:00 AM(H) Chair Yoga10:00 AMJournaling with Scott11:00 PMPickleball11:30 AMLunch12:00 PMMexican Train12:45 PMSpecial Bingo1:00 PMCribbage1:00 PMCeramics1:00 PMBridging the Years3:00 PM</div>		
<div>Haircuts &amp; FootcareBy Appt.8:30 AM27Lite Aerobics9:30 AMVintage Radio Museum Trip10:00 AMSimplify or Sell10:30 AMBingo11:30 AMPickleball12:00 PMLunch1:00 PMPoker1:00 PMCardio Drumming2:30 PM</div>			<div>Walkers (meet at Nevers)8:30 AM28Stretch &amp; Strength9:00 AMDiabetes Education10:00 AMPickleball Lessons10:30 PMLunch12:00 PMSamba12:30 PMWinter Olympics12:30 PMFall Risk Workshop1:00 PMSilver Sneakers5:15 PMSound Meditation6:00 PM</div>			<div>Weekend ProgramsDine Out to Sofia’s RestaurantSunday, February 12 at 11:30 AMPancake BreakfastSaturday, February 259:00—10:30 AM</div>			<div>Everyday ProgramsPool Mon—Fri 8:30—11:30 AMCoffee Catch-Up Mon—Fri 9:00 AMPickleballEllsworth School Mon—Fri 8:30 AM</div>			<div>2023</div>		



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