



# 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](http://www.southwindsor-ct.gov)



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## November 2023

### Meet the Mayor and Town Manager

Join Mayor Liz Pendleton and Town Manager Mike Maniscalco on **Thursday, November 2 at 11:00 AM**. Come with questions about your town! Free, call to register.



### Special Bingo and Free Lunch!

The Republicans are offering goodies and prizes for bingo, beginning at **10:30 AM on Monday, November 6** followed by lunch at 12 noon. Lunch will consist of a hamburger with potato wedges. Please call to register by 12 noon on Friday 11/3 for lunch. No need to register for bingo.

### An Afternoon of Magic with Illusionist Lyn Dillies

From the grand stages of New York's Lincoln Center to the glitter of Hollywood's Magic Castle, Lyn Dillies wows her audiences with her powers of prestidigitation. She is the highest awarded female illusionist in the country. Lyn's show is filled with eye-defying illusions, audience participation and most magical of all, the enchanting personality of Lyn herself. Her show is guaranteed to fill your heart with magic! **Tuesday, November 7 at 1:00 PM**. A special dessert will be served following the performance. **Cost is \$5 for residents and \$10 for nonresidents. Register in the office anytime.**

### Veteran's Day Celebration

We want to celebrate all Veterans on **Thursday, November 9 at 1:00 PM**. You will be entertained by singer Victoria Rose. She has a special show she has curated for this event. Refreshments will be served. Free for Veteran's, call to register. \$3 for all others, register and pay in the office.

### Coffee with a Cop

Join South Windsor's finest for coffee and snacks on **Tuesday, November 14 at 11:00 AM**. This is not a presentation, but an opportunity to chat with officers, ask questions and get to know those who are here to protect and serve. Free, please call to register.



### Thanksgiving Luncheon & Senator Anwar Updates

Join Senator Anwar on **Thursday, November 16 at 11:30 AM** for updates on healthcare, what's happening at the legislature and let your voice be heard with any concerns you may have. Following the talk, lunch will be served at no cost thanks to Senator Anwar. Lunch will consist of a traditional holiday meal with all the fixings. Please register for lunch by 11/15, no need to sign up if you just want to attend the talk.



### Early Bird Dinner & Bingo

Join us on **Thursday, November 16 at 4:00 PM** for our monthly Early Bird Dinner. Cost is **\$5** (\$10 non-residents) for the dinner. This month we will be serving up your choice of a cheeseburger or hotdog with macaroni salad, a bag of chips and dessert. Following dinner, at **5:00 PM**, we will be playing bingo. Bingo cards are \$1 per card. Please pay and register 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! Andrea Cofrancesco will start this new group off at our first meeting on **Friday, November 17** and then will meet the **3rd Friday of each month at 10:00 AM**. We will have refreshments. Please call to register and come and see what all the hype is about South Windsor Senior Center! It's the place to be!

*The Senior Center will be closed on  
Friday, November 10 for Veterans Day.  
Thursday, November 23 & Friday,  
November 24 for Thanksgiving.*

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

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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  
**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 **November 14.**

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 Betteker, Carol Butler, Tom Field, Alva Fitch, Estelle Fournier, Gloria Goslin, Hansa Khant, Kathy Longo, Elaine Smith

## Files of Life

Files of Life is a magnetic pocket that contains information about your medications, health issues and emergency contacts so first responders will have quick access to info to help them provide you with the best care. Thanks to the SW Fire Department, we have Files of Life available for FREE! Please stop in anytime to get one or two!

## SOCIAL SERVICES: 860-648-6361

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

### NEW! Parkinson's Support Group

Join us for this newly developed support group, for both those with Parkinson's and their caregivers/family members. Meetings will be held at the Community Center, in collaboration with the American Parkinson's Disease Association, and facilitated by Susan Lather on the **2nd Thursday of each month at 1:00 PM. November 9.** Participating is a wonderful way to receive practical information and education on living with Parkinson's disease. More importantly, members receive the support of others who truly understand. Refreshments will be served. 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: November 3.** Everyone deals with loss differently. Let's come together and talk and get tips on how to cope.

### Caregiver Support Group

Please join the Caregiver Support Group on **Friday, November 17, 2023 at 10am** in the Teen Center Lounge for a presentation from ECHN Visiting Nurse and Health Services of CT on "Caregiving and the Holidays". (\*Please note that we are closed for Veteran's Day on our usual meeting day, November 10, 2023.) If you would like to join the Caregiver Support Group or be added to our email distribution list, please contact Sue at 860-648-6359 or via email at [susan.grundstrom@southwindsor-ct.gov](mailto:susan.grundstrom@southwindsor-ct.gov). Hope to see you there!

### New Low-Income Discount Rate for Electric Customers

Beginning on December 1, 2023, a new electric bill discount will be available to you if you have a financial hardship status on your electric account. Based on your household income or receipt of a public assistance benefit, you may be eligible for a 10% or a 50% discount off your electric bill per month. Your discount will depend on your annual household income for all adults over 18 or receipt of a public assistance benefit for at least one household member. If your income is at or below \$41,553 for a household of 1 or \$54,338 for a household of 2 you would qualify for a 10% discount. If you receive SNAP, SSI, SAGA, Cash Assistance, HUSKY or Qualified Medicare Beneficiary, etc. you qualify for a 50% discount. If you are unsure if you are receiving a discount you may call your case worker to inquire. If you do not have a case worker please call the main number 860-648-6361 and ask to speak to one.

### MEDICARE OPEN ENROLLMENT

Open Enrollment for Medicare begins October 15 and ends December 7 with changes effective January 1. If you are looking to switch your Medicare Advantage plan or Medicare Part D plan, call Human Services at 860-648-6361 ext. 3335 and ask to speak to a CHOICES certified counselor. All sessions are by appointment and you will be asked to provide an accurate list of your medications so that a counselor can find a plan that best suits your needs. CHOICES counselors provide free and unbiased insurance information.

### 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. We are currently accepting applications for deliverable fuels only. If you have natural gas or electric heat we will begin applications November 1<sup>st</sup>. 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. **November 9.** Fresh produce, bring your own bags. Need transportation? Call 860-648-6361 ext. 3310. This is a Food Share program. No income restrictions.



# Educational Programs

All Educational Programs are FREE, open to residents and non-residents (unless otherwise noted) and require pre-registration. You may call to register at 860-648-6361 ext. 3335 or you may register **ON-LINE**. It's EASY! Registration for these free events are ANYTIME. You do not need to wait for sign up day. Sign up day is for trips (since space for trips is limited). <https://schedulesplus.com/swindsor>



## 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. Book Club **Monday, November 13 at 6:00 PM** we will discuss *The Maid* by Nita Prose. This book is available at the Library. **Monday, December 11 at 6:00 PM** we will discuss *Winter Street* by Elin Hilderbrand.



## Armchair Adventure

Bob, the travel guy, will take us to Colorado, the "adventure" state of the USA. Hiking, biking, skiing, river rafting, hunting, fishing, horseback riding, sand dune surfing and more. It is one of our most beautiful and majestic states. "America the Beautiful" was written after a hike in the CO mountains. Bob lived in Colorado for 26 years and volunteered at the CO welcome center for 17 years. