



# THE SENIOR CONNECTION

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

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



June 2020



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1980

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Celebrating 40 Years

\*\*\*\*\*

2020

Greetings, South Windsor Seniors! We are getting questions as to when we may re-open. That is a tough one! With the State of CT opening in phases, we are not sure where Senior Centers fit in. Senior Center professionals throughout CT are communicating with each other and those on the state level, about a reopening plan that aligns with the public health officials. I am also on a committee formed by the Town Manager's office on long-term recovery, which is meeting after the printing of this newsletter. It is with these conversations that we will work on how to ensure the safety of our seniors upon return. Your safety is our priority. But we can't wait to see you all again! *Andrea Cofrancesco, Director of Human Services.*

## Book Club on Zoom!

Calling all book worms! Join us on **Monday, June 15 at 9:00 AM** for Book Club! Choose your favorite part of a book you've read recently and tell us why it's your favorite. Great opportunity to add titles to your reading list. (ID: 965 177 7163 password: SWfriends)

## Blacktop Banter!

Blacktop Banter continues into June! This is where you come to our parking lot, take out a folding chair and "banter!" If you are interested, please contact Andrea via email at [swseniors@southwindsor.org](mailto:swseniors@southwindsor.org) or call 860-648-6357 and we will schedule a date based on weather! Limiting this to no more than four people (plus one staff person to make it five), maybe we can order take out (to support local business) and eat outside, too! Let's do it!



## June Fitness Challenge!

Let's get movin! Join our June Fitness Challenge. It's simple. Find the yellow flyer in this newsletter, fill out your workout goals for each day for 30 days and check off each one you complete until you have completed all 30 days. Each day should be a 30 minute workout. Complete the word search on the back, put your name on it, and mail to Susan at the senior center. Each person who completes both sides of the fitness challenge will be eligible to win a \$50 Gift Certificate for a South Windsor restaurant of your choice. All submissions must be received by July 10. Good luck and have fun!

## Zoom Programs

See inside for new special programs and ones we are continuing! If you haven't tried zoom yet, we encourage you to try something new! You may find that it is easier than you thought. [Click Here](#) for straightforward directions on joining a Zoom meeting (for those reading the newsletter online). Can also be accessed by going to Bing.com and searching "How Do I Join a Zoom Meeting? Tutorial Video 614".

## Zoom Happy Hour!

Since we can't be in the building where there are rules, let's take advantage of this opportunity to have happy hour! Bring any beverage (of your choice!), bring a snack and join in on conversation and maybe meet some new people! **Friday, June 12 at 5 PM.** If interested, please call Andrea at 860-648-6357 for the Zoom ID and password!

## Jukebox BINGO

*All you need is a phone to play!*

A Senior Center Favorite....with a musical twist! **Monday, June 22 at 1:00 PM.** It's as easy as picking up the phone, calling in, and listening to timeless hits until you have a BINGO! Each space on the BINGO card will be a song title we are all familiar with. The Dial-in number is **(978) 990-5226**. You will be prompted to input this access code: **6298645#**. Call Victoria, 860-648-6399, if you are interested in picking up a card or we can email you a card. We will deliver to those who do not drive.

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

PRSTD STD  
U.S. POSTAGE  
PAID  
PERMIT #5162  
HARTFORD  
CT

Mailing Address  
Goes Here

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

## Adult and Senior Services

### Contact Information:

**Main Number: 860-648-6361**

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

Assistant Director of Adult & Senior Services: Lindsey  
Ravalese ext. 3319

Director of Human Services:  
Andrea Cofrancesco ext. 3316

### Quotes submitted by Dotty A.

Friendship is a lighted candle which  
shines most brightly when all else is dark

Worry is like a rocking chair, it  
keeps you busy, gets you nowhere



## 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

## How do I Zoom?

[Click Here](#) for straightforward directions on joining a Zoom meeting (for those reading the newsletter online). Can also be accessed by going to Bing.com and searching "How Do I Join a Zoom Meeting? Tutorial Video 614".

### **TED Tuesday: Tuesdays, June 2, 16, 23, 30 at 1:00 PM.**

Watch the week's TEDTalk *before* the meeting so we can discuss! Go to Ted.com and search for the talk to watch.

**6/2: Brain Magic** Keith Barry shows us how our brains can fool our bodies.

**6/16: What Makes a Good Life?** Lessons From the Longest Study on Happiness

**6/23: My Stroke of Insight** Jill Bolte Taylor had a massive stroke, and watched as her brain functions shut down one by one. An astonishing story.

