



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



February 2020



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

1980

Celebrating 40 Years

2020

40th Anniversary Kick-off Event!

Early Bird Dinner and Entertainment



The Senior Center celebrates 40 years in 2020 and we plan to celebrate ALL year! Our kick off event will be our Early Bird Dinner! The Ivy at Ellington will be providing a meal of meat lasagna, salad, roll w/butter and a cookie for dessert. Following dinner, you will be treated to entertainment by The Old Tyme Fiddlers, always very popular! **Thursday, February 27 at 4:00 PM.** Cost is \$5.00, after 2/21 cost is \$8. There will be door prizes and special surprises too, to kick off our 40th anniversary! You don't want to miss this!

Valentine's Day Party



Join us on **Friday, February 14** for a special Valentine's Day lunch of cheese pizza from Alexia's, salad, and special dessert with entertainment from The New England Ballet Collective, a recently founded group of 8 ballet dancers from MA. Snacks and performance will be at **11:00 AM** followed by lunch at 12:00 PM. Register for lunch by 11:30 the day before. Transportation is available. Cost is \$2.50 payable that day.

Probate Talk

Wednesday, February 19 at 11:00 AM, Greater Windsor Probate Judge Marianne Lassman Fisher will be at the center to talk about the probate system: what needs to go through probate and why? What is the process? Get your questions answered! Call to register anytime. Free.

Meditation & Mindfulness

This on-going program meets every **Wednesday at 1:30 PM.** It combines meditation with the act of being in the moment during activities of daily living. Facilitated by Diana Gunther. No need to sign up. Just Drop in! (no class 2/12). Free!

Meet the Mayor!

Join South Windsor's Mayor Andrew Paterna for coffee/tea and snacks. You are invited to bring questions, comments or suggestions and have an informal conversation with the Mayor. He will also talk about ongoing town projects and future plans for South Windsor. **Wednesday, February 5 at 10:30 AM.** Free, call to register anytime.

History for Fun Series

Tuesday, February 11 at 1:00 PM, Joe the History Guy will talk about **St. Valentine's Day:** 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. Call to register. Free

Monte Carlo Whist!

Come play with us on **Tuesday, February 18 at 1:00 PM!** Cash prizes will be awarded, and goodies will be served! **Cost: \$4.00** (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. Need a lesson on Whist? Call us and our volunteer Estelle will setup a time to teach you! It's fun!



MARDI GRAS PARTY

Gather your masks and beads and join us on **Tuesday, February 25** to enjoy an early CRT lunch of Chicken Cacciatore and Rotini with Tomato Sauce at **11:30 AM** and a special dessert! The South Windsor High School Jazz Band will perform for your entertainment. Register for lunch 860-648-6361 ext. 3328 by 11:30 on 2/24. Transportation is available.

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: Susan Gouin ext. 3339
Victoria Hellberg ext. 3340
CARES Coordinator: Amy Patterson ext. 3311
Caseworkers: Stephen Clapp ext. 3325
Penny Shea ext. 3314
Assistant Director of Adult & Senior Services:
Lindsey Ravalese ext. 3319
Director of Human Services:
Andrea Cofrancesco ext. 3316

FREE Trip Sign Up Day: Monday, February 3 at 8 AM. Residents sign up for all FREE trips (call in).

TRIP Sign up Day: Thursday, February 6 at 8 AM. Residents sign up for newly advertised trips requiring payment. Sign up for yourself and one other SW resident. Non residents sign up 2/7.

Senior Advisory Council Meeting: Tuesday, February 11 at 10:00 AM.

Senior Community Café Menu

2/3: Lemon Baked Chicken, Pasta, California Veggies
2/4: American Chop Suey, Capri Veggies
2/5: Roast Turkey, Gravy, Mashed Potatoes, Veggies
2/6: Italian Sausage, Penne, Marinara Sauce, Veggies
2/7: *Hot Dog, Baked Beans, Beet Salad \$2.50
2/10: Sliced Meatloaf, Gravy, Spanish Rice, Carrots
2/11: Roast Chicken, Mashed Potatoes, Spinach
2/12: CLOSED for HOLIDAY
2/13: Macaroni & Cheese, Stewed Tomatoes, Salad
2/14: *Cheese Pizza, Tossed Salad, Dessert \$2.50
2/17: CLOSED for PRESIDENT'S DAY
2/18: Beef Liver, Mashed Potatoes, Broccoli
2/19: Roast Turkey, Stuffing, Capri blend Veg
2/20: Tuna Salad, Potato Wedges, Vegetable Soup
2/21: Oven Fried Chicken, Mashed Potatoes, Corn
2/24: Cheeseburger, Vegetable Soup, Potato Salad
2/25: Chicken Parmigiana, Rigatoni, Brussel Sprouts
2/26: Pot Roast, Parslief Potatoes, Sliced Carrots
2/27: Cheese Ravioli, Salad, Caribbean Blend Veg
2/28: Chili with Beans, Baked Potato, Green Beans

Monday thru Friday, CRT provides lunch for a \$2.50 suggested donation.

