



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



July 2020



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

1980

Celebrating 40 Years

2020

'More Happy' in Your Home Cooking

Hartford HealthCare puts "more happy" in your home. In this webinar, join Hartford HealthCare Bone & Joint Institute's registered dietician, Chris Barrett, RDN, while he prepares recipes alongside you from the comfort of your home and explains the health benefits from each type of recipe. He will show you how to prepare turkey burgers with shredded zucchini and mushrooms. There have never been more ways to be a family, or more ways to keep yours healthy – it's just one way we put more life in your life.

Thursday, July 2 at 12 noon. To Register call: 1.855.HHC.HERE/1.855.442.4373 or go online to HartfordHealthCare.org/Webinars

Zoom in with the Health Dept!

Tuesday, July 14 at 9 AM, join Heather Oatis, Environmental Health Officer for South Windsor's Health Department. She can answer your questions about the town's response to Covid19. Please email your questions to swseniors@southwindsor.org or call 860-648-6357. Call to register. The ID and password will be emailed to you.

Traveling to....Where?

Since we can't go on trips right now, let's learn about some fun places to explore! Kelly Rametta from MARC, Inc. of Manchester has a lot of MUGS from LOTS of places! She will show them to you, and as a group, decide where you want to "go." She will talk about the location in an engaging way that only Kelly can do! Kelly is bubbly, knowledgeable and so much fun!! Call or email to register and a link will be sent to you: swseniors@southwindsor.org or 860-648-6357. This 40 minute program on Zoom will sure to be the highlight of your travels these days! **Monday, July 27 at 1 PM.**

Senior Center's Ice Cream Truck!



July is National Ice Cream Month and what better way to celebrate than turning our senior bus into an ice cream truck?! We will be visiting several locations, but we can't get to everyone, so if you want to meet up at any of our stops please come on down!

7/22: Eagle Run, Rustic, Miller, Abbe Ext, Devonshire, Foster, Palmer, Summer Hill

7/24: Misty Meadow, Porter Green, Kebalo, Smith, Arthur, Garden, Cinnamon Springs, Pleasant Valley, Northview, Riverview, Hilton, Mill Pond, Pierce

7/28: Watson Farm, Shares

7/29: Bailey, Wyndemere, Collins Crossing, Hunter, Sunrise, Strawberry

7/30: Hillcrest, Diane, Avery, Orchard Hill

7/31: Berry Patch

All dates, the bus is scheduled to leave the center at **1:00 PM.** For your safety: wear a mask, remain 6 feet apart, and pick up your ice cream one at a time. We can't wait to see you! **FREE!**



Conference Call BINGO

Join us for a fun game of Conference Call BINGO on **Monday, July 13 at 1:00 PM!** Cards can be picked up at the center, delivered to those who do not drive, or we can email you a link to your card that you can mark virtually (you don't have to print!). One per person. **Prizes provided by Brookdale.**

Coffee with a Cop via Zoom

Sgt. Elsie Diaz from the SW Police Dept will be offering a Zoom program to talk about safety as well as to answer your questions. Sgt. Diaz is the Community Outreach Officer who assists with our Triad for Senior Safety since the retirement of Cpl Nicoletta. Email your questions to swseniors@southwindsor.org or call 860-648-6357 to register. You will get the member ID and password at that time. **Wednesday, July 22 at 9 AM.**

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
Susan Grundstrom ext. 3314
Assistant Director of Adult & Senior Services: Lindsey
Ravalese ext. 3319
Director of Human Services:
Andrea Cofrancesco ext. 3316

QUOTE OF THE DAY #004

“

Success is not in what you have,
but who you are

- Bo Bennet

”



Mission

The South Windsor Department of Human Services is a multi-generation service agency incorporating youth, adult and senior services. Our mission is to enable South Windsor residents to achieve and maintain personal and social well being by providing a variety of services, programs and resources that are both proactive and responsive to the community's needs.



Adult and Senior Services Division Mission:

The Adult and Senior Services Division responds to the economic, social and emotional needs of the adult and older citizens of South Windsor. This is accomplished through social service delivery, senior center programming, outreach and other supportive services.

ZOOM and Other Virtual Programs

Still new to Zoom? Call Victoria and she will walk you through it—860-648-6399

Pictionary: Friday, July 10 at 1:00 PM Join Andrea, Susan, and Victoria for a fun game of Pictionary! There's sure to be plenty of laughs! Contact us for the log in information.

Did You Know That?: Tuesdays at 9:00 AM Join Victoria for some fun, and interesting trivia. Come and learn something new!

(ID: 965 177 7163 password: SWfriends)

What's the Scoop?: Thursdays at 1:00 PM. It's like happy hour but with the ultimate feel-good treat, ice cream! Scoop your favorite flavor and join us to talk about anything and everything.

(ID: 965 177 7163 password: SWfriends)

Benefits of CBD: Thursday, July 16 at 9AM Learn the benefits of CBD supplements and oils, the different versions and safety and quality from Your CBD store in Manchester. Call Susan at 860-648-6398 to register and receive a free sample packet before the zoom meeting so that you may discuss the products. Zoom ID will be sent to you after you register.

Wellness Wednesdays: Wednesdays at 2:00 PM This month we will take a look at research into "The Longevity of Life" and what Centenarians (people who live over 100 years) have in common.

- **7/1:** Genetic and Environmental Factors
- **7/8:** The Psychosocial dynamics of Centenarians
- **7/22:** The Blue Zones: Italy, Japan, California & Greece, their Lifestyles and Habits that contribute to living to 100 years and older.
- **7/29:** Lessons Learned from The Blue Zones

Presented by Susan Gouin, MS, certified in Healthy Aging from Allegra Learning, LLC

(ID 8908984476; Password 006420)

Come to My Kitchen: Friday, July 10 & 24 at 2 PM Come to The Senior Center Kitchen with Susan to see what's cooking! Links available to all recipes.