**6/30: The Power of Vulnerability** Brené Brown shares a deep insight from her research on human connection.

(ID: 965 177 7163 password: SWfriends)

**Fit as can Be: Wednesday, June 3 at 2PM** Susan will be hosting a dialogue on how folks are staying fit during this time of "shelter in place". Let's share advice and talk about difficulties, strategies, and motivational tools to keep moving through to stay fit! All levels of fitness welcome! (I.D. 890-898-4476 Password: 006420)

**Good Coffee & Good News: Thursdays June 4, 18, and 25 at 9:00 AM.** We only discuss the GOOD things that are happening in the world here! Join us and welcome some positivity into your day. (ID: 965 177 7163 password: SWfriends)

**Pet Corner: Thursday, June 11 at 2PM,** Susan will be hosting a Pet Corner where folks can zoom in live and "show and tell" their favorite pet. It is all about having fun and staying in the positive spirit. Dog, Cat, Bird, all pets welcome! (ID: 890-898-4476 Password: 006420)

### **Come to My Kitchen: Fridays, June 19 and 26 at 2PM.**

Lets take a look into your neighbors kitchen and see what's cooking. A different host each week. Zoom in to watch the show or sign up to co-host and share one of your favorite dishes or desserts. Please contact Susan at 860-648-6398 if you are interested in participating. (ID: 8908984476 Password: 006420)

## ZOOM Support Groups

**Diabetes Support Group: First Friday of the Month at 10:00 AM:** 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 be your host. She will guide you through some light stretching and meditation at the end of each session.

(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](mailto: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. No RSVP needed.

**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/>



# Stay Home, Stay Fit, Stay Well!

## ZOOM Exercise Classes

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

- Chair Yoga with Lorelei, Tuesdays at 10:00 AM (ID: 9885930460, Password: QigongSW)
- 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)
- Mat Yoga with Diana, Saturdays at 10:00 AM (ID: 8993401834, Password: breathe)

**Check out these exercise and wellness resources from National Senior Games!**

<https://nsga.com/alternative-home-exercises/>  
<https://nsga.com/wellbeing-resources/>

## Online Courses: Udemy

**How to Improve your day with the Circadian Rhythm:** A simple course that explains how to improve your physical and mental well-being with the science of circadian rhythm. 52min of on-demand video, Free, Created by Deep Mind Academy.

<https://www.udemy.com/course/how-improve-your-day-circadian-rhythm/>

**Transform Your space With Joy:** Learn how to bring Joy into your home with Feng Shui inspired design. 32min of on-demand video, Free, Created by Mina Yang. <https://www.udemy.com/course/transform-your-space-with-joy/>

## Get to know our staff!

Join our  
**June Scavenger Hunt!**  
Share these tasks with us in  
one of three ways:



On Facebook as a post: @swseniorcenter OR  
through Facebook Messenger or  
by email at swseniors@southwindsor.org

1. Take a selfie with a HAT on!
2. Take a photo of you wearing the color red or purple!
3. Take a photo of a book you are reading or want to read!
4. Send us a picture of you with your mask on!
5. A photo of anything outdoors!
6. Take a picture of a completed game from our April or May newsletter!
7. Take a picture of your favorite dessert!

For each photo you send us, you will get a raffle ticket. To earn up to 7 raffle tickets, complete them all! Deadline 6/29/2020

*We're playing "Two Truths and a Lie"! Each staff person has provided 3 facts about themselves....but one is not true! Can you guess which is the lie?*

**Lindsey:** Went to college in Washington DC, has two girls ages 3 and 8. 3, her middle name is Penelope.

**Victoria:** Has been to Scotland 3 times, lived in Miami, and was in 2 honor societies in college

**Sarah:** Is a classically trained violinist, has never had a cavity, has traveled through the panama canal

**Susan:** Has 2 cats and 1 dog, her recreational sport is Dragon Boating, is 60 years old as of May.

**Liz L:** Has driven across the USA three times, DJ'd several weddings and other functions, used to work part time as a birthday party clown

**Andrea:** Has twins, her favorite candy is dark chocolate, has been married for 27 years

**Kathy:** Ran a Marathon, has 5 children, has traveled to 46 states.

**Cindy:** Loves to sing and people enjoy hearing her, is a good painter and finds it to be relaxing, recently purchased a bike and enjoys riding on the trails.

**Liz O:** Has ancestors that came over on the Mayflower, grew up in New Hampshire, and her parents were circus performers

**Steve:** Loves the Patriots, the first record he bought was Elvis Presley, and he has 2 sons

**Sue G:** Loves owls, her favorite color is purple, and she lives in a log cabin.

# Mindfulness Exercises

*Try these exercises to bring yourself into a more mindful state during this stressful time.*

**Breathing Exercises** Taking deep breaths can increase a sense of calm and contentment. When people experience anxiety, they take quick, shallow breaths. When they are feeling calm, breathing slows, and blood pressure and heart rate drop.

**Belly Breathing** Try belly breathing when experiencing a stressful situation such as waiting at the doctor's office. Sit upright with your shoulders relaxed. Take one regular breath and notice where it goes: into the chest or abdomen. Inhale through the nose and imagine the air filling the abdomen; exhale. On subsequent breaths, increase the rise of the belly while inhaling more deeply. Repeat as many times as desired.

**Focused Breathing** Try focused breathing when there is a need to quiet the mind. The back should be flat on the floor or upright in a chair. Begin with a deep belly breath. Inhale while saying a positive word or phrase such as, "I am happy." Exhale and imagine breathing out a negative quality, like stress or anxiety. Visualize breathing in a soothing color, or count while breathing in. In on 1, out on 2 up to 10 times, and then repeat the sequence. Do this for at least 5 minutes.

**Alternate-Nostril Breathing** Try alternate-nostril breathing first thing in the morning or after a workout. Sit comfortably in a chair or on the floor. Bring the right hand up to the nose. Using the thumb, gently hold the right nostril closed, and inhale through the left nostril. Release the thumb, hold the left nostril closed with the ring finger, and then exhale through the right nostril. Now inhale through the right nostril, release the ring finger, close the right nostril with the thumb, and breathe out through the left nostril. Keep your head in neutral position. Start with 5 back-and-forth rounds and work up to 10.

**Mindfulness Meditation** Mindfulness meditation is a method for practicing mindfulness. It is a time to sit quietly, empty the mind, and have a feeling of inner peace. Meditation involves sitting and observing without judgment. This may sound simple but can be challenging in practice.

Meditation practice involves observing thoughts, feelings, and sensation without focusing on them. In meditation, one learns to let the natural inner activity of the mind and body continue on while watching emotions, thoughts, and sensations come and go. Through regular practice, meditators learn distress tolerance through letting go of the struggle with their internal experiences. Use the following guidelines to get started.

- Sit in a comfortable position.
- Close the eyes or focus on a spot.
- Mentally scan the body for tension.
- Breathe slowly, simply watching each breath come in and go out of the body.
- Repeat a mantra if desired.

If distracted, which is normal and inevitable, bring attention back to the breath. Other types of mindfulness practice include yoga, walking meditation, mindfully engaging in daily activities, and prayer.

*Source: U.S. Department of Veterans Affairs, Office of Public Health. (2011, July). Mindfulness exercise. Retrieved March 7, 2019, from <https://www.publichealth.va.gov/>*

## Are you experiencing emotional distress and need someone to talk to?

The Disaster Distress hotline is a free national hotline dedicated to providing immediate crisis counseling for people experiencing emotional distress. The number to call is 1-800-985-5990, or text TalkWithUs to 66746

## Here are some great resources for managing stress:

[COVID-19 Stress & Coping Resources](https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html) (Centers for Disease Control and Prevention)

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

[COVID-19 Mental and Behavioral Health Resources](https://www.phe.gov/emergency/events/COVID19/mental-behavioral-health/Pages/default.aspx) (Office of the Assistant Secretary for Preparedness and Response): <https://www.phe.gov/emergency/events/COVID19/mental-behavioral-health/Pages/default.aspx>

[Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation During an Infectious Disease Outbreak](https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf) (Substance Abuse and Mental Health Services Administration)

- <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

## 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.

## A Warm Welcome to June 2020!

### FILL IN THE MISSING LETTERS

G \_ R \_ E \_ \_ N G

G \_ N \_ F \_ S H \_ \_ G

J \_ N \_ B U \_ S

\_ U T \_ E \_ \_ \_ I E S

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L \_ M O \_ A \_ E \_ \_ \_ N D S

S \_ N I \_ R P \_ \_ M

S \_ N N \_ S K \_ \_ S

G \_ A D U \_ \_ \_ O N \_ D \_ Y

Y \_ L L \_ \_ R \_ S \_ S

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D \_ \_ L \_ L \_ E S

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V \_ S \_ T \_ N G N E \_ G \_ B \_ \_ S

S A \_ \_ B O \_ T S O \_ T \_ E L \_ K \_

F \_ \_ G \_ A \_ \_ \_ J \_ \_ E 14

S \_ M \_ E \_ S \_ L S T \_ \_ \_ - J \_ N \_ 20

F \_ \_ H E \_ S' D \_ \_ \_ \_ J U \_ \_ 21

S \_ M M \_ \_ H \_ S \_ R R \_ V \_ \_

S \_ R A \_ B \_ \_ R Y S \_ O R \_ \_ A K \_

B \_ \_ D E A N \_ G R \_ \_ M

P \_ C N \_ \_ S \_ N T H \_ P \_ R \_

J \_ N \_ H \_ \_ T H \_ \_ T Y \_ \_ Y S

**Answer Key:** gardenings; gone fishing; June bugs; butter-  
flies; fireflies; June weddings; lemonade stands; senior  
prom; sunny skies; graduation day; yellow roses; pick-  
ing daisies; day lilies; baseball games; wildflowers; visit-  
ing neighbors; sailboats on the lake; Flag Day—June 14;  
summer solstice—June 21; Father's Day—June 21; sum-  
mer has arrived; strawberry shortcake; bride and  
groom; picnics in the park; June has thirty days

## Stay Connected With Us!



Follow us on Facebook @swseniorcenter



Follow us on Instagram: SWSeniorCenter



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

Email: swseniors@southwindsor.org to sign up!