Lunch is served at 12 noon. Call ext. 3328 by 11:30 AM the day before to reserve.

***Meal provided by Senior Center \$2.50**

SOCIAL SERVICES: 860-648-6361

Lindsey Ravalese ext. 3319; Penny Shea ext. 3314; Steve Clapp ext. 3325



ELDERLY AND DISABLED PROPERTY TAX RELIEF

Elderly and disabled homeowners who qualify can apply for reduced property taxes on their homes between **Feb.1-May 15, 2020.** If you were on the program in the past, call to speak with a caseworker to see if you need to re-apply this year. This year's income limits are \$37,000 maximum for an individual and \$45,100*for a couple. All gross income is counted including Social Security benefits. Documents you will need to bring: Signed 1040 Federal Tax form (if you file); Social Security Statement (SSA -1099); Pension Statement; Bank Interest Statement; Any other Income. For more info or to schedule an appointment, call 860-648-6361. ****Town of S.Windsor has an expanded local option which allows up to \$50,000 a year for a single homeowner and \$65,000/married couple.***

DIABETES SUPPORT GROUP

Friday, February 7 at 10:30 AM the group is focusing on New Years goals with dietician Laura Estan. For questions, call 860-648-6361 ext. 3314.

THE CAREGIVERS SUPPORT GROUP

Friday, February 7 at 10:30 AM. Demaris Deleon and Lee Morgan, Care Managers from the North Central Area Agency on Aging will present information about Respite Care Grants. Call Penny at 860-648-6361 ext. 3314 or Penny.shea@southwindsor.org with questions.

ALS Support Group

The ALS Association CT Chapter offers a support group for caregivers of people living with ALS. The group will meet on the 4th Wednesday of the month at the community center. **February 26 from 11-12:30.** RSVP to Michelle at mgaski@alsact.org, 203-874-5050.

Dementia Support Group

If you are caring for someone with dementia, join the Village at Buckland Court for educational discussions and have the opportunity to learn and share with others who understand. February's theme will be "Love the Moment." **Meetings are held at the Community Center at 11:00 AM on the fourth Thursday of the month. Next meeting: February 27.** RSVP to The Village: 860-644-7366.

ENERGY ASSISTANCE

Applications for the 2019-20 energy assistance program are underway for all heating types. Gross monthly income cannot exceed \$35,116/year (single) and \$45,920 (couples). Assets cannot exceed \$12,000 (renter) and \$15,000 (homeowner). If your assets exceed the limit and your income is low then you may still qualify. 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.

MOBILE FOODSHARE

Thursday, February 6 and 20 from 11:30-12 noon at Wapping Church, 1790 Ellington Road. Fresh fruits/vegetables (bring bags). For transportation: 860-648-6361 x3310. If South Windsor schools are closed, there will be no Mobile Foodshare.

C.A.R.E.S. Corner

Center, Activities, Recreation,
Exercise, Socialization
Amy Patterson, CARES Coordinator

Space is Available!

The C.A.R.E.S. group is designed to promote wellness for those seniors who are in need of enhancement and maintenance of productivity in socialization, mobility, cognition and quality of life. The group meets Monday through Friday from 9:30 AM to 12:30 PM. Cost is \$3 per day, lunch is a \$2.50 donation. Transportation is provided at no additional cost. For more info, call Lindsey at 860-648-6361 ext. 3319. South Windsor residents only.

Our CARES group will just LOVE February activities! Valentines' Day will be remembered with personal photographs at our Valentines party. It is also African American month and we will celebrate with contributions made by famous Americans and historical memories they have made to our country.

