



THE SENIOR CONNECTION

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

150 Nevers Road 860-648-6361 www.southwindsor-ct.gov



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January 2024



Pasta Dinner Fundraiser & Bingo

Wednesday, January 10 at 4:00 PM join us for a fundraiser dinner for the Triad for Senior Safety. Pasta, meatballs, salad and dessert will be served for \$9. Following, we will play bingo (\$1 per card) with guest bingo callers Tom Field and Sgt. Ron Littell. We will also sell raffle tickets to win amazing prizes! Register in the office anytime.

Breakfast Sandwiches

Our "Made to Order" egg sandwiches are available on your choice of a bagel, roll or wrap with your choice of bacon or sausage, and cheese! Coffee, juice, and fruit will accompany. Cost is \$5 in advance, \$8 walk-ins. Come anytime **between 9:00 and 10:30 AM on Wednesdays, Jan. 3 or Feb. 1.**

Ask the Superintendent

Dr. Carter, Superintendent of South Windsor Public Schools, will be at the Center on **Wednesday, January 10 at 11:00 AM** to review The Board of Education's *Plan to Improve the High School Campus and Increase Recreational Assets for the Community*. Please note that some of these recreational assets will be in walking distance from the community center. She will also discuss the enrollment within the schools and answer any questions you may have. Free, please call to register.

Monte Carlo Whist Party

Friday, January 12 at 1:00 PM. Cash prizes will be awarded, goodies will be served! **Cost: \$5.** Registration in advance is preferred, walk-ins are allowed if space is available. No partner needed! This is a fundraiser for our community service group. Need a lesson? Let us know. Register and pay in the office anytime!

Newcomers Group!

Have you heard and read about all the amazing things we offer at the senior center but don't want to come alone? Or maybe you are new to town and don't know many people? This is the group for you! **Friday, January 19.** Held the **3rd Friday of each month at 10:00 AM.** Meet new friends! Newcomers are invited to special bingo at 10:30 AM! Please call to register for the newcomers group.

Early Bird Dinner & Entertainment

Join us on **Thursday, January 25 at 4:00 PM** for potato pancakes, kielbasa, applesauce and dessert. Following dinner, be entertained by Sheryl Faye giving her award winning presentation of Ruth Bader Ginsburg, American lawyer, jurist and the second woman ever appointed to the Supreme Court and longest serving Jewish Justice. Sheryl presents one-woman shows acting out the lives of historical women. Her shows are highly regarded and not one you want to miss! Sign up anytime.

Downsizing Seminar

Join Linda Goff, Realtor, on **Friday, January 26 at 11:00 AM** for an informative seminar on Downsizing. This will include estate planning, senior mortgage solutions, senior transition services, handyman services and senior living options. There will be raffles and a pizza and salad lunch. Free, call to register.

Cheese Lover's Social

Join us for National Cheese Lover's Day with a "wine" and cheese social on **Tuesday, January 30 at 3:30 PM.** Grab your friends or come meet new ones and enjoy charcuterie boards made for the ultimate cheese lover! They will be filled with a variety of cheeses for you to taste. And what goes great with cheese? Wine! We will have non-alcoholic wine for you to sip. Cost is **\$3.** Register and pay in the office anytime!

*The Senior Center will be closed on
Mondays, January 1 and 15*

Happy New Year!

SOUTH WINDSOR SENIOR CENTER
CHARLES ENES COMMUNITY CENTER
150 NEVERS ROAD
SOUTH WINDSOR, CT 06074

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Visit our Website:
www.southwindsor-ct.gov/adult-senior-services

Adult and Senior Services Contact Information:

Main Number: 860-648-6361

Transportation: Cindy Malone ext. 3310
Program Sign Ups: Liz O'Brien ext. 3335
Lunch Reservations: Sharon Bosco ext. 3328
Programs: Barbara Konicki ext. 3339
Tiffany Lazur ext. 3340
CARES Coordinator: Amy Patterson ext. 3311
Caseworkers: Susan Grundstrom ext. 3314
Ryan Schieding ext. 3325
Assist Director: Lindsey Willis ext. 3319
Human Services Director: Andrea Cofrancesco
ext. 3316



We have a MEDICAL LOANING CLOSET

Wheelchairs, walkers, commodes and other items are available at the Center to borrow for free. Items vary, please call if you need anything AND call if you want to donate anything. Space is limited. Call Ryan to inquire 860-648-6361 ext. 3325.



Senior Advisory Council

The Senior Advisory Council (SAC) consists of volunteers who represent different groups at the center. They bring back ideas on programs and ways to improve our center and share information with all of you. Meetings are open to the public and are the 2nd Tuesday of each month at 10:00 AM (except July and August). Please reach out to any SAC member to share your thoughts or join us at a meeting. Next meeting is **January 9.**

Daria Plummer, Chair 860-432-8403

Kathie Stroh, Vice Chair

John Habif, Corresponding Secretary

Other members: Toni Baer, Dave Bakulski, Tom Bartomeli, Rob and Barbara Bettaker, Carol Butler, Tom Field, Alva Fitch, Estelle Fournier, Gloria Goslin, Hansa Khant, Kathy Longo, Elaine Smith

Senior Center T-Shirts for Sale

You didn't even know your wardrobe was missing this, but now you know! T-shirts in various colors and sizes are available for just \$13! The front has our name and logo on the left corner, and then on the back it says....wait for it...."Amazing Things Happen Here." We have some on hand, and we can order a specific color and size for you if we do not have it on hand. Stop by today!

SOCIAL SERVICES: 860-648-6361

Lindsey Willis ext. 3319; Sue Grundstrom ext. 3314; Ryan Schieding ext. 3325

Parkinson's Support Group

The Parkinson's Support Group meets the 2nd Thursday of the month at **1:00 PM** at the Senior Center: **Thursday, January 11**. New members and care partners are welcome. Registration encouraged, but walk-ins welcome. Free, call 860-648-6361 ext. 3335 to register.

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 Friday of each month at 3 PM: January 5**. Everyone deals with loss differently. Let's come together and talk and get tips for coping.

Caregiver Support Group

Please join us on **January 12, 2024 at 10am** in the Teen Center Lounge for a presentation from The Hartford Healthcare Center for Healthy Aging called "Home Safety Solutions". This will cover being prepared for emergencies, fire safety, emergency response systems and more. If you would like to join the group or be added to the email distribution list, please contact Sue at 860-648-6359 or via email at susan.grundstrom@southwindsor-ct.gov.

Energy Assistance

Applications for the 2023-24 energy assistance program are underway. Gross monthly income cannot exceed \$41,553/year (single) and \$54,338 (couples). **There is no asset limit.** Documentation needed: last four weeks of income and utility bills as well as proof of rent/mortgage. If you receive cash assistance or SNAP please bring benefit documentation, you will not have to provide proof of income. 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.

Mobile Food Share

Located at Wapping Church every other Thursday from 11:30 AM to 12 noon. **January 4, 18**. 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 due to weather.

Depression and Anxiety

Mental Health is something that impacts us all and rarely do we have all the answers to cope. Sarah Hornberger, Clinical Social Worker from Intercommunity Health Care will be our facilitator for this group focused on education and providing the tools and resources to cope. Meetings will be the **3rd Tuesday of each month at 10:30 AM. January 16** at the Community Center. Free, call to register.

Medicare Advantage Plan Open Enrollment

Happy New Year! The 2024 Medicare Advantage Open Enrollment Period is underway. If you have chosen a Medicare Advantage Plan during open enrollment in 2023 and are unhappy with the plan after January 1, 2024, you will 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, 2024, you **cannot** change your Part D plan during this time. If you are interested in changing your Medicare Advantage Plan during this period, please give us a call at 860-648-6361 ext.3335 and ask to speak with a CHOICES counselor or call 1-800-MEDICARE.

2024 Medicare Cost Updates:

The standard monthly premium for Medicare Part B enrollees will be \$174.70 in 2024, an increase of \$9.80 from \$164.90 in 2023. The annual deductible for Medicare Part B beneficiaries is \$240 in 2024, an increase of \$14 from \$226 in 2023. The Medicare Part A inpatient deductible that beneficiaries will pay when admitted to the hospital is \$1,632 in 2024, an increase of \$32 from \$1,600 in 2023.

Educational Programs



Join our Book Club!

Cynde Acanto from Book Club on the Go facilitates our Book Club! Typically the 2nd Monday of the month at 6:00 PM. **Monday, January 8 at 6:00 PM** we will discuss *The Fallen Architect* by Charles Belfoure. **Monday, February 12 at 6:00 PM** we will discuss *An American Marriage* by Tayari Jones. Books are available at the SW Library. No registration required.

Train Your Brain

Join Barbara on **Tuesday, January 9 at 2:00 PM**. We will have New Years trivia, word games and cold winter treats. Free! Call to register.

Reiki

Sharda Geer will be doing 10 minute Reiki sessions for \$10 on **Wednesday, January 10 from 1:00 PM to 3:00 PM**. Sharda is certified in Energy Healing, Spiritual Life Coaching and Reiki. Call anytime to sign up for your appointment. \$10 is payable to Sharda at the time of your visit.

Safe Driver's Class

Sign up to take AARP's Safe Driver Class on **Wednesday, January 10 from 1:00—5:00 PM**. You could get a percentage off your insurance premium just for taking the class! Cost is \$20 for AARP members/\$25 nonmembers, payable that day. Call to sign up.

Understanding the People Part of Your Estate Plan

Attorney Colleen Masse will be here on **Thursday, January 11 at 10:00 AM** to discuss this fiduciary role. When you make an estate plan, you name a POA agent, an executor, a health care agent, and maybe a trustee. Whether you have been named one of these roles for someone else or you are thinking about who you should name in these roles for yourself, there's a lot to know! Is a POA agent and an executor the same thing? What are the differences between each role? Who should you choose? Can multiple people be named in each role? Learn the answers at this presentation. Free, please register.

Physical Therapy & Gentle Exercise

Colleen Sullivan, MSPT and owner of Physical Therapy Plus will be at the center on **Tuesday, January 16 at 1:00 PM**. With a goal of teaching all of you how to take better care of yourself to improve your quality of life, she will be teaching different gentle exercise techniques that will help with a variety of pain and issues. Free! Call to register.

Celebration of Animation

Award-winning author and pop culture historian Marty Gitlin hosts this fun and enlightening presentation based on his book, *A Celebration of Animation: The 100 Greatest Cartoon Characters in Television History*. He will show funny cartoon snippets of characters from the past century, play trivia with you, discuss the criteria he used to rank the best of the best and speak about their impact on American pop culture. Marty will also have autographed and personalized copies of his book available for purchase after the event! **Tuesday, January 23 at 10:00 AM**. Free! Call to register.

Basic American Sign Language

Join ASL teacher Stephen Chapin for a beginners ASL class on **Wednesdays, January 3 to February 28 from 2:30 PM to 4:00 PM**. You will learn to exercise your mind, hands and fingers. This will be a fun learning experience. Free, call to register anytime. Book can be purchased online inquire at sign up.

Two Different Opportunities, One Important Topic

Self Defense Class

This class will be a more active class, covering self-protective tips and self defense techniques and will be educational and fun! Please wear comfortable clothing. No previous experience necessary. The instructor, Frank Shekosky, is a 9th degree black belt in karate. **Friday, January 26 from 1:00 PM—2:30 PM**. Free, call to register.

Self Defense Lecture

Cpl. Johnson and Officer Kuzara from the SW Police Department will be at the center to discuss ways to protect your self while at home or out and go over some basic self defense techniques. This is a PowerPoint presentation. **Thursday, February 1 at 1:00 PM**. Free, call to register.



Non Resident Policy

NEW!

To be eligible to attend programs at The South Windsor Senior Center, out of town residents are required to become members and pay an annual fee. The annual fee will be \$30 beginning January 1, 2024 and is subject to change with advanced notice. A registration form must be completed to become a member and signed on both the front and back. We are currently accepting cash or check (written to the Town of South Windsor).

In addition:

- Some programs may have a higher fee for non-residents, especially if tax dollars are used to offset costs.
- Some programs may be restricted to residents only, based on space and/or costs.
- South Windsor Residents have first priority for programs and trips; if there is space available after that, out of town residents can be considered.
- The Senior Newsletter is available to non-residents by email, picking up a hard copy at the center, or by accessing it online www.southwindsor-ct.gov/adult-senior-services Copies are not mailed to non-residents.

The monthly senior newsletter will reflect any additional fees or restrictions on programs and trips.