## Spruce Up Your Yard Contest!



Have some yardwork that you haven't gotten around to doing? Whether it's debris that need clearing, bushes that need trimming, or weeds that need to be pulled, we want to see how you spruce up your yard! Maybe you've been meaning to add some beautiful yard décor, or tidy up your garden. Whatever it is that you do, show us for your chance to win a senior center gift card!

**All you need to do is....**

1. Take a "before" photo
2. Spruce up your yard!
3. Take an "after" photo
4. Send both photos to us at [swseniors@southwindsor.org](mailto:swseniors@southwindsor.org)

**Photos due by: Friday, June 19**

**\*Winners announced the following week\***



**REMINDER:**  
*Follow these precautions to avoid getting and spreading COVID-19!*

- Wash your hands frequently and avoid touching your eyes, nose, and mouth.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.**
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched surfaces and objects (e.g., tables, countertops, light switches, doorknobs, and cabinet handles).
- Wear a mask when out in public. If you do not have a mask, contact the Senior Center
- Wear gloves if you will be touching surfaces frequently touched by others in public, like gas pumps, door handles, grocery carts, bank teller tubes and ATM machines if you will not be able to immediately sanitize your hands



## Triad for Senior Safety

Along with telephone scams (robocalls or live callers) targeting those with Social Security benefits, criminals are now adding email scams to their arsenal. They pretend there is a problem with your SSA number or account.

The email and any attachments appear to come from Social Security or Social Security OIG. The letters may use official letterhead and government "jargon" to convince victims they are legitimate; they may also contain misspellings and grammar mistakes.

**Social Security will never:**

- threaten you with arrest or other legal action unless you immediately pay a fine or fee
- promise a benefit increase or other assistance in exchange for payment
- require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card
- send official letters or reports containing personally identifiable information via email.

Social Security will almost always contact you via regular mail if there is any problem. If you do owe any money the letter will include instructions on resolving the issue. We encourage the public to report Social Security phone and email scams using our dedicated online form, at <https://oig.ssa.gov>.

## Note About Trips

Due to the current circumstances with Covid19 and the unknown, we have had to make the difficult decision to suspend trips for the foreseeable future. With payments due and a minimum required for trips, it does not make sense to plan trips right now until we know more. If you are on a day trip that has been rescheduled, such as the ABBA tribute in August, you will be refunded in full. If you have any questions, please contact Victoria at 860-648-6399. Until then, write down your ideas on where you want to go for when we can safely travel again!



## Wellness Wednesdays via Zoom at 3:00 PM

Zoom on in for a teaching moment. We will discuss a different topic each week on "Healthy Aging." Our first series will be on The Amazing Brain & Healthy Aging. You do not have to join in on all 4 discussions. You can choose one or two or all if you'd like. Each topic is its own class.

**6/3:** Components of the brain & function in healthy aging

**6/10:** The 3 phases involved in memory

**6/17:** 5 key areas for keeping the brain healthy

**6/24:** Meditation and the aging brain  
*Presented by Susan Gouin, MS and certified in Health Aging from Allegra Learning, LLC.*

(ID 8908984476 Password 006420)

## The Story of YOU

We want to hear the stories that make up your life! You can either send to [swseniors@southwindsor.org](mailto:swseniors@southwindsor.org), or share during our ZOOM Meeting on **Monday, June 29 at 10:00 AM.** *Here are some questions that might get you thinking:* What would you like to tell your 22-year-old self? What are the best and worst pieces of advice you've received? What's your hidden talent? What are you most proud of? Looking back, is there something you wish you had done that you did not? What do you wish the world knew about you?

## MASKS

Thank you to all those who made masks and donated supplies! You have no idea how much you have made a difference! If you are in need of a homemade mask, please call the office at 860-648-6361 ext. 3335 or email [swseniors@southwindsor.org](mailto:swseniors@southwindsor.org). When we run out, we will notify you when we get more in.

## Birthday Greetings!

A message from Sandi Plummer, dedicated volunteer:

Will you please help me in celebrating my  
Dad's 103<sup>rd</sup> Birthday by sending him a card.