EXERCISE Classes and FITNESS Programs

Class	Times/Place	Session Dates	Cost
Pickleball	Mon. — Fri 9 AM to 1 PM at 1737 Main St. Beginners only on: Mon/ Wed 9-11	For more information call 860-648-6361 x3339	FREE
Light Aerobics with Linda	Monday & Wednesday 9:00 AM	On-going (no class 2/10, 2/12 & 2/17)	\$2 per class Drop in
EVE CLASS Light Aerobics with Linda	Monday 6:00PM	On-going (no class 2/10 & 2/17)	\$2 per class Drop in
*Classic SS (beginners) with Erin)	Monday 9:45 AM Wednesday 9:00 AM Begins 2/3 and 2/5	On-going Silver Sneakers Class (no class 2/12 & 2/17)	\$3 per class or FREE SS
*Circuit SS (intermediate) with Erin)	Monday 11:00 AM Begins 2/3	On-going Silver Sneakers Class	\$3 per class or FREE SS
Qigong with Lorelei	Tuesday 10:00 AM	Feb 4-March 31	9 weeks \$40
Chair Yoga with Lorelei	Tuesday or Wed 11:00 AM	Feb 4-March 31 (Tuesdays) Feb 5-March 25(Wed) (no class 2/12)	9 weeks/\$40 7 weeks/\$35
Nourishing Mat Yoga with Lorelei	Wednesdays 10:00 AM	Feb 5-March 25(Wed) (no class 2/12)	7 weeks \$35
Chair Yoga with Diana	Wednesday 3:00 PM	Feb 5-March 25(Wed) (no class 2/12)	7 weeks \$35
Walkers Group (New folks always welcome to join us!)	Tuesdays & Thursdays 8:30 AM	On-going <i>Meet at the pavilion at Nevers Park.</i>	FREE
Gentle Tai Chi with Marivic	Tuesday 1:00 PM	Feb 4-March 31	9 weeks \$40
Chair Volleyball	Wednesday 11:30 AM	On-going (no play 2/12)	FREE
Country Line Dancing with Niki (intermediate)	Friday 10:00 AM	Feb 7-March 27 (no class 2/14)	7 weeks \$35
*Senior Stretch & Flexibility SS w/Erin	Friday 1:30 PM	On-going	\$3 per class or FREE SS

NEW Times for Silver Sneakers Classes!

We are happy to announce that Erin Maratta, one of our current Silver Sneakers (SS) instructors is going to take over The Classic SS and one Circuit SS class, (formerly Amy's classes), ***beginning February 3!*** The cost will remain free if you have Silver Sneakers coverage with your insurance or \$3 per class, drop in. If you take 2 of any of her classes in a week, and need to pay, the charge will be \$5 for two SS Classes. Please see Erin the day of class to sign up with her.

Please note, we will continue to look for Silver Sneakers Instructors for additional classes.

ANNUAL EXERCISE MEMBERSHIP

Last call for those who want to enroll in our "Annual Exercise Membership" program! Just \$300 per year and take all the exercise classes you would like (except drop in). You must still register for ALL classes you wish to attend; Prorated refunds will not be given unless for medical reasons, accompanied by a doctor's note. This service is optional and is available to residents 55 and over.

TRY A CLASS FOR FREE!

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

Beginner Pickleball



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

ADVENTURE CLUB

Flanders Nature Center Hike ATTENTION ALL HIKERS!

Join us **Saturday, February 29** as we journey to Woodbury, CT to explore the trails of woodlands at Flanders Nature Center. The pristine, undeveloped areas offer moments of reflection, relaxation, and recreation. Be sure to dress warm and wear hiking boots. Bring water and a brown bag lunch. This is a 3+ mile hike. We will be leaving from the center at **9:30 AM and returning approx. 3 PM**. After lunch we will stop at the Flander's Sugar Shack for a maple syrup demonstration, (dependent on weather). **Cost is \$5 for transportation (payable at time of registration) and \$3 for maple sugar demo (payable the day of)**. Sign up anytime.

Maple Sugaring at Northwest Park

You will start indoors to learn the history of maple sugaring, identify a maple tree and the technique used for tapping a maple tree. Then take a short walk to view the tapped trees and check the buckets for sap. Once finished outside, you will head to the sugarhouse to see how the sap is boiled and have a taste of the maple syrup. After the program, you will have lunch at **The Tunxis Grill**. Bus leaves the center at **10:30 AM** and returns at **2:00 PM on Tuesday, March 10**. Cost of trip is **\$10**, includes program and transportation. Bring money for lunch. Sign up begins 2/6 for residents.

Moon Light Walks

Join the South Windsor Walk and Wheels Way for a Moonlight Walk through Nevers Road Park, **Saturday, March 7**. Meet under the Rotary Pavilion for a cup of hot chocolate and stay warm by the firepit, before embarking on the trails for a 1.5 mile walk through Nevers Road Park. **The walk will begin at 7:00 PM**. If there is snow, cross-country skiing and snowshoeing is welcomed. Bring a flashlight, family and friends. For more information, please check out www.swww.org. Call the hotline 860-648-6349 for updates on cancellations.