7/10: Summer Corn, tomato & Avocado Salad with Buttermilk dressing

7/24: Summer Vegetables with Sausage & Potatoes (ID: 8908984476 Password: 006420)

ZOOM Support Groups

Diabetes Support Group: Friday, July 10 at 10:00 AM (Second Friday of July due to the holiday): Laura Estan is now offering the diabetic support group through Zoom. (ID: 904 478 9422 Password: Diabetes20)

Meet n Greet: Mondays at 11:00 AM Join us to chat and discuss how we are all coping with our "new normal" everyday life. Diana Gunther will guide you through some light stretching and meditation. (ID: 8993401834, Password: breathe)

Women's Cancer Support Group: Tuesdays at 6:00 PM Facilitated by Cindy Sheridan Murphy, Life Coach and Cancer Survivor. Grab a coffee and join us for added support during this pandemic. Call 413-204-4682 or email coachcxmurphy@gmail.com for more information.

Other Virtual Support Groups

Call-In Dementia Caregivers Support Group: Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: Communication techniques, Caregiver support, Benefits of activities, Stages of disease, Family dynamics, and Safety issues. **Mondays: 10am, Tuesdays: 3pm, Wednesdays: 10am, & Fridays: 2pm. To join Call: 860.972.6338. Access code: 19623#. Facilitated by Hartford HealthCare Center for Healthy Aging's Certified Dementia Specialists. For more information, please call 877.424.4641.**

Prevent Type 2 Diabetes: Thursdays at 10 AM A trained lifestyle coach leads the program to help you change certain aspects of your lifestyle, like eating healthier, reducing stress, and getting more physical activity. The program also includes group support from others who share their goals and struggles.

Use this link to register:

<https://www.echn.org/events/virtual-prevent-type-2-diabetes-session-starting-today/>

***NEW* Better Breathers Club: Wednesday, July 8 at 2:00 PM** Join the American Lung Association and the COPD Foundation present a rousing Better Breathers Club online meeting highlighting Harmonicas for Health, a nationwide harmonica program created especially for people living with COPD and other chronic diseases. Visit <https://www.lung.org/support-community/better-breathers-club> to register and for more information

Stay Home, Stay Fit, Stay Well!

ZOOM Exercise & Wellness Classes

Please have your mat or chair in a space that is comfortable for you.

- **Light Aerobics with Linda Hull, Mondays at 7:45 AM** (ID: 4071495311; password: 2m4E2f)
- **Chair Yoga with Lorelei, Tuesdays at 10:00 AM** (ID: 9885930460, Password: Qiflows)
- **Chair Exercise with Diana, Wednesdays at 10:00 AM** (ID: 8993401834, Password: breathe)
- **Chair Yoga with Diana, Thursdays at 12:00 PM**(ID: 8993401834, Password: breathe)
- ***NEW* Calm Connect: Fridays at 12:00 PM** 15- minute multisensory meditation led by Jennifer Hirschberg-Wise of Radiant Journey LLC. Contact Victoria for member ID and password as it changes weekly.
- **Mat Yoga with Diana, Saturdays at 10:00 AM** (ID: 8993401834, Password: breathe)

Understanding Parkinson's Friday, July 10 at 11:00 AM

In this FREE webinar, join Sulada Kanchana, MD, Movement Disorders Neurologist to learn about the common symptoms of Parkinson's Disease, how it is diagnosed and a discussion on the latest treatment options. Plus, Live Q&A with the expert. *Sponsored by Chase Family Movement Disorders Center, Ayer Neuroscience Institute.*

July is Sarcoma Awareness Month

July is Sarcoma Awareness Month. Simply, sarcoma is still considered to be the "forgotten cancer." Efforts to encourage research and drug development are made more challenging due to a lack of awareness and understanding. Though the Sarcoma Foundation of America works tirelessly every day to raise awareness, during Sarcoma Awareness Month we aim to further highlight the extraordinary challenges that sarcoma patients face and the need for more sarcoma research and better sarcoma therapies. Please join us in our efforts and pledge to bring awareness to your community by visiting the following links:

<https://www.curesarcoma.org/patient-resources/>

What is Sarcoma

<https://www.curesarcoma.org/patient-resources/sarcoma-information-links/>

Patient Resources

<https://www.inspire.com/groups/sarcomaconnect/>

Support Groups

<https://www.curesarcoma.org/race/>

Race to Cure Sarcoma

Online Courses:

Transform Your Mind

Using Life Experiences As Catalysts To Transform The Mind - Transforming Suffering into Happiness ~ 1hr 48 min on-demand video Created by [Jonny John Liu](https://www.udemy.com/course/transform-your-mind-life-practices/)
<https://www.udemy.com/course/transform-your-mind-life-practices/>

New How to Use Essential Oils for Health and Wellness

Empower yourself! Become a healer in your own home...Use nature's gifts for yours and your family's complete health ~ 1hr 5min on-demand video created by [Jody Curtis](https://www.udemy.com/course/how-to-use-essential-oils-for-health-and-wellness/)
<https://www.udemy.com/course/how-to-use-essential-oils-for-health-and-wellness/>

New Home Golf: The Ultimate HOME-BASED Golf Coaching program

Improve faster from home! PGA golf drills using household items as training aids - covering every aspect of your game ~ 1hr 7min on-demand video created by [Jonathan Weinstock](https://www.udemy.com/course/home-golf-the-ultimate-home-based-golf-coaching-program/)
<https://www.udemy.com/course/home-golf-the-ultimate-home-based-golf-coaching-program/>

Learn Wing Chun Sil Lim Tao At Home with David Wong

Wing Chun Sil Lim Tao Kung Fu Lessons for Health, Meditation, Fitness and Self Defense - Wing Chung Self Defense Forms ~ **Free tutorial** ~ 1hr 20min on-demand video created by [David Wong](https://www.udemy.com/course/wing-chun-form-level-1-siu-lim-tao-free/)
<https://www.udemy.com/course/wing-chun-form-level-1-siu-lim-tao-free/>

Other CT Senior Centers' Virtual Programs

More programs may be available throughout the month, we will notify via email. Let us know if you would like to be put on the list!