He is in need of some well deserved  
communication...this will make his day!

Nate Shor

432 Buckland Rd., Apt. 207  
South Windsor CT 06074

*Thank You So Much!!!*



## SOCIAL SERVICES:

860-648-6361

Lindsey Ravalese ext. 3319

Steve Clapp ext. 3325

## 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. Please note: the building is currently closed to the public. No walk-ins are available. Instructions will be provided to you when you speak to staff when scheduling an appointment.

## 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](mailto:Susan.grundstrom@southwindsor.org)

## South Windsor Food Bank

Do you need help with food? Are you choosing between paying for prescriptions or buying food? The Food Bank is available to you! Please contact us at 860-648-6361 and ask to speak to a caseworker!

## Grab and Go Lunches

There is currently a wait list for the Grab and Go lunches. To add your name, please call us at 860-648-6361 ext. 3335.





# 30 DAY :: 30 MINUTE FITNESS challenge

month of: \_\_\_\_\_

DIRECTIONS: list a 30-minute fitness goal for each day, when completed put a check-mark in the circle

|              |   |              |   |
|--------------|---|--------------|---|
| DAY 1 _____  | ● | DAY 16 _____ | ● |
| DAY 2 _____  | ● | DAY 17 _____ | ● |
| DAY 3 _____  | ● | DAY 18 _____ | ● |
| DAY 4 _____  | ● | DAY 19 _____ | ● |
| DAY 5 _____  | ● | DAY 20 _____ | ● |
| DAY 6 _____  | ● | DAY 21 _____ | ● |
| DAY 7 _____  | ● | DAY 22 _____ | ● |
| DAY 8 _____  | ● | DAY 23 _____ | ● |
| DAY 9 _____  | ● | DAY 24 _____ | ● |
| DAY 10 _____ | ● | DAY 25 _____ | ● |
| DAY 11 _____ | ● | DAY 26 _____ | ● |
| DAY 12 _____ | ● | DAY 27 _____ | ● |
| DAY 13 _____ | ● | DAY 28 _____ | ● |
| DAY 14 _____ | ● | DAY 29 _____ | ● |
| DAY 15 _____ | ● | DAY 30 _____ | ● |

# Physical Fitness

## Word Search

### WHO MADE THIS?

Created by Kim White Steele for Puzzles to Print.

### CONTACT

[admin@puzzles-to-print.com](mailto:admin@puzzles-to-print.com)

[Puzzles to Print on Teachers Pay Teachers](#)

[Puzzles to Print Website](#)

### ILLUSTRATIONS

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Not for public display.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Physical Fitness

## Word Search

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

ACTIVITY  
AEROBIC  
AGILITY  
BALANCE  
BODY COMPOSITION  
CARDIO  
COORDINATION  
DAILY  
DEHYDRATION  
ENDORPHINS  
ENDURANCE  
ENERGY  
EXERCISE  
FLEXIBILITY  
FREQUENCY  
HEALTH  
HEAT EXHAUSTION