Senior Women's Basketball

Jane Grilley is a participant and a coach in the senior women's basketball program in CT. They are a group of women 45 to 82 who just love basketball! This program is recreational and open to all skill levels. If you wish to play or would like more info, please email Jane Grilley at mommag222@sbcglobal.net or call Barbara Buddington at 860-918-2492.

VOLUNTEER CORNER

Community Service Group

The next meeting will be **Wednesday, February 19 at 12:30 PM**. This is a group of adults who work on a variety of projects to assist people and groups of all ages in town and surrounding communities by being involved, raising funds and giving of their time to enhance the lives of others! Call Andrea for info: 860-648-6357.

NEIGHBORS HELPING NEIGHBORS

Friendly Shoppers Needed

Human Services needs volunteers to bring people shopping who cannot navigate the grocery store on their own or to shop for those who can't get out at all. Call Penny for more info on how you can make a difference. 860-648-6361 ext. 3314.

The Senior Advisory Council meets the second Tuesday of each month at 10:00 AM. Have suggestions for improving the senior center? Contact any member!

Dollars for Scholars Scholarship

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

Volunteers Needed for FISH

FISH (Friends In Service Here) is seeking volunteers for their transportation and telephone rosters. Volunteers only serve one weekday a month – providing transportation to doctor's appointments OR recording appointment requests. The needs are real, the rewards are many. Call Barbara Molleur, personnel chairperson at 860-644-1799. Your support are vital so we can help those in need.

Health and Wellness



MEDICAL LOANING CLOSET

Wheelchairs, walkers, commodes and other items are available at the Center to borrow for free. Items vary, please call if you need anything AND call if you want to donate anything. Space is limited. Call Steve Clapp to inquire. X3325

EAR INSPECTIONS AND WAX REMOVAL

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

ELDER WELLNESS ~ Free
Thursdays, February 6, 13, 20, 27
9:00 to 11:00 AM

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

FOOT CARE ~\$29.00

Monday, February 3 by appointment
Call 860-648-6361 ext. 3335

HEARING CLINIC ~ Free

Quarterly: Next date is April 8 at 1 PM

Barbara B. Feehan, Audiologist from Feehan Hearing Center in South Windsor will be providing complimentary hearing screenings and hearing aid cleaning and service. Call for an appointment.

ELDER WELLNESS AT HOUSING SITE

Blood pressure and blood sugar screening
Flax Hill Community Hall: Feb. 18 from 9:15-9:45

Veterans Corner

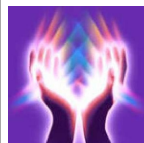
Questions about Veterans Benefits?

Stop in anytime on Thursday, February 6 from 8 to 9:30 AM to talk with reps from the American Legion. No need to sign up, just show up!

Veteran's Coffee Hour!

Hang out with other veterans, meet new friends and connect with old! The 3rd Thursday of the month at 9 AM. **February 20**. No need to register! Coffee and goodies will be available.

Reiki and Massages



Therapeutic Touch REIKI

Denise Cassella, Reiki Master, is offering her services at a special reduced price of **\$10 for 20 minutes on Tuesday February 4**. If you have never received the benefits of a Reiki session, NOW is the time! Regularly priced appointments will be on **February 18 from 10 AM to 2 PM at \$30 for 30 minutes**. Call to schedule an appointment.

Therapeutic Massage



Melissa Almquist, LMT, is offering therapeutic massages on **Mondays from 10:00 AM to 2:00 PM and Thursdays 11:30 AM to 2:00 PM by appointment**. Cost is \$30 for 30 minutes payable that day. Call to schedule an appointment. (no appts. 2/17).

***Please note that we are no longer offering Shiatsu**



Fun and Games



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

Poker ~ Mondays at 1:00

Setback ~ Mon at 1:00 & Wed at 6:00 (no hot dogs until Victoria returns!)

Bridge ~ Mondays and Fridays at 9:00

Adult Coloring ~ Tuesdays at 9:00

Billiards in Teen Center ~ Tuesdays at 10:00

Samba ~ Tuesdays at 12:30

Want to play Samba? Players can teach you!

Cribbage ~ Tuesdays at 6:00

Knitters Group ~ Wednesdays at 10:30

Duplicate Bridge ~ Wednesdays at 12:30

Hand, Knee & Foot ~ Wednesdays at 12:30

Evening Bingo ~ February 6 and 20 at 6:30 PM (call for transportation)...no hot dogs until Victoria returns!

Ceramics ~ drop-in program Thursdays at 9:00

Mahjong (American) ~ Thursdays at 10:00

Mexican Train Dominoes ~ Fridays at 12:45

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

Classes and Educational Programs



ART CLASS

Join professional artist Christine MacClintic for a fun, collaborative painting class.