Elmwood Senior Center & West Hartford Senior Center

Email Deborah.Kennedy@westhartfordct.gov for invitation to these programs.

Ageless Grace

Tuesdays at 11:15 AM

A cutting-edge program based on neuroplasticity that activates all 5 functions of the brain and addresses all 21 physical skills needed for lifelong optimal function. Consists of 21 simple exercise tools designed for all ages and abilities. Facilitator: Thomas Atwood, PT.

Ballet for Seniors and Adults

Tuesdays, 2:30-3:15 PM 7/7-8/11

Ballet is a fun way to exercise. It's all about movement! Enjoy rhythm while dancing to music using ballet technique. Focus will be on body alignment, natural movements, building strength, increasing balance and stability. Instructor: Bonnie Flattery.

Great Painters: Artists, Rogues, Game Changers, and Rebels

Thursday, July 2 at 2:00 PM

The Passionate Delacroix: Murder, Mayhem, Angels and Demons.

Windsor Senior Center

Ending Loneliness:

Finding a Meaningful Life

Wednesday, July 8 at 10:00 AM

Loneliness is recognized as a public health issue. The research evidence is clear that loneliness has affected individuals physical, mental and emotional health. In this presentation, we will examine the causes of loneliness and find meaningful ways to fulfill your life. Presented by Amina Weiland, resource coordinator, Hartford Health-Care Center for Healthy Aging. **RSVP to Windsor Senior Center at 860-285-1992.**

Wethersfield Senior Center

Data Bytes: Safely Use the Internet

Tuesday, July 14 12:00pm-1:30pm

Do you love using your iPhone and iPad but are worried about getting hacked? Do you want to enjoy online shopping and banking safely? Learn about how to be smart while using your smart devices. Email amy.miller@wethersfieldct.gov to register by July 7.

Cheshire Senior Center

Please call (203)272-8286 to register or email:

Lgravel@cheshirect.org or trkozowski@cheshirect.org

Making the Most of Your Tele-Medicine Visit

Tuesday, July 7 at 1:00 PM

Learn more about the different types of virtual services, pros and cons, and tips for technology, and preparation. Register by July 2.

Expect the Unexpected: What to Do After a Crash

Monday, July 13 at 1:00 PM

No one plans to get in a crash, but if you're involved in one, there are steps to deal with such situations. Join us for an online Zoom meeting presented by AAA. Register by July 9.

Dimensions of Wellness of the Older Adult Wellness

Tuesday, July 14 at 1:00 PM

An interactive presentation that encompasses physical, emotional, intellectual, spiritual, vocational and environmental wellness. Presented by Hartford HealthCare Center for Healthy Aging.

What is Osteoporosis and How to Cope with It

Monday, July 20 at 10:30 AM

Presented by Chesprocott Health District.

Understanding Sepsis Wellness Webinar

Tuesday, July 21 at 1:00 PM

Do you know what Sepsis is? Join us for a presentation on the basics, what the signs are to look for and how to prevent it. Presented by Hartford HealthCare Center for Healthy Aging.

Men's Health: A Path to Health & Wellness

Tuesday, July 28 at 1:00 PM

Take charge of your own health. Learn and understand what some of the common areas of concern are, related to men. Learn to partner with your healthcare provider to live your best life. Presented by Hartford HealthCare Center for Healthy Aging.

Transportation Services

We are continuing to offer transportation to both medical appointments and grocery stores. However, we reserve the right to ask you how you are feeling and respectfully request that you tell us if you have a cough and fever. Help us keep our staff safe. MASKS ARE REQUIRED ON OUR BUS

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

IN TOWN GROCERY STORES:

Stop and Shop and Geissler's

Wednesdays and Fridays mornings. Times vary, as we are only allowed to transport one person at a time. You will be given an approximate pick up time at time of registration. *Please call 860-648-6361 ext. 3310 to schedule your ride by noon the day before.*

NEED GROCERIES?

Geissler's:

Delivery is available at a reduced charge of \$5.

Pick up Service: For no additional charge, place an order and the groceries can be brought out to you. Orders should be made online, but if you prefer to call: 860-623-0176. Shopping hour for seniors is from 7-8 AM every day of the week.

Stop and Shop:

Shopping hour for seniors is from 6-7:30 AM.

Volunteers:

We have a limited number of volunteers to assist with grocery shopping. Please call Andrea at 860-648-6357.

Define these "Old Timey" Words!

Horsefeathers

- Excitement
- Fashion
- Lies

Flapdoodle

- High heels
- Foolishness
- French fries

Drag

- Bore
- Fun
- Penny

Doodad

- Thing
- Shoes
- Dog treat

Real Gone

- Dead
- Afraid
- In love

Square

- Excited
- Uncool
- Popular

Gigglemug

- Someone always smiling
- A poker face
- A mug shot

Mater

- Father
- Mother
- Son

Meat wagon

- Ambulance
- Helicopter
- Bicycle

Piffle

- Exciting
- Unimportant
- Significant

Fiddle-Faddle

- Cheap food
- Happiness
- Nonsense

Clodhopper

- Headband
- Necklace
- Heavy shoe

Dame

- Woman
- Man
- Child

Giggle water

- Juice
- Alcohol
- Milk

Gobbledgook

- Party
- Gibberish
- Circus

Handcuff

- Engagement ring
- Earring
- Necklace

Answer Key: Fashion; Foolishness; Bore; Thing; In Love; Uncool; Someone Always Smiling; Father; Ambulance; Unimportant; Nonsense; Heavy Shoe; Woman; Alcohol; Gibberish; Engagement Ring

Stay Connected With Us!



Follow us on Facebook @swseniorcenter



Follow us on Instagram: SWSeniorCenter



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

Email: swseniors@southwindsor.org to sign up!

Get Organized Program!