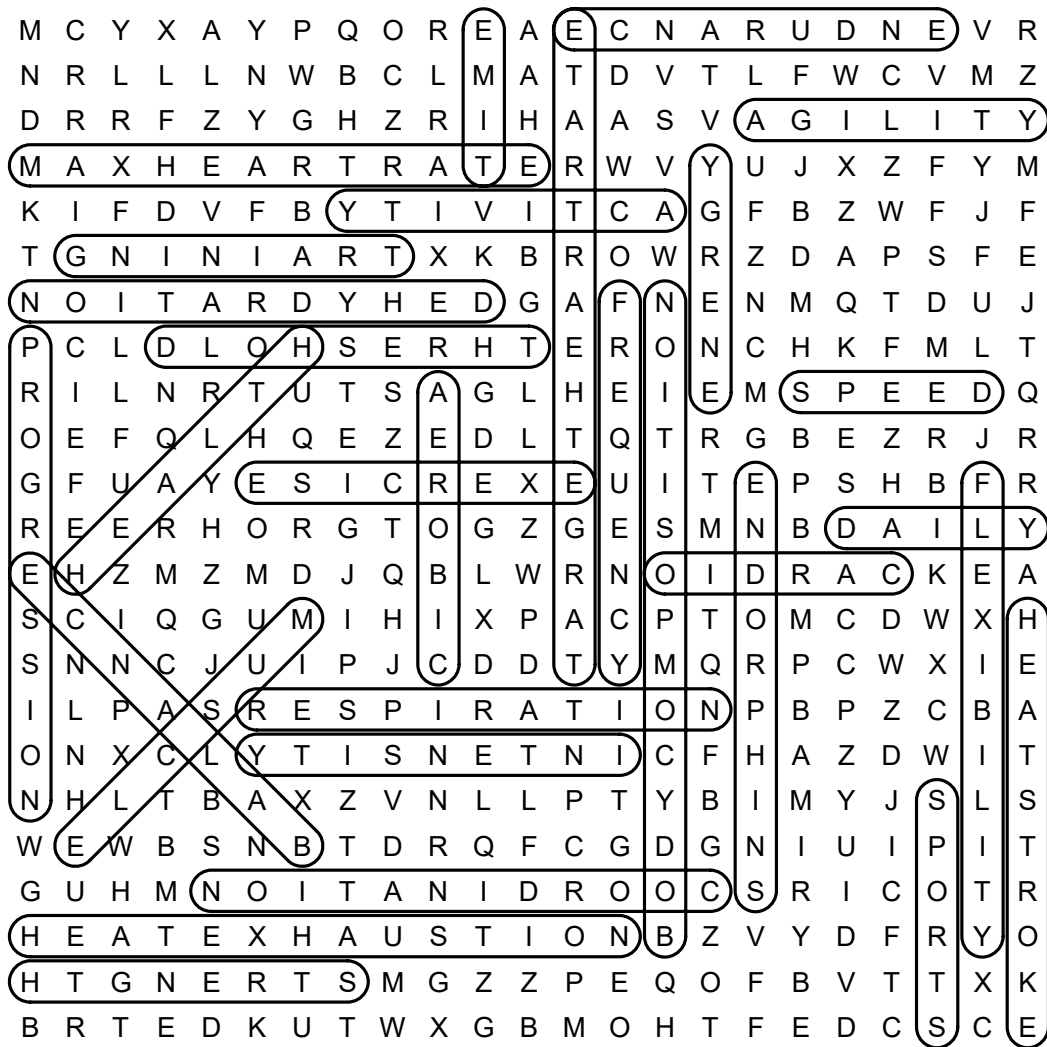
HEAT STROKE  
INTENSITY  
MAX HEART RATE  
MUSCLE  
PROGRESSION  
RESPIRATION  
SPEED  
SPORTS  
STRENGTH  
TARGET HEART RATE  
THRESHOLD  
TIME  
TRAINING