Drug Discount Program

The state has launched a new Drug Discount Program for CT Residents! It is easy to register on line and takes about 1 minute. There is no age restriction, no income limits and it is free to enroll. You must have an email address so a card can be emailed to you. If you do not have email, call 1-800-913-4146 for assistance. They can then use the card at pharmacies for as much as 80% savings. This is not to be used with insurance, but instead of. www.Arrayrxcard.com.



Arts & Crafts



Felting Snowman

Join Diana Sheard for a lesson in felting. You will learn beginner skills of needle felting - working with special needles and wool. You will leave with your completed project of a cute little snowman. Cost is \$25 and all supplies are included. Register in the office anytime. This class is limited to 15 people. **Wednesday, January 17 from 10:00 AM –12:00 PM**

Painting with Christine

Join professional artist Christine MacClintic for a fun, easy class using acrylic paint on a 16x20 canvas. No experience needed. **Fridays, January 19 and 26 from 9:30-11:30 AM.** Cost is **\$20 (\$25 non-residents)** and includes all supplies. Register in the office anytime.



Evening Painting Class

Join Artist Sandy Poirier on **Monday, January 22 at 6:00 PM** for the reflections of winter painting class on an 11x14 canvas. No experience needed. Cost is **\$20 (\$25 for non-residents)** and all supplies are included. Pay in the office anytime. Priority will be given to residents.

Valentine's Day Cards with Taylor

Join our very own Taylor Bielski on **Wednesday, January 31 at 10:30 AM**, as she walks you through making your own Valentine's Day cards for you to give out for Valentine's Day this year! Cost is **\$10** payable to the instructor that day. Call to register.



Watercolor Valentines

Join Mary Ransom to create Valentine's Day watercolor greeting cards to give to your favorite Valentine! We will supply everything needed to create this unique work of art. All levels welcome. We hope you can join us on **Wednesday, February 7 at 1:00 PM.** Cost is **\$15 (\$20 for non-residents)**. Register and pay in the office anytime.

Trips~ Sign up begins Thursday, January 4 at 8:00 AM

(non-residents beginning 1/11 as space allows)
*All programs requiring payment must be signed up
for in person; You may call to signup for free programs.*

NEW POLICY FOR DINEOUTS: You may only sign up for ONE dine out on sign up day. If you would like to sign up for a second, you may call the next day to sign up if space is available. **REMINDER:** Please park in the upper lot when going on a trip. The bus will pick you up in the upper lot.

Extreme Shopping: FootPrints & Stew Leonard's

Who is ready to shop until they drop?! On **Tuesday, January 30** you will head to FootPrints and Stew Leonard's for a day of shopping. We will begin our day at FootPrints, where they offer the finest selection of footwear and fashion accessories in New England, with over 200 top name brands and more than 100,000 pairs in stock. After leaving FootPrints we will stop for lunch at Sliders Bar and Grill, separate checks will be accommodated. Our day will end at Stew Leonard's, a small dairy store that became world famous and known as "The Disneyland of Dairy Stores." Bring money for shopping and lunch. The senior bus will depart the center at 10:00 AM and return approx. 2:30 PM.



Dineout: Saybrook Fish House

Since 1978, Saybrook Fish House of Rocky Hill has created an environment to enjoy fresh, healthy seafood. You will not find another seafood restaurant in the area like this! We will head there for lunch on **Saturday, January 13**. Please bring cash, due to the size of the restaurant and other factors they will not be able to accommodate a separate check for everyone. The senior bus will depart the senior center at 12:00 PM and return approx. 2:30 PM.

Dine-out: LuLu's Restaurant

Join us as we head to LuLu's Restaurant in Enfield on **Thursday, January 25**. This family owned and operated restaurant offers Italian-American cuisine and they ensure that each guest receives prompt, professional, friendly and knowledgeable service. **Separate checks will be accommodated.** The senior bus will depart the center at 11:30 AM and return approx. 2:00 PM.

Adventures Await

*Sign up for our hikes in the office
anytime! You must pay the fee at time of
sign up.*

Reservoir 6 Hike

Join Jay to hike the 3.6-mile loop around West Hartford Reservoir 6 on **Tuesday, January 9 at 9:30 AM**. The bus will leave the Center at 9:30 AM and return approximately at 2:00 PM. Please bring water, snacks, trekking poles, money for lunch, and dress in layers. Cost is \$5 for transportation.

Holcomb Farm

Holcomb Farm encompasses more than 300 acres of farmland, rolling hills, meadows, woodland, and clear brooks. Join Debbie on **Thursday, January 18** for a winter hike. This will be about a 3 mile hike, be prepared with trekking poles, water, snacks, and shoes that may get wet. Dress in layers and bring money for lunch. The bus will be leaving the Center at 9:30 AM and returning approximately at 2:30 PM. Cost is \$5 for transportation.



Evergreen Walk Trail and Lunch

Join Barbara on **Monday, January 29** for an easy stroll through the new Evergreen Walk Trail. This is a flat 2.7 mile loop trail. Meet in the parking lot near LL Bean at Evergreen Walk at 10:30 AM. Following the walk, we will enjoy lunch at one of the restaurants at Evergreen Walk (optional). Don't forget your water and money for lunch. Let's explore close to home.

Moonlight Walks

Friday, January 26, 2024

Saturday, February 24, 2024

Meet at the Rotary Pavilion, 55 Chief Ryan Way at 6:45 pm for a 1.5 mile walk through Nevers Park. The walk begins at 7:00 pm. All ages welcome. Please bring a flashlight, family and friends. If there is snow, snowshoeing and cross-country skiing are welcome! These are not our walks; SW Walks and Wheelways are offering these.

Stay Fit, Stay Well!