5 Fool-Proof Formulas to Organize Any Space

Sarah Soboleski, trained professional organizer and clinical social worker of Classically Organized in Glastonbury, will introduce 5 tools to help you tackle every area of your home. You'll walk away with formulas to declutter everything from the kitchen to your desk, paper piles and even your calendar! She'll talk about the process of working with a professional organizer and will share before-and-after photos of her own client spaces. This ZOOM program is coordinated by the Glastonbury Library and registration has begun. You can call their Reference desk at 860-652-7720 and leave a message (be sure to leave your name, telephone number and email address). Registration with a valid email address is required in order to receive login information on the day of the Zoom meeting. **Thursday, July 16 at 6 PM.** Sarah is also a staff person with our very own Human Services and her talks at the center are always well received!



We're on YouTube!

Exciting news! The South Windsor Senior Center is now on YouTube! This is another way we will entertain and provide programs to you. [Click Here](#) to get to our YouTube Channel, or go to YouTube.com and search *South Windsor Senior Connections*. You'll find our first video of pictures from the Parade for our Seniors. More to come! Let us know what you would like to see from us!

Need someone to talk to?

Call 1-800-971-0016

Institute on Aging's 24-hour toll-free Friendship Line is the only accredited crisis line in the country for people aged 60 years and older, and adults living with disabilities. Friendship Line provides round-the-clock crisis support services. Visit <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line> for more information.

- For latest Coronavirus news and advice from AARP, visit <https://www.aarp.org/coronavirus/>
- [Click Here](#) for a schedule of AARP Live Q&A upcoming and past Events or access by going to Google.com and searching *AARP Live Q&A Events*. It will be the first link.



Triad for Senior Safety

Scammers may use the COVID-19 pandemic as an opportunity to steal your identity and commit Medicare fraud. In some cases, they might tell you they'll send a Coronavirus test, masks, or other items in exchange for your Medicare Number or personal information. Don't fall for it; it's a scam.

It's important to **always guard your Medicare Number and check your Medicare Summary Notice (MSN) for errors.** Only give your Medicare Number to participating Medicare pharmacists, primary and specialty care doctors, or people you trust to work with Medicare on your behalf. Remember, Medicare will never call you to verify your Medicare Number.

Visit [Medicare.gov/fraud](https://www.medicare.gov/fraud) for more information on protecting yourself from fraud and reporting suspected fraud.

Protect yourself from Medicare fraud:

- Protect your Medicare Number and your Social Security Number.
- Use a calendar to record all of your doctor's appointments and any tests you get
- Don't Accept offers of money or gifts for free medical care.
- Don't Allow anyone, except your doctor or other Medicare providers, to review your medical records or recommend services.
- Don't Contact your doctor to request a service that you don't need..
- Compare the dates and services on your calendar with the statements you get from Medicare to make sure you got each service listed and that all the details are correct.
- Check the receipts and statements you get from providers for mistakes.

Report suspected Medicare fraud by:

- Calling us at 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.
- If you're in a Medicare Advantage Plan, call the Medicare Drug Integrity Contractor (MEDIC) at 1-877-7SAFERX (1-877-772-3379).

SOCIAL SERVICES: 860-648-6361

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

Caregivers Support Group

Susan Grundstrom, our new caseworker, will be taking over The Caregiver Support Group. Would you be interested in a Zoom meeting to be able to "meet" from the comfort of your own home? If you are interested, please call 860-648-6359 or email Susan.grundstrom@southwindsor.org

Grab and Go Lunches

Frozen meals are available to pick up on Tuesdays between 12:30-1 PM. Registration required by Thursday the week before. To add your name, please call us at 860-648-6361 ext. 3335.

Staff 2 Truths and a Lie Answers from the June Newsletter

Lindsey: Went to college in Washington DC and has two girls ages 3 and 8. Her middle name is **NOT** Penelope.

Victoria: Has been to Scotland 3 times and lived in Miami in 2016. She was in **THREE** (not 2) honor societies in college.

Sarah: Has never had a cavity and has traveled through the panama canal. She is **NOT** a classically trained violinist.

Susan Gouin: Has 2 cats and 1 dog and her recreational sport is Dragon Boating. She is **NOT** 60 years old as of May...She turned 56!

Liz L: Has driven across the USA three times and DJ'd several weddings and other functions. She did **NOT** used to work as a birthday party clown.

Andrea: Has twins and has been married for 27 years. Her favorite candy is **NOT** dark chocolate.

Kathy: Ran a Marathon and has 5 children. She has **NOT** traveled to 46 states.

Cindy: Is a good painter and finds it to be relaxing, recently purchased a bike to ride on the trails. She may love to sing, but people **DO NOT** really enjoy hearing her. She makes fun of herself all the time!

Liz O: Has ancestors that came over on the Mayflower and grew up in New Hampshire. Her parents were **NOT** circus performers.

Steve: The first record he bought was Elvis Presley and he has 2 sons. He **HATES** the Patriots!

Sue Grundstrom: Loves owls and she lives in a log cabin. Her favorite color is **NOT** purple....it's green!

Renters Rebate

Did you rent an apartment in 2019? Are you 65 or totally disabled? Income limited to \$37,000 for an individual, \$45,100 for a couple. Documentation needed includes all income for 2019 which includes your 2019 1040 form and Social Security 1099 form or if you do not file taxes all 2019 1099 forms and proof of what you paid for rent and utilities for 2019. You can obtain printouts of your 2019 Eversource and Gas payments by calling Customer Service. If you live at Watson Farm, Berry Patch or Hillcrest we have your rent history only, you must provide all the other documents. Call 860-648-6361 for an appointment. The building is currently closed to the public. No walk-ins are available. Instructions will be provided when you schedule an appointment.

Safelink Telephone Service

SafeLink is a federal program that provides FREE phone service and airtime each month to income-eligible customers who apply and qualify for the program. Eligible members receive a smartphone including Voicemail, Caller ID, Call Waiting, and Long Distance with 350 minutes, unlimited text and 3GB of data per month, at no cost. You may be eligible if you receive Medicaid, are a Dual-eligible (Medicaid/Medicare) member, receive SNAP benefits, Supplemental Security Income (SSI), Section 8 Housing, or receive Veterans & Survivors Pension Benefits or other Tribal Programs. Once enrolled, members are eligible to receive the benefits for 12 months. Members will need to recertify annually to keep their Lifeline benefits. This service is limited to one per household. Please go to www.SafeLink.com or call SafeLink Customer Service (877) 631-2550 for more information.

The Memory Café

Presented by The Alzheimer's Association Connecticut Chapter, this is a Virtual Video Meeting designed to be An Early-Stage Social Engagement Program. It's a comfortable way to have fun and socialize with others who are living in the early stage of Alzheimer's disease or another dementia. It meets on the last Wednesday of the month at 1:00 PM. For info or to register, please contact Rebecca Stack at 860-870-3128 or rstack@ellington-ct.org. Open to SW residents, too!



SOUTH WINDSOR SCAVENGER HUNT

How well do you know the town you live in? Have your try at identifying each of the following places located in SW! Call us or Send your answers to swseniors@southwindsor.org.

Each person to correctly identify ALL locations will receive a prize! Due by the end of July. Good luck!

1. Used as a town elementary school from 1862 to 1952, the building has been renovated and expanded by the Historical Society as a local history museum containing school and town memorabilia.

Answer: _____

2. The most coveted national specialty retailers and restaurants are located here. Enjoy summer concerts here too!

Answer: _____

3. It is here where you will find the Bark Park, Skate Park, and Boundless Playground!

Answer: _____

4. Facilities here include a hill for sledding, cross country skiing and a wildlife sanctuary with 2.5 miles of marked trails. Access via Barber Hill and Niederwerfer Roads.

Answer: _____

5. At this Sprawling, all-ages activity center, you will find an arcade, mini golf, climbing wall & more....plus a pub for the grown-ups!

Answer: _____

6. "Where History, Nature, and The Arts come alive".

Answer: _____

7. Trails here stretch over wetlands, woods, and fields from Sullivan Avenue to West Road and pass over the Podunk River. You will find wooden pathways over marshy areas and bridges over sections of the river.

Answer: _____

8. Go for a swim at this park located on Pleasant Valley Road!

Answer: _____

9. On this family owned farm, you can solve the corn mazes, enjoy a leisurely hayride, pick a pumpkin and pat some friendly farm animals.

Answer: _____

10. Many families cut their own Christmas Tree here each winter, "Where Family Traditions are Made".

Answer: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Fast Food Restaurants

X	T	O	L	O	N	G	J	O	H	N	S	I	L	V	E	R	S	P	B	U	Y	S
O	H	R	L	I	T	T	L	E	C	A	E	S	A	R	S	K	F	O	O	E	G	Y
B	G	W	K	I	N	O	T	H	U	S	S	S	B	C	F	S	A	X	J	C	S	D
E	G	G	L	F	Q	X	H	Z	F	T	E	Y	T	B	T	Z	F	M	J	D	G	N
H	S	P	A	N	D	A	E	X	P	R	E	S	S	Y	Y	L	Q	E	L	K	Z	E
T	N	T	F	G	P	A	P	A	J	O	H	N	S	P	I	Z	Z	A	G	E	X	W
N	E	T	A	H	D	L	I	D	N	N	C	W	Y	J	W	J	N	Q	B	O	P	J
I	K	X	P	R	V	W	Z	V	P	R	E	R	K	Q	U	O	T	U	V	I	S	K
K	C	I	E	C	B	F	Z	F	O	K	K	T	J	T	D	I	R	Q	Z	E	K	P
C	I	E	L	O	X	U	A	F	B	T	C	K	U	C	M	G	T	Z	Y	U	O	A
A	H	L	L	E	B	O	C	A	T	C	U	K	M	H	E	S	A	E	C	T	U	V
J	C	T	N	D	P	W	O	K	D	O	H	F	O	R	Y	H	P	T	S	B	L	S
A	S	O	Z	U	N	W	M	O	S	Q	C	R	K	U	U	O	Z	G	C	D	R	O
H	H	P	Y	N	E	E	P	C	B	Z	T	I	G	T	P	T	N	K	Y	B	T	N
W	C	I	Z	K	E	E	A	R	L	O	N	E	E	V	C	I	U	B	M	J	Y	I
Y	R	H	H	I	U	S	N	Y	N	G	V	D	Y	A	W	B	U	S	O	G	S	M
Q	U	C	A	N	Q	W	Y	S	L	I	F	C	N	J	I	S	P	L	O	V	H	O
U	H	L	R	D	Y	C	A	R	F	R	V	H	C	C	A	R	L	S	J	R	P	D
I	C	D	D	O	R	U	I	A	M	U	P	I	P	C	K	I	D	T	L	J	I	M
Z	V	Y	E	N	I	G	I	R	N	K	U	C	X	F	B	N	Z	N	V	L	K	D
N	S	M	E	U	A	A	F	B	A	D	U	K	C	E	G	O	X	D	E	F	I	E
O	L	D	S	T	D	B	T	Y	W	U	W	E	E	C	I	N	N	A	B	O	N	G
S	L	L	U	S	T	K	V	S	E	Z	U	N	W	I	N	G	S	T	R	E	E	T

A and W

Arby's

Burger King

Carl's Jr.