# Physical Fitness

## Word Search

### SOLUTION



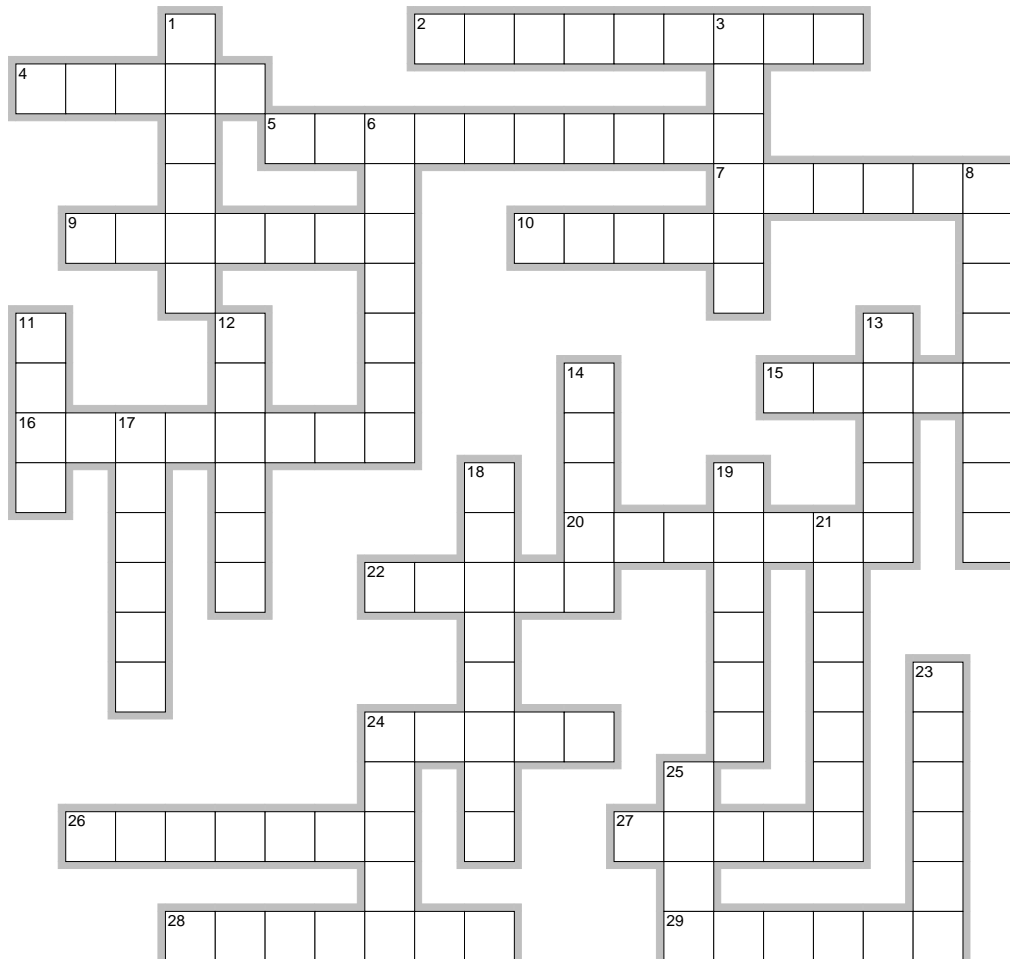
## TV Crosswords: Game Show Hosts



Game shows have been popular for a very long time. How many do you remember?

Write the last name of one of the hosts of each game show listed in the clues. Since there have been more than host for many of these shows, I've supplied the first name of one of them. You need to supply this person's last name.

Please note that some game shows date back as far as the 1950s, and some have been redone more recently with different hosts.



## Clues

### Across

---

- 2. Are You Smarter Than a 5th Grader? Jeff \_\_\_\_
- 4. Wheel of Fortune, Pat \_\_\_\_
- 5. Tic Tac Dough, Wink \_\_\_\_
- 7. The Price is Right, Bob \_\_\_\_
- 9. Love Connections, Chuck \_\_\_\_
- 10. The Dating Game, Jim \_\_\_\_
- 15. I've Got a Secret, Garry \_\_\_\_
- 16. The Weakest Link, Anne \_\_\_\_
- 20. The Newlywed Game, Bob \_\_\_\_
- 22. Sale of the Century, Jim \_\_\_\_
- 24. The \$10,000 Pyramid, Dick \_\_\_\_
- 26. Who Wants to Be a Millionaire? Regis \_\_\_\_
- 27. The Joker's Wild, Jack \_\_\_\_
- 28. To Tell the Truth, Bud \_\_\_\_
- 29. Password, Allen \_\_\_\_

### Down

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- 1. Family Feud, Richard \_\_\_\_
- 3. Jeopardy!, Alex \_\_\_\_
- 6. The Match Game, Gene \_\_\_\_
- 8. Supermarket Sweep, David \_\_\_\_
- 11. You Bet Your Life, Groucho \_\_\_\_
- 12. Deal or No Deal, Howie \_\_\_\_
- 13. Concentration, Hugh \_\_\_\_
- 14. Who's Line Is It Anyway?, Drew \_\_\_\_
- 17. What's My Line? Wally \_\_\_\_
- 18. Hollywood Squares, Peter \_\_\_\_
- 19. The Gong Show, Chuck \_\_\_\_
- 21. Name That Tune, Tom \_\_\_\_
- 23. The \$25,000 Pyramid, Bill \_\_\_\_
- 24. Win, Lose or Draw, Bert \_\_\_\_
- 25. Let's Make a Deal, Monty \_\_\_\_