Fridays, February 21 and 28 from 9:30-11:30 for an impressionistic painting of "A Caribbean Sunset" on a 16x20 canvas. You will be guided step by step. Beginners to intermediate, all supplies provided. **\$20/ residents; \$30/non residents. Residents register 2/6 non residents 2/7.**



Beginner Ukulele Class

Learn to play the ukulele, a fun and easy instrument that you can sing along with. **Ten-week class that will be held on Thursdays at 10:00 AM beginning February 13.** Taught by Sue Hill. These classes are designed for the complete beginner, NO musical background is required, just your enthusiasm and willingness to learn. **Total cost for the 10-weeks is \$60, payable to Sue at the first class (2/13).** Ukuleles are very affordable and can be found online (Amazon) or at Guitar Center in Manchester~ please purchase your own prior to the class. **Sign up anytime!**

Intermediate Ukulele Class

This class is for people who have already completed the beginner class or have been taught how to play the Ukulele. Join us and explore more complex songs using various notes and cords. **Ten-Week class, held on Thursday at 11:00 AM beginning February 13. Cost is \$60. payable to Sue at the first class (2/13).** Must have your own Ukulele. **Sign up anytime!**

American Lung Association

This program from the ALA will include a presentation on the major lung health diseases (COPD, asthma, lung cancer) and their specific risk factors, diagnosis and treatment. Learn how you can utilize relevant resources from the lung association for support. **Tuesday February 18 at 1:00 PM. Call to register, Free.**

We are closed on:
Wednesday, February 12
(Lincoln's Birthday)
and
Monday, February 17
(Washington's Birthday)

Casework Services

The Adult and Senior Services Division of Human Services provides services to residents age 18 and older. Staff is available to provide additional info or to answer questions regarding the following services:

Information and Referral:

Staff provides information to people aged 18 and over and refers them to a variety of agencies that provide services to meet individual needs.

Case Management:

Staff works with area agencies to obtain services that meet individualized needs. This coordination results in improvement of services received, the avoidance of confusion and service duplication.

Outreach:

Staff makes home visits to homebound residents to provide info on services to promote independence. Staff can assess, provide follow up services, assist with financial assistance programs and more.

Financial Assistance Programs:

Assist with applying for a variety of programs including: energy assistance, property tax relief, renter's rebate, Medicare Savings program, SNAP and more. Special Needs funds are also available.

Food and Fuel Bank:

Non-perishable food items are available monthly and emergency fuel assistance is available annually for those in need.

Medicare Counseling:

Caseworkers are trained CHOICES Counselors and are available to meet with individuals to talk about Medicare options in an unbiased environment.

Friendly Visitors and Friendly Shoppers:

Volunteers are available to provide socialization to at-risk older adults. Shoppers are available to get groceries for or bring an older adult grocery shopping. Both are offered weekly or bi-weekly.

Telephone Reassurance:

Volunteers call someone at the same time daily to be sure they are alright. Designed for those who are homebound, at risk, or have little to no family in the area.

Special Events

Call to sign up for the below trips beginning
Monday, February 3 (non residents 2/7).

First come, first serve.

Dine Outs

Thursday, February 13, join us for lunch at a premier authentic and traditional Chinese restaurant, **The Butterfly**. They have been located in West Hartford for the past 30 years. Each entrée is crafted from fresh meat, seafood and vegetables. Gluten-free meals are available on request. The bus leaves the center at 11:30 AM and returns approx. 2:00.

Saturday, February 22, we will be visiting **The Barn**, located in the heart of Granby Center. For this Saturday dine out you can choose from the Brunch or Lunch menu. The Barn offers American cuisine with high quality steak, seafood and craft cocktails. The bus leaves the center at 11:30 AM and returns approximately 2:00 PM.



Welcome Committee

Thursday, February 6 from 8:30 -10:00 AM tour the center with volunteers from the Senior Advisory Council. Drop in anytime during this time to learn about the programs offered and meet new people!

Men's Morning Group

This is a group of men who play pool and other games in the teen center, chat, take trips and enjoy each other's company. The next meeting will be **Thursday, February 13 at 9:00 AM**. For more info: Jeff Clark jc59birch@outlook.com or 336-258-0680.



Birthday Lunch

Celebrate all February birthdays on **Wednesday, February 26 at 12 noon**. Cake is donated by **Geissler's**. Sign up by 11:30 AM the day before. 860-648-6361 ext. 3328.

Tax Aide Program

AARP Tax-Aide is a free program for low and middle income taxpayers with special focus on taxpayers age 60 and over. Tax-Aide workers will be available at the Community Center on **Thursdays and Fridays beginning at 9 AM from Thursday, February 6 and continuing through Thursday, April 9 by appointment**. Please call 860-648-6361 ext. 3335 to schedule an appointment. Married couples filing jointly should both be present during the income tax preparation session. No return will be filed until all necessary signatures have been entered on the forms.