Chipotle

Chuck E. Cheese's

Church's Chicken

Cinnabon

Dairy Queen

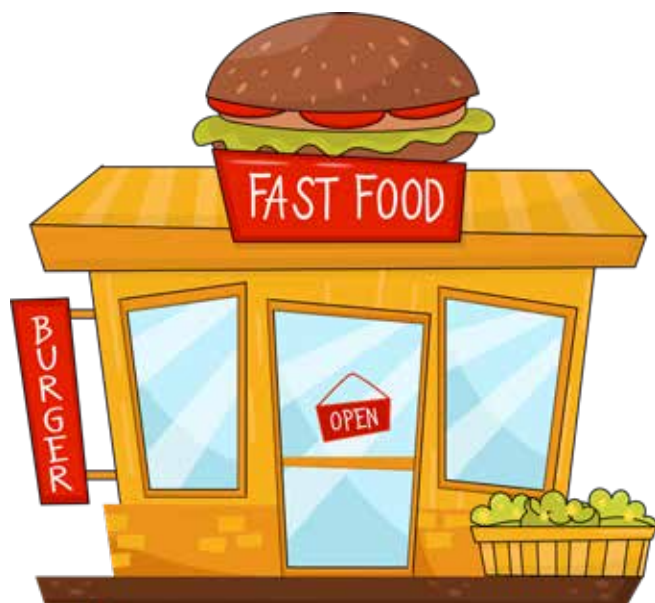
Domino's

Dunkin' Donuts

Five Guys

Hardee's

Jack in the Box



Jollibee

KFC

Little Caesars

Long John Silver's

McDonald's

Panda Express

Papa John's Pizza

Pizza Hut

Popeyes

Quiznos

Starbucks

Subway

Taco Bell

TCBY

The Pizza Company

Tim Hortons

TKK Fried Chicken

Wendy's

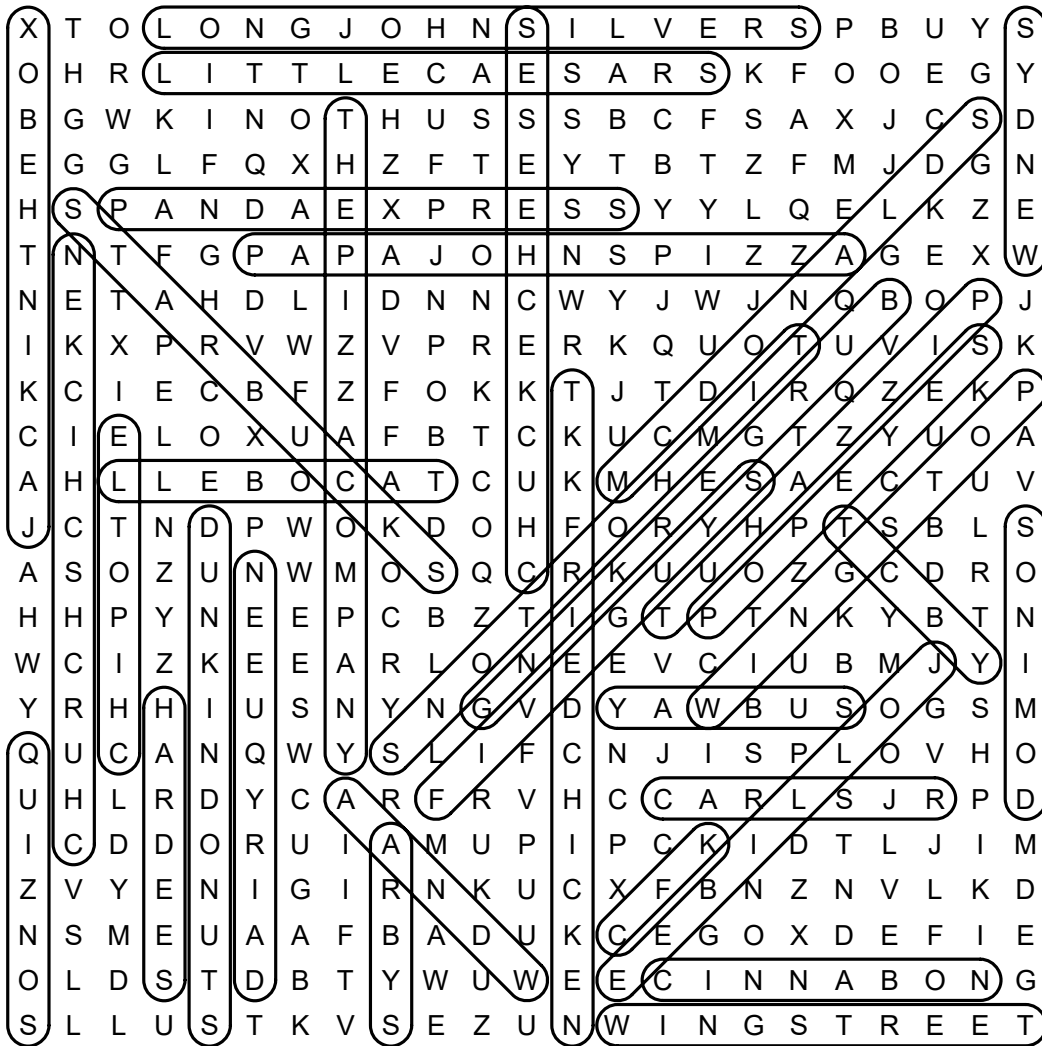
Wingstop

WingStreet

Fast Food Restaurants

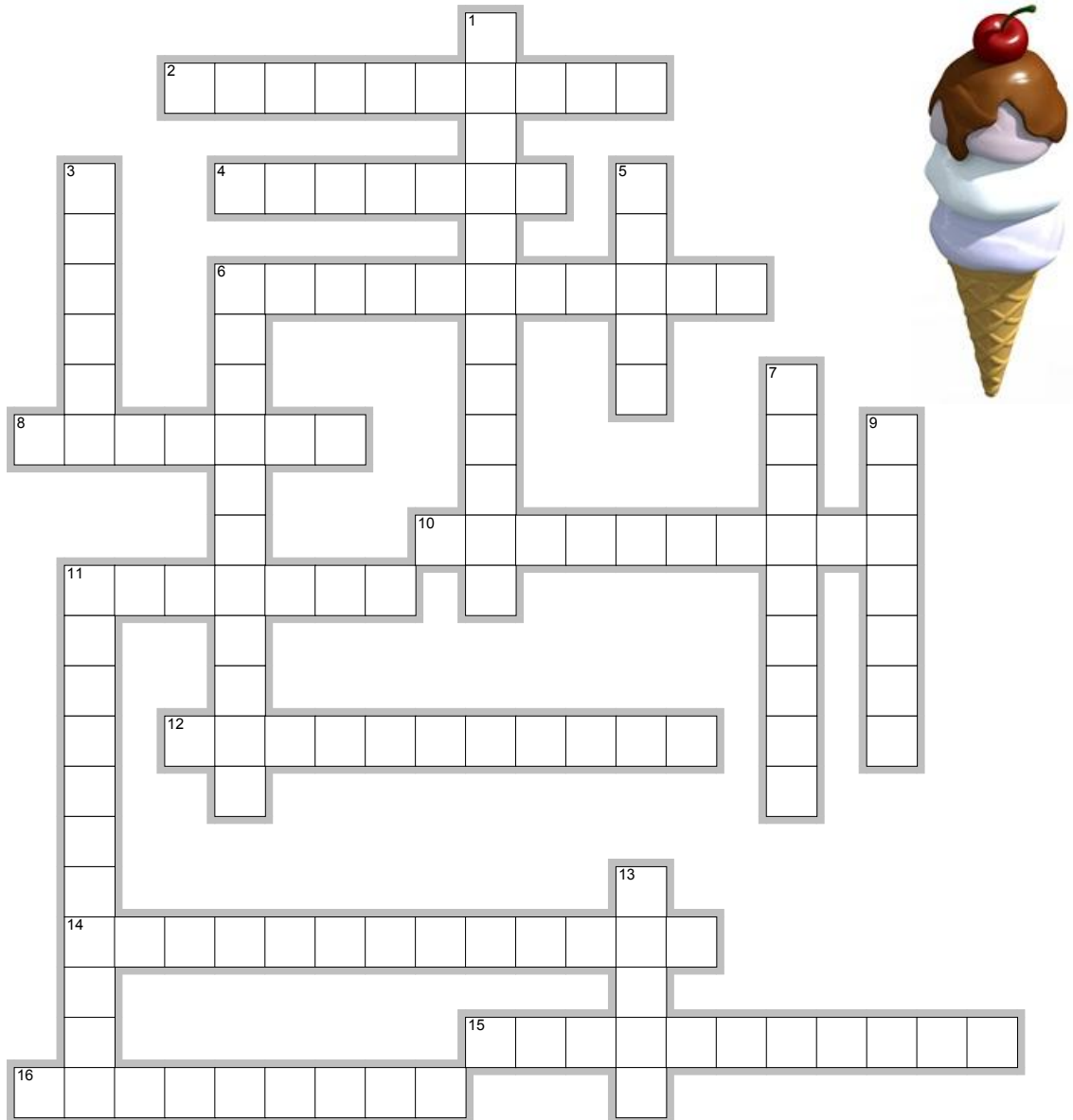
Word Search

SOLUTION



What's the Scoop?