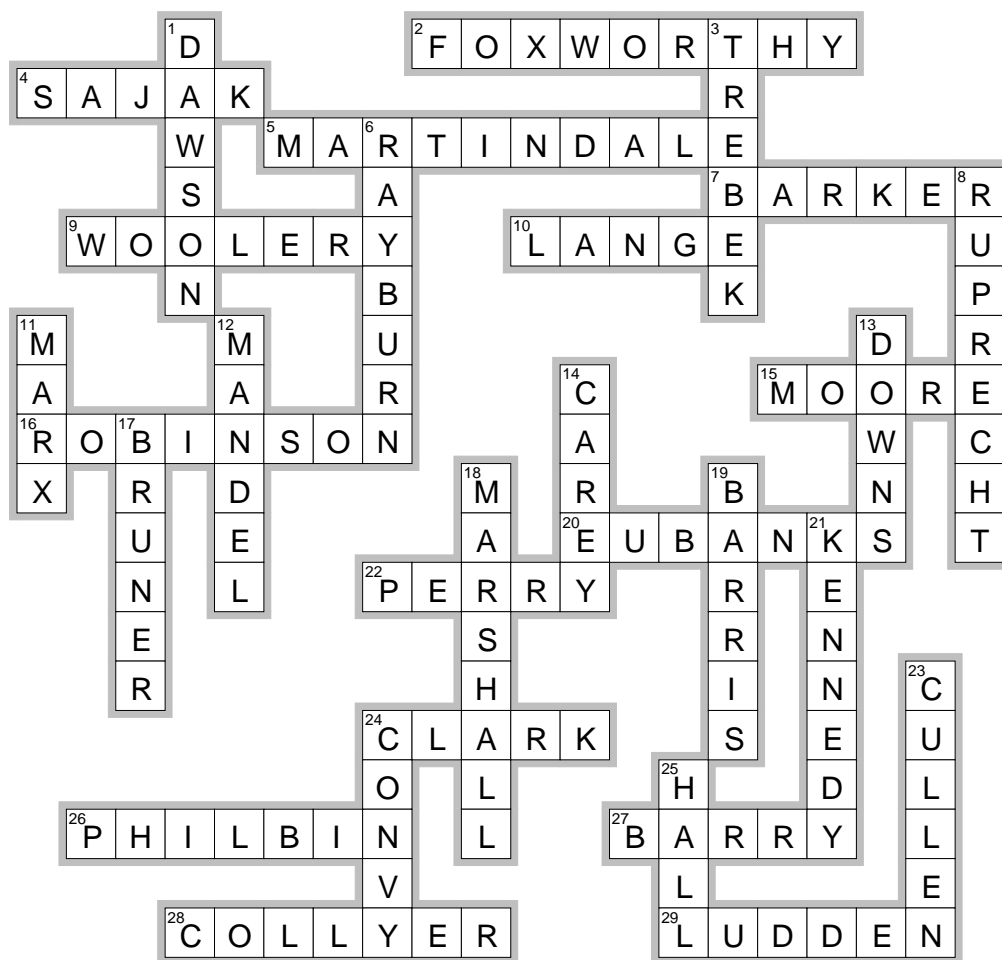


### Digging Deeper

Who was the original host of Jeopardy!?



## Answers



Clever: Art Fleming

References:

<http://www.retrocrush.com/archive2006/hosts/>

<http://www.imdb.com/list/ls056368614/>

<http://www.tvguide.com/news/greatest-game-shows-1066568/>



1) AND ALK ENMOM ENCXGMO LXG BVUNEXVXU VX ENM  
BLT?

2) ANLE VK L EJOXLGJ'K PLZJOVEM ULQM?

3) ANLE GVG JXM NCOOVWLXM KLD EJ ENM JENMO  
NCOOVWLXM ?

- Use these tips to help you solve!

1. Why was there thunder and lightning in the lab? The scientists were brainstorming.
2. What is a tornado's favorite game? Twister
3. What did one hurricane say to the other hurricane? "I have my eye on you."

**Answer Key:**

## RHyme TIME

*Each question in this game includes two definitions for two different words....The twist is, they will rhyme!! Can you get them all?*

1. Extreme anger; and area in a theater where the play takes place
2. To reprimand and rebuke; and not young
3. Small garden area; and luxury boat
4. Juicy purple fruit; and rundown area of a city with substandard housing
5. Low valued playing card; and a waterfowl known for flying in V-formation during migration
6. A spectral figure; and cooked bread
7. A soldier's water bottle; and the stimulant in tea and coffee
8. The capital of Arkansas; and a device that wakes you up
9. Veracity; and, as the saying goes, this is wasted on the young
10. Physics or chemistry; and dishwasher or refrigerator
11. Islands north of Cuba; and sleepwear
12. To swear or blaspheme; and Florence Nightingale's profession

RHyme TIME 1. Rage; and stage 2. Scold; and old 3. Plot; and yacht 4. Plum; and slum 5. Deuce; and goose 6. Ghost; and toast 7. Canteen; and caffeine 8. Little Rock; and alarm clock 9. Truth; and youth 10. Science; and appliance 11. Bahamas; and pajamas 12. Curse; and nurse

## ADD IT UP

*This game involves simple addition....*

*But you have to figure out which numbers to add up.*

1. Add the number of sides in a pentagon to the area code for Washington, DC
2. Add the year that Pearl Harbor was attacked to the year of the Cuban Missile Crisis
3. Add the number of U.S. states to the number of countries in the United Kingdom
4. Add the number of keys on a piano to the number of days in Hanukkah
5. Add the number of Supreme Court justices to the length of one term in office for a U.S. Senator
6. Add the number of days in a fortnight to the number of years in a score
7. Add the Roman numerals X plus C to V and give the number in English
8. Add the boiling point of water (in Fahrenheit) to the normal temperature of the human body

ADD IT UP 1. 5 (sides in a pentagon) + 202 (area code for Washington, DC) = 207 2. 1941 + 1962 = 3903 3. 50 (U.S. States) + 4 (U.K. countries: England, Northern Ireland, Scotland, and Wales) = 54 4. 88 + 8 = 96 5. 9 + 6 = 15 6. 14 + 20 = 34 7. 10 (X) + 100 (C) + 5 (V) = 115 8. 212 degrees F + 98.6 degrees = 310.6



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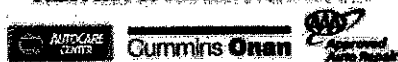
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