Class	Times	Session Dates	Cost
Pickleball	Mon. — Fri at 8:00 AM at Ellsworth	For more info on play at Ellsworth or Rye Street Park, call volunteer coordinator Dick Lane at 860-614-3348	FREE
Beginner Pickleball	Mon & Wed from 8:30-10:30 at Ellsworth		FREE
Pickleball	Mon & Fri at 11:30 at the Senior Center	On-going	FREE
Pickleball	Periodic Days at the Senior Center	Sign up on Team Reach...Call the Center for info.	FREE
Pickleball Lessons	Saturdays 9:00 AM-10:30 AM	Residents only. Call to register.	FREE
Lite Aerobics with Linda	Monday & Thursday 8:30 AM In person and on Zoom	Jan 4-Feb 29 No class 1/1, 1/15, 2/12, & 2/19	\$28 for 14 classes
Cardio Drumming with Tiffany	Monday at 2:30 PM In person Only	Jan 8—Feb 26 No class 1/1, 1/15, 2/12, & 2/19	\$10 for 5 classes
Stretch & Strength with Barbara	Tuesday 9:00 AM In person only	Jan 2—Feb 27	\$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 3—Feb 28	\$34 for 17 classes
Chair Volleyball	Wednesday 11:30 AM & Thursday 1:00 PM	On-going	FREE
Beginner Tai Chi	Wednesday 1:00 PM	Jan 24– Feb 28 No classes 1/3, 1/10, & 1/17	\$12 for 6 classes
Tai Chi (Intermediate) With Marivic	Wednesday 2:00 PM In person only		\$12 for 6 classes
Silver Sneakers with Rose	Cancelled until further notice		
Silver Sneakers with Krissy	Wednesdays at 8:30 AM In person Only	Jan 3– Feb 28 Free with Silver Sneakers	Free OR \$3 per class
All Levels Yoga with Anne	Thursdays at 10:00 AM	Jan 4– Feb 29	\$18 for 9 classes
Gentle Yoga with Noreen	Saturdays at 9:00 AM	Jan 6—Feb 24	\$16 for 8 classes
Strength & Vitality With Aislynn	Saturdays at 10:30 AM	Jan 6—Feb 24	\$16 for 8 classes

Pickleball Update

The Pickleball Program is closed to new NON-residents, which became effective December 11. Everyone who plays at Ellsworth or the Senior Center must be 55 or older and be registered with the Senior Center regardless of residency. If you have been playing at either location and do not live in town, you have been grandfathered in and can continue to play, but there is a \$30 annual fee to be a member of the Senior Center.

Join Our Fitness Center

It's easy to be a member of our Fitness Center! You must be 55 or older and a SW resident registered at the center. A doctor must complete a medical clearance form for you. Once completed, make an appointment for orientation with Tiffany who will review the equipment and design a program based on your health. 860-648-6399.

Cost: \$30/3 months, \$50/6 months, \$75/1 year or FREE with Renew Active or Silver Sneakers!

NEW!! Fitness Center Hours Effective 1/2/2024:

Monday, Wed., Thursday 7:30 AM- 7:30 PM
Tuesday 7:30 AM—7:00 PM
Friday 7:30 AM—4:30 PM
Saturday 7:30 Am—12 Noon

Personal Training Services: Christine Adams, Master Motivator and Personal Trainer will be in the Fitness Center Mondays from 8 to 11 AM and Tuesdays from 4:00 to 7:00 PM.

Sound Meditation

Tuesday, January 23 at 6:00 PM enjoy a Sound Meditation Concert with The Conduit. Relax to the soothing sounds of live gongs and singing bowls washing over you for a deep meditative bliss without experience or special techniques. Bring props for your comfort. Water and eye coverings are encouraged. Cost is \$8, sign up in the office anytime.

Meditation

Join Prabha for Satya Meditation for Stress Reduction and Self Healing on **Thursday, January 25 at 11:00 AM**. Free, call to register anytime.

New Year, New Habits

Integrate new healthy habits this New Year! We have a worksheet for you to follow for the month that will give you the push you need to start making healthy choices and turning them into habits! Worksheets are available for pick up in the flyer rack outside the office.

Health Services

*All Health Services below are open
to residents only.*

ELDER WELLNESS

The Visiting Nurse and Health Services of CT is offering a free ONCE a MONTH clinic to check blood pressure, blood sugar and talk to you about your general health. 2nd Wednesday of each month: **January 10** starting at 10:00 AM.

Call to schedule an appointment:

860-648-6361 ext. 3335. Free.

FOOT CARE ~\$45

Routine toenail cutting by appointment.

Call 860-648-6361 ext. 3335 for the next available appointment.

Please note: The cost of Footcare Services has gone up as a result of a new company offering this service. If you feel you have a financial hardship and can't afford the service, please reach out to one of our caseworkers at 860-648-6361 ext. 3335.

Hearing Clinic ~ Free

Wednesday, January 10, 2024

Dr. Gail Brown, Audiologist from HearingLife will provide complimentary hearing screenings and hearing aid cleaning and service. This is NOT wax removal. Call 860-648-6361 ext. 3335 for appt.

Therapeutic Massage:

Tuesdays and Wednesdays with Melissa. Call to make an appointment. All reminders will be done through an automated system. \$30 for 30 min.

Hair Cuts at the Center

Wednesday, January 10 and Monday, January 22 with Pat and Tuesday, January 16 with Alyssa from Hairborn. Haircuts are \$20 payable at your appointment, cash is preferred. Call 860-648-6361 ext. 3335 for an appointment.



Inclement Weather Policy

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

Senior Cinema



The Miracle Club

There's just one dream for the women of Ballygar to taste freedom: to win a pilgrimage to the sacred French town of Lourdes. With a little benevolent interference from their local priest, a group of close friends get their ticket of a lifetime. **Thursday, January 11 at 1:30 PM.** Free, call to register anytime. Rated PG-13.



The Rosa Parks Story

This biopic tells the story of civil rights activist Rosa Parks (Angela Bassett) from her days as a private-school student to her public battle against racism and segregation. As a secretary for the National Association for the Advancement of Colored People, Parks defends local children who have been victimized by racism. But when she is arrested after refusing to give up her bus seat for a white passenger, Parks inspires the 1955 Montgomery Bus Boycott. **Friday, January 19 at 1:30 PM.** Free, call to register anytime. Rated PG.



A Million Miles Away

Jose M Hernandez was born in Mexico. While working in the fields, he co-developed the first digital mammography imaging system. He then persevered to become a crew member on Space Shuttle mission STS-128. **Tuesday, January 23 at 1:00 PM.** Free, call to register anytime. Rated PG.