Please be sure to bring the following:

- ◆ Personal identification including photo ID, Social Security card, etc.
- ◆ Copy of 2018 Income Tax Return and related forms
- ◆ All applicable 2019 forms which show taxes paid, withheld or "not determined"
- ◆ All W-2 forms for wages earned
- ◆ All 1099 forms
- ◆ INT for interest accounts
- ◆ DIV for dividend accounts
- ◆ R for retirement funds and IRAs
- ◆ Any state refund statements for last year's Connecticut tax
- ◆ Social Security Annual Statements
- ◆ A blank check with account and routing numbers for direct deposit refund request
- ◆ All personal documents that relate to deductible expenses:
 - ◆ Medical expenses, including mileage to the medical facility
 - ◆ Prescription expenses
 - ◆ Sales tax expense for major purchases
 - ◆ Mortgage interest paid
 - ◆ Contributions to charities, church, etc.
 - ◆ Home improvements that conserved energy
 - ◆ Replacement windows, doors, furnace
 - ◆ Property tax statements from the Town for your home and automobile(s)
- ◆ Note: sewer taxes can not be claimed
- ◆ Health insurance coverage info for all

Please arrive 15 minutes early to complete additional paper work.

Special Programs

Special Bingo



The Ivy at Ellington will host a Special BINGO on **Tuesday, February 18 at 1:00** with goodies and special prizes! No need to sign up just show up!

Special Lunches

The first two Fridays of the month beginning in February, staff will be providing lunch because the regular lunch provided by CRT will not be offered due to budget issues. Menu is: February 7 (hot dog) and February 14 (cheese pizza), and ***the charge is \$2.50 payable the day of.*** Reserve your meal by 11:30 the day before! Please note, *Monday thru Thursday, CRT provides lunch and is a 2.50 suggested donation. Lunch is served at 12 noon. If you cannot attend lunch after signing up, please call to cancel so we can offer your meal to someone else.*

Growing Older Can Bring New Purpose

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

Recycling Information Session

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

Movie at the Center: Judy (2019)

Set in late 1968 and early 1969, the movie portrays Judy Garland hustling in Swinging London after she successfully secures a five-week engagement in Talk of the Town. Behind the scenes, she battles her own management and prepares to fight her ex-husband and ex-manager, for custody of their children. But through it all Judy manages to find true love once again! **Friday, February 21 at 1:00 PM. Rated PG. Runtime: 1 hour and 58 minutes.** Call ext. 3335 to register.

Popcorn will be served !



Triad for Senior Safety

Information: 2020 Fraud Alert

2020 is finally here, and the new decade comes with its own set of challenges and opportunities for scammers! When the year 2020 is abbreviated on official forms, documents, checks, etc., those looking to exploit unsuspecting people can easily manipulate those numbers and leave people potentially vulnerable to fraud. Documents can be back dated on payments due so that something due 1/6/20 becomes due 1/6/2019 and you owe a year's worth of payments rather than one month. A check dated 1/10/20 found much later in the year and generally found to be void, can be changed to 1/10/2021 and the check is now valid! Public Service Announcement that consumer advocates, auditors and police departments around the country have been issuing: **When you write a date on a document, don't shorthand the year 2020 to just "20." Write out the whole thing (it's only two more numbers, after all).** For example: 1/6/2020 rather than 1/6/20. Don't let yourself become a target for fraud. **Sourced from (CNN):**

Reflective Address Signs!

- South Windsor Emergency Services responded to 8,433 calls to 911 in 2018.
- Over 25,000 people live, work and play in more than 16,000 buildings and structures through the town.
- Surviving an emergency depends directly on first responders quickly finding your location accurately and efficiently.

The Town of South Windsor is offering residents an opportunity to purchase a reflective address marker that fully complies with the Town Addressing Ordinance for the price of \$20.00. The placards are metal and coated with a reflective material with the address numbers clearly displayed. They will have pre-drilled mounting holes and can be easily attached to mailbox posts. **If you are interested, please fill out a form (available in the Human Services office or at Town Hall in Public Works).** For info, please call Public Works at 860-644-2511 ext. 344.

Health & Wellness Programs

Do you suffer from Acid ReFlux?

Learn about natural ways to prevent heart burn and medications that can help or worsen stomach acid. **Friday, February 7 at 1:00 PM.** Free. Call to register. Sponsored by Hartford HealthCare Senior Services.