You'll want to enjoy a bowl of your favorite ice cream while you solve this puzzle! First unscramble the name of each popular flavor of ice cream, then write it into the puzzle. What could be more simple (or delicious)? There are no spaces between words in the crossword.



What's the Scoop?

Clues

Across

- 2. WATERYBSRR
- 4. MIPUSON
- 6. EMOSO SCRATK
- 8. NILAVAL
- 10. POANANTILE
- 11. LARMECA
- 12. TRUBET NAEPK
- 14. GROANE THREEBS
- 15. CLAKB RYECRH
- 16. TACOOCHL

Down

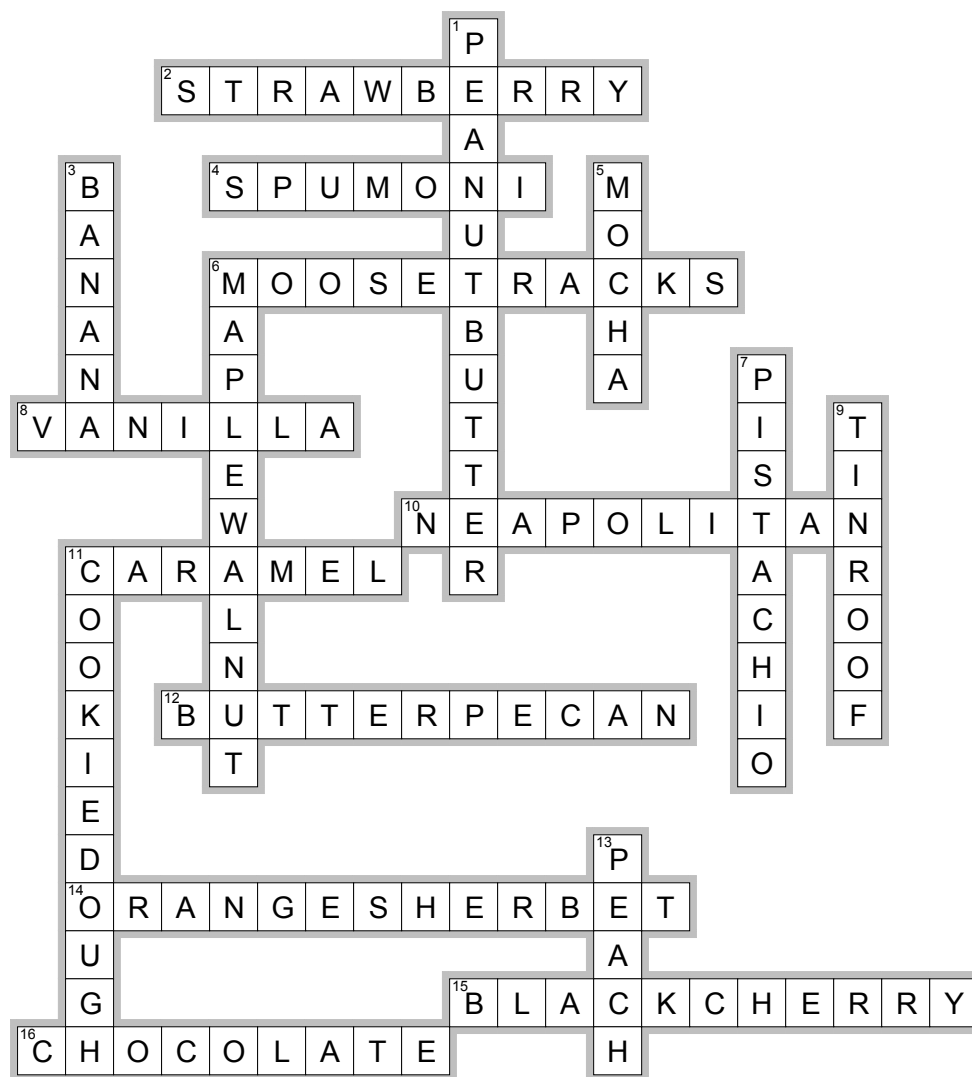
- 1. TAPEUN RUBETT
- 3. NAABNA
- 5. COMAH
- 6. PLEAM TULAWN
- 7. THISOCAPI
- 9. FRONTIO (2 words)
- 11. IOCEKO HUDOG
- 13. CHAPE