LGBTQ Moveable Senior Center

Creative Happy Hour

Join us, an LGBTQ Moveable Senior Center, along with members of the Glastonbury Senior Center, for a Creative Happy Hour featuring a Fluid Painting class, non-alcoholic cocktails and hors d'oeuvres. Program is limited to 20 participants. Cost is \$12 and includes all supplies to create an 11x17 one-of-a-kind canvas, beverages and hors d'oeuvres. This will be held at the Glastonbury Senior Center on **February 22 from 4:00—6:00 PM.** Register and pay in the office.

Saturday Programs



Quilting 101

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



Chair Volleyball

Play chair volleyball **Saturdays, January 6, 13 and 20 from 10:00-11:45 AM**. There will be no play on 1/27. No experience necessary, all ages and abilities are welcome. No need to sign up, just come! *Please note this is a friendly game, no spiking, stealing or fierce competition.* Let's have some fun!

Billiards

Come play Billiards on Saturdays from 8:00 AM—12:00 PM. No need to register, just come!

Pickleball Lessons and Play

Lessons are available on **Saturdays in January from 9:00—10:30 AM**. This is free and open to residents only. Call to register for this 4-week session. Pickleball will be played on **Saturdays from 10:30-12:30**, Sign up on Team Reach. Priority is given to residents.

Setback Lessons/Refresher

Join our amazing volunteers Gloria and Helen as they teach you the game of Setback, or give you a refresher! This four-week session will be on **Saturdays at 10:00 AM beginning January 6**. Free, call to register.

Fitness Center

The Fitness Center is OPEN on Saturdays between 8:00 AM—12:00 PM.

Pancake Breakfast

What better way than to start your Saturday than with pancakes!!! Join us on **Saturday, January 27 at 9:00 AM** for a pancake breakfast. Cost is \$3. Register and pay in the office anytime!

More Programs

Cards, Games & More

Bingo ~ Mondays at 10:30 AM and Thursdays 1/4 at 6:30 PM and 1/18 at 5:00 PM (hotdogs on 1/4)

Poker ~ Mondays at 1:00 PM

Setback ~ Mondays at 1:00 PM

Evening Setback will resume in the Spring

Samba ~ Tuesdays at 12:30 PM

Knitters Group ~ Wednesdays 9:00 AM to 11:30

Mahjong ~ Thursdays at 1:00 PM

Hand, Knee & Foot ~ Wed. at 12:30 PM

Duplicate Bridge ~ Wed. at 12:45 PM

Pool in Teen Center ~ Mon thru Fri from 8-12 noon

Bridge ~ Fridays at 9:30 AM

Mexican Train ~ Fridays at 12:30 PM

Cribbage ~ Fridays at 1:00 PM

Ceramics ~ Fridays, 1-3 PM (drop in, free)

Special Bingo

Let's play bingo on **Friday, January 19 at 10:30 AM**. **Merciful Homecare** will sponsor a special bingo with goodies and prizes! No need to register, just come! \$1 a card.

Backgammon

If you enjoy Backgammon come on in on **Thursdays at 10:00 in January**. Bring a partner or meet someone new that like to play also.

Income Tax Program

AARP Tax-Aide is a free program for *low and middle income* taxpayers with special focus on taxpayers age 50 and over. Tax-Aide workers will be available at the Community Center on Thursdays and Fridays beginning at 9 AM from Thursday, February 1 and continuing through Friday, April 12 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. *Limited to South Windsor residents.* More information on the required paperwork needed for your appointment will be in the February newsletter.

2024 Trip Schedule

DATE	TRIP
January 10	UConn Women's Basketball Game
January 18-29	Winter Caribbean Cruise
February 1	CT Old State House & Lunch
February 20	Fascia's Chocolate & Lunch
March 12	Aqua Turf Club
March 21	Bushnell Tour & Lunch
March 28	New York Botanical Gardens Orchid Show
March TBD	Barker Museum and Lunch
April 9	Aqua Turf Club
April 11 – 22	France Magnifique
April 25	Wicked at the Bushnell
April 30	Harvard Glass Museum
May TBD	Slip-A-Way Boat Tour on the CT River
May TBD	Beinecke Rare Book and Manuscript Library
TBD	Fabulous Fingerlakes
June 6	New Old-Gate Prison & Brignole Vineyards
June TBD	Fish Family Farm
June TBD	Ivoryton Playhouse and Lunch
June 27-July 4	Highlights of Nova Scotia and Prince Edwards Island
July 9	Aqua Turf Club
TBD	Lancaster: Daniel at the Sight and Sound (All new show)
TBD	Island Hopping: Nantucket and Martha's Vineyard
August 13	Aqua Turf Club
August TBD	Syme Family Farm
August TBD	Goodspeed Opera House
September 10	Aqua Turf Club
September 12-20	Magical Rhine and Moselle Rivers
September 20-25	West Virginia Railroad
October 8	Aqua Turf Club
October 10	The Cher Experience Luncheon
November 12	Aqua Turf Club
December 10	Aqua Turf Club
TBD	Governor's Mansion Holiday Tour

Old Trips

**Sign up has begun!
Limited space available!**

Magical Rhine & Moselle River Cruise—9/12 to 9/20/2024

Cost begins at \$4,797pp double. Prices vary based on cabin choice. Highlights include Amsterdam, 7– night River Cruise, Rhine River, Cologne, Moselle River, Bernkastel, Wine Tasting, Cochem, Lorelei Passage, Mannheim, Speyer, Strasbourg and more! Prices increase if you sign up after January 6!

Highlights of Nova Scotia and Prince Edwards Island 6/27 to 7/4/2024

Cost is \$2,583pp double & \$3,146pp single. Highlights include Guided tours of Nova Scotia/Halifax/ Prince Edward's Island, Lunenburg, Peggy's Cove, Citadel Fortress, Anne of Green Gables, P.E.I. National Seashore, Guided tour of Acadia National Park, 12 meals included and more!

West Virginia Railroad Adventure—9/20 to 9/25

Cost is \$2,283pp double & \$2,966pp single. Highlights include guided tour of Gettysburg Battlefield, Green Bank Observatory, Tour the 'Bunker' and lunch at the Greenbriar Beckley Coal Mine Tour, Adaland Mansion Tour, Cass Railroad, Potomac Eagle Scenic Railroad and more!

***Fliers available on website or
call Tiffany at 860-648-6399
for more information.***

***The NEW trips listed above are subject to change. More info, including sign up dates, will be in future newsletters. More trips will be added as the year goes on! Stay tuned! Isn't it great to be a SW senior!?

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.