“Smile and Keep Moving”

Learn how to deal with Chronic Pain and keep moving. Techniques such as stretching and range of motion will be discussed. Presented by Olu Olapinsin, DPT, Director of Access Physical Therapy & Wellness. **Friday, February 7 at 2:00 PM.** Free. Call to register.



Reduce Stress: Protect Your Heart

The stress we experience on a regular basis can have a real impact on the heart including a faster heart rate, rise in blood pressure and the release of stress hormones. This presentation will discuss how to decrease stress to protect your health and your heart. **Tuesday, February 25 at 1:00 PM.** Free. Call to register. Sponsored by Brookdale Senior Living.

Keep Your Brain Healthy and Fit

Jo Anne Harrison Becker presents this informative talk on **Wednesday, February 26 at 10:00 AM** as part of a series (if you missed session one, you can still attend this one!) The brain's ability to withstand neurological damage due to aging and other factors without showing visible signs of slowing or memory loss diminishes through the years. This can make it more difficult to perform mental tasks. Research shows that following a brain-healthy lifestyle and performing regular, targeted brain exercises can increase your brain's cognitive reserve. This session will focus on exercises to strengthen brain function with both novelty and challenge. Call to register. Free

Fit For Life Fitness Center

We Have State of the Art Equipment

Cardio:

Treadmills, NuStep Machines, Elliptical Trainers, Recumbent Bike

Resistance Training:

Lat Press, Shoulder Press, Bicep/Tricep Extension, Medicine Balls

Seated Leg Extension/Leg Curl

Incline Weight Bench

Dumbbells

To Join Fit For Life Fitness Center you must:

- Be 55 years of age or older
- Have a medical clearance form signed by your doctor
- Register at the front desk

Make an appointment for orientation with Susan Gouin, Certified Medical Exercise Specialist. **She will teach you how to use the equipment and design a program based on your health.**

Call 860-648-6361 ext. 3339.

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

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

30 Day/30 Minute Fitness Challenge

It's a new year, so take a new challenge! Join the Fitness Center and register for our 30 Day/30 Minute Fitness Challenge. The challenge is with yourself. All current fitness members and all new members are encouraged to register. You have nothing to lose, only to gain! Everyone who registers and completes the challenge will be eligible for a Grand Prize Raffle ticket. You will also receive a small complementary gift for completing your challenge. More details are posted in the Fitness Center. Free with Fitness Center Membership. Call Susan at 860-648-6398 to Register. **Last day to register is Friday, February 7....Take the Plunge!**

Snack of the Week:

We will be offering a different power snack each week on Wednesdays in the Fitness Center for all members (*while supplies last*). **Get Fit in February** with an exercise session and a power snack!



New Trips: Residents Register 2/6; Nonresidents 2/7



Ritchie Mitnick Presents: *The Way it Used to Be!*

Sit back, close your eyes and be transported to great moments in musical history at the Aquaturf **Tuesday, April 14!** From *Delilah* to *Release Me*, you'll enjoy every second of this Powerful tribute to these unforgettable entertainers. Starring Joe Saimeri and musical director Richie Mitnick along with some surprise guest artists as well! Richie and Friends love a packed dance floor! **Cost is \$45** and includes a meal of salad, pasta, chicken Kathryn, baked ham, potato, vegetable, and dessert. The bus will **depart the Center at 10:15 AM** and will return **approx. 4:15 PM.**

Morning at MGM

9 to 5 at the Majestic Theater



This is your lucky day! Spend the morning at the MGM Springfield Casino and try your luck on 2,550 slot machines, 120 gaming tables, a poker room and more **Saturday, April 18!** Time for lunch on your own at South End Market for Casual Dining. You will receive a \$20 Free Bet and \$10 food bonus upon arrival. After, enjoy a 1:30 PM performance at the Majestic Theater in West Springfield of the show "9 to 5" with music and lyrics by Dolly Parton. Complete with a \$3 coupon for snacks at the theater! **Cost is \$60.** The bus will **depart from Geissler's at 8:30 AM** and will return **approx. 5:15 PM.** ****Please register by Friday, March 6.***

You will need to bring a valid form of ID with you on this trip in order to receive your bonuses. We will be providing your name, address, and date of birth to Friendship Tours. By signing up for this trip you agree to these conditions.

West Point Dress Parade

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

****Please register by Friday, March 13. You will need to bring a valid form of ID with you on this trip. Please indicate what type of ID you will bring and what state or country it was issued in. We will be providing your name and date of birth to Friendship Tours. By signing up for this trip you agree to these conditions.***

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 beginning the next business day after sign-up day, 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. In some instances, disability seating may require a more expensive theater ticket. Disability seating changes cannot be guaranteed on the day of the event if notice has not been given to us prior to the day of the trip.