Please go to our website for more [easy crosswords](http://www.word-game-world.com) and [fun kids' crossword puzzles](http://www.word-game-world.com)!



What's the Scoop?

Answers



Monday		Tuesday		Wednesday		Thursday		Friday	
<div></div>				1		2		3	
				Staff Available 8—4:30 PM ZOOM Chair Exercise 10:00 AM ZOOM Wellness Wed. 2:00 PM		Staff Available 8—4:30 PM ZOOM Chair Yoga (Diana) 12:00 PM Htfd Healthcare Cooking Series 12:00 PM What’s the Scoop? 1:00 PM Great Painters..(West Htfd) 2:00 PM		<div>Office is closed. Happy Fourth of July!</div>	
6		7		8		9		10	
ZOOM Lite Aerobics 7:45 AM Staff Available 8—4:30 PM ZOOM Meet N’ Greet 11:00 AM		Staff Available 8—4:30 PM ZOOM Did you know that? 9:00 AM ZOOM Chair Yoga (Lorelei) 10:00 AM Ageless Grace (West Htfd) 11:15 AM Grab and Go Lunches 12:30-1:00 PM Making the most of...(Cheshire) 1:00 PM Ballet for Snrs (West Htfd) 2:30 PM ZOOM Women’s Cancer Support Group 6:00 PM		Staff Available 8—4:30 PM ZOOM Chair Exercise 10:00 AM Ending Loneliness.. (Windsor) 10:00 AM ZOOM Wellness Wed. 2:00 PM Better Breathers Club 2:00 PM		Staff Available 8—4:30 PM ZOOM Chair Yoga (Diana) 12:00 PM What’s the Scoop? 1:00 PM		Staff Available 8—4:30 PM Diabetes Support Group 10:00 AM Calm Connect 12:00 PM Understanding Parkinson’s 11:00 AM ZOOM Pictionary 1:00 PM Come To My Kitchen 2:00 PM	
13		14		15		16		17	
ZOOM Lite Aerobics 7:45 AM Staff Available 8—4:30 PM ZOOM Meet N’ Greet 11:00 AM Expect the Unexpected (Cheshire) 1:00 PM Conference Call 1:00 PM BINGO		Staff Available 8—4:30 PM ZOOM in with the Health Dept! 9:00 AM ZOOM Chair Yoga (Lorelei) 10:00 AM Ageless Grace (West Htfd) 11:15 AM Grab and Go Lunches 12:30-1:00 PM Data Bytes (Wethersfield) 12:00 PM Dimensions of Wellness....(Cheshire) 1:00 PM Ballet for Snrs (West Htfd) 2:30 PM ZOOM Women’s Cancer Support Group 6:00 PM		Staff Available 8—4:30 PM ZOOM Chair Exercise 10:00 AM ZOOM Wellness Wed. 2:00 PM		Staff Available 8—4:30 PM ZOOM Benefits of CBD 9:00 AM ZOOM Chair Yoga (Diana) 12:00 PM What’s the Scoop? 1:00 PM		Staff Available 8—4:30 PM Calm Connect 12:00 PM	
20		21		22		23		24	
ZOOM Lite Aerobics 7:45 AM Staff Available 8—4:30 PM What is Osteoperosis... (Cheshire) 10:30 AM ZOOM Meet N’ Greet 11:00 AM		Staff Available 8—4:30 PM ZOOM Did you know that? 9:00 AM ZOOM Chair Yoga (Lorelei) 10:00 AM Ageless Grace (West Htfd) 11:15 AM Grab and Go Lunches 12:30-1:00 PM Understanding Sepsis (Cheshire) 1:00 PM Ballet for Snrs (West Htfd) 2:30 PM ZOOM Women’s Cancer Support Group 6:00 PM		Staff Available 8—4:30 PM Coffee w/ a Cop 9:00 AM ZOOM Chair Exercise 10:00 AM ZOOM Wellness Wed. 2:00 PM		Staff Available 8—4:30 PM ZOOM Chair Yoga (Diana) 12:00 PM What’s the Scoop? 1:00 PM		Staff Available 8—4:30 PM Calm Connect 12:00 PM Come To My Kitchen 2:00 PM	
27		28		29		30		31	
ZOOM Lite Aerobics 7:45 AM Staff Available 8—4:30 PM ZOOM Meet N’ Greet 11:00 AM Traveling to..Where? 1:00 PM		Staff Available 8—4:30 PM ZOOM Did you know that? 9:00 AM ZOOM Chair Yoga (Lorelei) 10:00 AM Ageless Grace (West Htfd) 11:15 AM Grab and Go Lunches 12:30-1:00 PM Men’s Health... (Cheshire) 1:00 PM Ballet for Snrs (West Htfd) 2:30 PM ZOOM Women’s Cancer Support Group 6:00 PM		Staff Available 8—4:30 PM ZOOM Chair Exercise 10:00 AM ZOOM Wellness Wed. 2:00 PM		Staff Available 8—4:30 PM ZOOM Chair Yoga (Diana) 12:00 PM What’s the Scoop? 1:00 PM		Staff Available 8—4:30 PM Calm Connect 12:00 PM	