Birthday Lunch

Celebrate **January** birthdays on **Wednesday, January 24**. Cake donated by Geissler's; gift for the birthday folks by Riverside Health and Rehab. Sign up for lunch by noon the day before: 860-648-6361 ext. 3328. \$3 donation.

Please note: we are now offering gluten free bread/rolls with meals in substitute of any bread product. Please let staff know in advance if you would like that option.

CRT Lunch Menu:

Monday 1/1—Closed

Tuesday 1/2—Hotdog

Wednesday 1/3 - Meatloaf with Gravy

Thursday 1/4—Chicken Parmesan

Friday 1/5—National Chocolate Cake day!
Hamburger

Monday 1/8—Boneless Chicken Marsala

Tuesday 1/9—Turkey and American Cheese Sandwich

Wednesday 1/10—BBQ Pork

Thursday 1/11—Beef Stroganoff

Friday 1/12—Macaroni and Cheese

Monday 1/15—Closed

Tuesday 1/16—Stuffed Cabbage

Wednesday 1/17—Salisbury Steak

Thursday 1/18—National Take a Coffee Break Day!
Boneless Pork Chop

Friday 1/19—Potato Crumb Fish

Monday 1/22—Kielbasa

Tuesday 1/23—Boxed Lunch

Wednesday 1/24—Boneless Chicken

Thursday 1/25—Grande Cheese Raviolis

Friday 1/26—Roast Turkey

Monday 1/29—Cheesy Vegetarian Lasagna

Tuesday 1/30—Chicken Stir-Fry

Wednesday 1/31—Salad Greens with Ham, Cooked Egg, Onions, Tomatoes, Cucumbers and Ranch



Veterans Corner

Veterans Benefits Questions

Stop in anytime **Thursday, January 4** from **10:30-12 noon** to talk with reps from the American Legion. Learn about benefits and ask questions.

Veteran's Social Hour!

Join us for our veterans chat! Representatives from the American Legion will be at the center on **Thursday, January 18** at **9:00 AM**. No need to register, join us!

S. Windsor Banner Program

The S.Windsor Veterans Banner Program recognizes veterans living in our community for their service. Banners are displayed from Memorial Day through Veterans Day at the Community Center and Town Hall. Plans are underway for 2024 nominees. If you are a veteran or know of any veteran from Korean War, WWII or Vietnam, who is a current resident of S. Windsor who is willing to be nominated, please call Patriotic Commission members Herb Asplund (860-644-0881) or Daria Plummer (860-432-8403). To nominate a veteran who is a Manchester resident, call Richard Zaremba (860)-205-6129.

Volunteer Corner

Community Service Group

Thursday, January 18 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 for more info. Neighbors Helping Neighbors

Reading in the Schools

Volunteers are needed to read to elementary school children four times a year. Dates vary. Contact Andrea at 860-648-6357 or andrea.cofrancesco@southwindsor-ct.gov for more info or to get on the email list to be notified of upcoming dates.

COMMUNITY RENEWAL TEAM **JANUARY** 2024 CONGREGATE MENU Revised 12/12/23

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	CRT Closed In Observance of Holiday Happy New Year !	2	Orange Juice All-Beef Hot Dog Hot Dog Bun Ketchup, Must ,Relish Bked Beans / Coleslaw Van Pudding	3	Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach 100 % Whole Wh Bread Fresh Fruit	4	Chicken Parmesan / Pasta w/ Red Sce / Yellow Squash Bread Stick Fresh Fruit	5	<u>National Chocolate Cake Day</u> Grape Juice Plain Burger on Bun Ketchup, Must, Mayo Lettuce & Tomatoes Potato Wedges w/ Ketchup Chocolate Cake
8	Grape Juice Boneless Chicken Marsala Parslied Pasta Italian Style Veggies Bread Stick Wholegrain Fruit Bar	9	Cold Turkey & Amer Cheese Sandw on Soft Roll w/ Shredd Lett & Tomato / Potato Salad Must, Mayo / Fresh Fruit	10	BBQ Pork Baked Beans Green Beans Wheat Bread Fresh Fruit	11	100 % Fruit Punch Ice Beef Stroganoff Rice Vegetable Medley Wholegrain White Bread Cookie (NO NUTS)	12	Macaroni & Cheese Stewed Tomatoes 100 % Whole Wh Bread Fresh Fruit
15	CRT Closed In Observance of Holiday	16	Grape Juice Stuffed Cabbage w/ Sce Mashed Potatoes Broccoli Florets Wholegrain White Brd Brownie (NO NUTS)	17	Orange Juice Salisbury Steak w/ Gravy Mashed Potatoes Green Beans Wheat Dinner Roll Chocolate Pudding	18	<u>Nat'l Take A Coffee Break Day</u> Orange Juice Boneless Pork Chop w/ Gravy Fried Rice / California Blend Vegetables / Cornbread Loaf Coffee Cake	19	Potato Crumb Fish Tartar Sauce Rosemary Potatoes Baby Carrots 100 % Whole Wh Bread Fresh Fruit
22	Kielbasa / Mustard Carmelized Onions Paprika Diced Potatoes Prince Edward Veggies Wheat Brd Fresh Fruit	23	MANDATORY FOOD SAFETY TRAINING FOR CAFÉ COORDINATORS BOXED LUNCHES GRAB AND GO STYLE	24	Orange Juice Boneless Chicken w/ Gravy White Rice Steamed Broccoli Wheat Bread Yogurt Cup	25	Grande Cheese Raviolis w/ Marinara Sce Parmesan Cheese Italian Blend Veggies Garlic Knot Fresh Fruit	26	100 % Fruit Punch Ice Roast Turkey w/ Gravy Cranberry Sce/ Cornbread Stuffing / Peas & Carrots / Dinner Roll Wholegrain Fruit Bar
29	Cheesy Veg Lasagna w/ Alfredo Sce Zucchini Bread Stick Fresh Fruit	30	Chicken Stir-Fry Vegetable Fried Rice Asian Vegetable Blend 100 % Whole Wh Brd Fresh Fruit	31	Salad Greens w/ Ham Hard Cooked Egg / Red Onions / Cherry Toms / Cucs Ranch Dressing / Bread Stick Fresh Fruit		Lunch is served at 12 noon Monday – Friday. Please call 860-648-6361 ext. 3328 by noon the day before to sign up. 150 Nevers Road. South Windsor, CT		Studies suggest that adding physical activities to your lifestyle was linked with a 24 % lower risk of cardiac disease. Set a realistic goal and get busy !