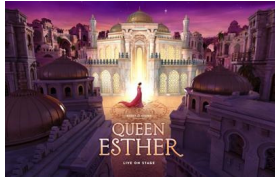
Considering a Trip?

If you are considering going on a trip with us we please ask that you sign up at your *earliest* convenience. This helps us to avoid trip cancellations. If you are concerned about having to cancel and not being refunded, please ask staff about cancellation deadlines for specific trips. Thank You!

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

Previously Advertised

Registration has begun, space is limited



Queen Esther Live on Stage

June 16-18, 2020! Our travels will take us to the Pennsylvania

Dutch Country. **Appalachian Brewing Company; The Cork Factory Hotel**, our historic accommodations; **Private wine, cheese and paint party; Kitchen Kettle Village** for a flavorful “food fight” and hands on whoopee pie making experience; Reserved orchestra seats at **Sight & Sound Theater** for their brand new production of *Queen Esther*. Esther’s ordinary life changed forever when she was taken through the palace doors, entering a new world of royalty and risk. With a crown on her head and a secret in her heart, can she find the courage to trust in God’s plan and believe that she was made for such a time as this?; Dinner is served at **Miller’s Smorgasbord; Mount Hope Estate and Winery** for light lunch paired with wine and beer tasting. Total cost is \$599 pp double, \$549 pp triple, and \$759 pp single. \$100 deposit due at the time of registration. Final payment due May 12. *Please submit a Reservation and Travel Protection Form with your deposit. Forms can be found in the flyer rack or main office.* The bus will depart from **Geissler’s** at 7:00 AM on 6/16 and will return approximately 8:00 PM on 6/18.

The 39th Annual South Eastern CT Home & Garden Show

Come with us to the 39th Annual South Eastern CT Home & Garden Show at Mohegan Sun **Sunday, February 23!** The CT garden and home show offers a diverse array of home and garden care products and services by local, state, and national vendors, each presenting innovative and imaginative displays. Outside the show you’ll be able to take advantage of offers and discounts at restaurants and stores by showing your ticket. Take a look at what offers and discounts are offered in the display case. **Cost is \$5 for transportation; \$8 at the door.** The bus will depart the Center at 11:00 AM and will return approx. 3:30 PM.

Cruise Through the Panama Canal in 2020!

November 29—December 12

Your Itinerary at a glance: Transfer to the New York City Pier and embark on the Encore. Spend two days at sea and enjoy all the fun and relaxation the Encore offers. Your fourth day will be spent at **Puerto Plata, Dominican Republic**. Enjoy your fifth day at sea. On day 6, walk around **Willemstad, Curacao**—you’ll think you travelled back in time to Old Amsterdam. Day 7 is spent in **Oranjestad, Aruba** where incredibly white sands and cobalt blue seas make the small island a popular destination. Admire the stunning bays of **Santa Marta, Columbia** on Day 8. Your 9th day will be spent in **Cartagena, Columbia**, an old walled city that reflects a turbulent history of conquistadors and pirates. On Day 10, travel like the jetsetters do as you sail through the Caribbean entrance of the Panama Canal, a maritime marvel. Sail into **Colon, Panama** and take in the view of the Atlantic Ocean entrance to the famous Panama Canal. Day 11 will be spent in **Puerto Limon, Costa Rica** known for its multi-cultural community and a festive annual carnival celebration. Take advantage of national parks and reserves in all directions. Your final days will be spent at sea before you disembark in Miami for your flight home. *Optional Tour Excursions Available!*

Inside Stateroom: \$2,865 pp dbl/\$4,125 pp single

Balcony Stateroom: \$3,905 pp dbl/6,050 pp single

- \$500 deposit due at the time of registration
- 2nd deposit: \$1,000 due April 25
- Final payment due: August 17

Book before November 30 and save \$100!



Monday		Tuesday		Wednesday		Thursday		Friday	
3		4		5		6		7	
FREE Trip Sign Up Day Bridge, Light aerobics Classic Silver Sneakers Circuit Silver Sneakers Lunch BINGO, Setback, Poker Beginner Pickleball Light aerobics		8:00 AM 9:00 AM 9:45 AM 11:00 AM 12:00 PM 1:00 PM 1:00 PM 6:00 PM		8:30 AM 9:00 AM 9:30 AM 10:00 AM 11:00 AM 12:00 PM 12:30 PM 1:00 PM 6:00 PM		8:30 AM 9:00 AM 10:00 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:30 PM 3:00 PM 6:00 PM		8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:30 AM 12:00 PM 7:30 PM 6:30 PM	
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