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.

New Trips: Residents sign up 1/4 beginning at 8:00 AM.
Non residents 1/11 UNLESS OTHERWISE NOTED

Old State House

Connecticut's Old State House welcomes you! This is the place where history and civics meet, located in the heart of Hartford, it was once the home to all three branches of CT State government from 1796-1878. You don't want to miss a visit to this National Historic Landmark. We will head there on **Thursday, February 1. The senior bus will depart the center at 9:30 AM** for a 10:00 tour. The tour is roughly an hour and then you will have time to look around on your own. Afterwards we will head to Trumbull Kitchen for lunch. **We will return at approx. 2:30 PM.** Cost is **\$10** and includes your admittance and transportation. Please bring money for lunch.

St. Patrick's Day Celebration at the Aqua Turf Club



Join us as we start the 2024 season of shows at the Aqua Turf Club on **Tuesday, March 12, 2024.** You will enjoy a family style lunch consisting of Corned Beef and Cabbage and Baked Cod. Following lunch, The McLean Avenue Band and Irish Step Dancers will entertain you with their wonderful arrangements of hits from the 50s to the present. **Cost is \$59. The senior bus will depart the center at 10:15 AM and return at approx. 4:15 PM.**

The Orchid Show at the New York Botanical Gardens




On **Thursday, March 28, 2024** Friendship Tours will take us to the New York Botanical Gardens to see The Orchid Show. Orchids have a magical beauty and come in all different colors and scents. See structures covered with orchids in the Conservatory which will become an exotic spectacle to dazzle the senses. This is also the special time when the Magnolias are blossoming in profusion. Jump aboard the complimentary tram and ride through the magnolia collection for a wonderful treat. Other highlights include seeing the Perennial and Rock gardens in bloom and taking a peek at the Home Gardening Center. You will be able to shop in the first class NYBG Museum Shop and stop by the Garden Café or the new Pine Tree Café for a bite to eat on your own. You will also have time on Arthur Avenue for shopping at the Italian Markets. **Cost is \$124 pp** and includes transportation and admission to the Botanical Gardens. Bring money for lunch. **The motor coach will depart Geisler's at 7:00 AM and return at approx. 7:00 PM.**

Wicked at the Bushnell

Wicked, the Broadway sensation, looks at what happened in the Land of Oz...but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikelyst of friendships...until the world decides to call one "good", and one "wicked." Join us in seeing this performance at the Bushnell on **Thursday, April 25. The senior bus will depart the center at 11:00 AM** and head to Salute for lunch before heading over to the Bushnell for a 2:00 show. The bus will return home at approx. 5:15 PM. **Cost is \$113.** This includes transportation and your ticket to the show. We will be seated on the orchestra level. Please bring money for lunch, separate checks will be accommodated.

Escorted-San Antonio Holiday

December 4—8, 2024. Welcome to the "American Venice.: Historic missions, River Walk restaurants, Spanish architecture and a beautiful river centerpiece make this a truly remarkable city. The sights and sounds of the holiday celebrations are sure to immerse you in the spirit of the season as you stroll along the San Antonio River, illuminated by festive decorations. Included is motor coach to Bradley, round trip flights, transportation in San Antonio, 4 nights accommodations, an escort from Friendship Tours, 3 breakfasts, 2 dinners, a visit to two UNESCO World Heritage sites, Mission San Jose, the Alamo, a stop at El Mercado, the Mexican Marketplace for one-of-a-kind goods, the German settlement of Fredericksburg for a visit to the National Museum of the Pacific War, a choice of visiting the South Texas Heritage Center or the San Antonio Botanical Gardens, a riverboat ride on the Paseo del Rio and so much more! You save \$100 per person if you sign up before May 1, 2024! Cost is \$2,799pp double. Call The Ship Shop at Friendship Tours at 860-243-1630 to sign up!! Flyer available on our website or call the number above with any questions!

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday							
Closed!	1	Massage Walkers (meet at Nevers) Stretch & Strength Lunch Samba Fitness Center Personal Trainer	By Appt. 8:30 AM 9:00 AM 12:00 PM 12:30 PM 4-7:00 PM PM	2	Silver Sneakers Breakfast Sandwiches Knitters Group (H) Chair Yoga Chair Volleyball Lunch Hand, Knee, Foot Duplicate Bridge Basic American Sign Language	8:30 AM 9:00-10:30 AM 9:00 AM 10:00 AM 11:30 AM 12:00 PM 12:30 PM 12:45 PM 2:30 PM	3	Walkers (meet at Nevers) Lite Aerobics All Levels Yoga Backgammon Veteran's Benefits Lunch Chair Volleyball Mahjong and Lessons Hotdogs & Bingo	8:30 AM 8:30 AM 10:00 AM 10:00 AM 10:30 AM 12:00 PM 1:00 PM 1:00 PM 5:45/6:30 PM	4	Bridge (H) Chair Yoga Pickleball Lunch Mexican Train Cribbage Ceramics Bereavement Support Group	9:30 AM 10:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:00 PM 3:00 PM	5	Fitness Center Open Gentle Yoga Quilting Pickleball Lessons Setback Lessons Chair Volleyball Silver Strength & Vitality	8:00 AM-12:00 PM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:30 AM	6	
	Happy New Years!																
Footcare Fitness Center Personal Trainer (H)Lite Aerobics Bingo Pickleball Lunch Poker Setback Cardio Drumming Book Club	By Appt. 8-11:00 AM 8:30 AM 10:30 AM 11:30 AM 12:00 PM 1:00 PM 1:00 PM 2:30 PM 6:00 PM	8	Footcare Walkers (meet at Nevers) Stretch & Strength Reservoir 6 Hike Senior Advisory Council Lunch Samba Train Your Brain Fitness Center Personal Trainer	By Appt. 8:30 AM 9:00 AM 9:30 AM 10:00 AM 12:00 PM 12:30 PM 2:00 PM 4-7:00 PM PM	9	Reiki / Elder Wellness/ Hearing Clinic/Haircuts/ Silver Sneakers Knitters Group (H) Chair Yoga Ask the Superintendent Chair Volleyball Lunch Hand, Knee, Foot Duplicate Bridge Safe Driver's Class Basic American Sign Language Pasta Dinner Fundraiser & Bingo	By Appt. 8:30 AM 9:00 AM 10:00 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 12:45 PM 1:00 PM 2:30 PM 4:00 PM	10	Walkers (meet at Nevers) Lite Aerobics All Levels Yoga Backgammon Understanding the People Part of Your Estate Plan Lunch Chair Volleyball Mahjong and Lessons Parkinson's Support Group Movie: The Miracle Club	8:30 AM 8:30 AM 10:00 AM 10:00 AM 10:00 AM 12:00 PM 1:00 PM 1:00 PM 1:00 PM 1:30 PM	11	Bridge (H) Chair Yoga Caregiver Support Group Pickleball Lunch Mexican Train Cribbage Ceramics Monte Carlo Whist Party	9:30 AM 10:00 AM 10:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:00 PM 1:00 PM	12	Fitness Center Open Gentle Yoga Quilting Pickleball Lessons Setback Lessons Chair Volleyball Silver Strength & Vitality	8:00 AM-12:00 PM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:30 AM	13
	15	Massage & Haircuts Walkers (meet at Nevers) Stretch & Strength Depression & Anxiety Group Lunch Physical Therapy & Gentle Exercise Samba Fitness Center Personal Trainer	By Appt. 8:30 AM 9:00 AM 10:30 AM 12:00 PM 1:00 PM 12:30 PM 4-7:00 PM	16	Massage Silver Sneakers Knitters Group Felting Snowman Craft (H) Chair Yoga Chair Volleyball Lunch Hand, Knee, Foot Duplicate Bridge Basic American Sign Language	By Appt. 8:30 AM 9:00 AM 10:00 AM 10:00 AM 11:30 AM 12:00 PM 12:30 PM 12:45 PM 2:30 PM	17	Walkers (meet at Nevers) Lite Aerobics Veteran's Social Hour Holcomb Farm All Levels Yoga Backgammon Lunch Chair Volleyball Community Service Group Mahjong and Lessons	8:30 AM 8:30 AM 9:00 AM 9:30 AM 10:00 AM 10:00 AM 12:00 PM 1:00 PM 1:00 PM 1:00 PM 6:30 PM	18	Bridge Painting with Christine (H) Chair Yoga Newcomers Group Special Bingo Pickleball Lunch Mexican Train Cribbage Ceramics Movie: The Rosa Parks Story	9:30 AM 9:30 AM 10:00 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:00 PM 1:30 PM	19	Fitness Center Open Gentle Yoga Pickleball Lessons Quilting Chair Volleyball Setback Lessons Silver Strength & Vitality	8:00AM-12:00 PM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:30 AM	20	
	Haircuts Fitness Center Personal Trainer (H)Lite Aerobics Bingo Pickleball Lunch Poker Setback Cardio Drumming Evening Painting Class	By Appt. 8-11:00 AM 8:30 AM 10:30 AM 11:30 AM 12:00 PM 1:00 PM 1:00 PM 2:30 PM 6:00 PM	22	Massage Walkers (meet at Nevers) Stretch & Strength Celebration of Animation Lunch Samba Movie: A Million Miles Away Fitness Center Personal Trainer Sound Meditation	By Appt. 8:30 AM 9:00 AM 10:00 AM 12:00 PM 12:30 PM 4-7:00 PM 6:00 PM	23	Massage Silver Sneakers Knitters Group (H) Chair Yoga Chair Volleyball Birthday Lunch Hand, Knee, Foot Duplicate Bridge Beginner's Tai Chi Intermediate Tai Chi Basic American Sign Language	By Appt. 8:30 AM 9:00 AM 10:00 AM 11:30 AM 12:00 PM 12:30 PM 12:45 PM 1:00 PM 2:00 PM 2:30 PM	24	Walkers (meet at Nevers) Lite Aerobics All Levels Yoga Backgammon Meditation Lunch Chair Volleyball Mahjong and Lessons Early Bird Dinner	8:30 AM 8:30 AM 10:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 1:00 PM 4:00 PM	25	Bridge Painting with Christine (H) Chair Yoga Downsizing Seminar Pickleball Lunch Mexican Train Cribbage Ceramics Self Defense Class Moonlight Walk	9:30 AM 9:30 AM 10:00 AM 11:00 AM 11:30 AM 12:00 PM 12:30 PM 1:00 PM 1:00 PM 1:00 PM 6:45 PM	26	Fitness Center Open Pickleball Lessons Gentle Yoga Quilting Pancake Breakfast Setback Lessons Silver Strength & Vitality	8:00 AM—12:00 PM 9:00 AM 9:00 AM 9:00 AM 9:00 AM 10:00 AM 10:30 AM
Fitness Center Personal Trainer (H)Lite Aerobics Evergreen Walk Trail Bingo Pickleball Lunch Poker Setback Cardio Drumming	8-11:00 AM 8:30 AM 10:00 AM 10:30 AM 11:30 AM 12:00 PM 1:00 PM 1:00 PM 2:30 PM	29	Massage Walkers (meet at Nevers) Stretch & Strength Lunch Samba Cheese Lover's Social Fitness Center Personal Trainer	By Appt. 8:30 AM 9:00 AM 12:00 PM 12:30 PM 11:00 AM 4-7:00 PM	30	Massage Silver Sneakers Knitters Group (H) Chair Yoga Valentine's Day Card Making Chair Volleyball Lunch Hand, Knee, Foot Duplicate Bridge Beginner's Tai Chi Intermediate Tai Chi Basic American Sign Language	By Appt. 8:30 AM 9:00 AM 10:00AM 10:30 AM 11:30 AM 12:00 PM 12:30 PM 12:45 PM 1:00 PM 2:00 PM 2:30 PM	31	Every Day Programs Billiards <i>Monday—Saturday 8:00—12:00 PM</i> Coffee Available <i>Mon—Fri 9:00 AM to 11:00 AM</i> Pickleball Ellsworth Mon—Fri 8:30 AM		Trips UCONN Game 1/10 @ 5:30 PM Saybrook Fish House 1/13 @ 12:00 PM Winter Caribbean Cruise 1/18—1/29 LuLu's Restaurant 1/25 @11:30 AM Extreme Shopping 1/30 @ 10:00 AM		January 2024 				

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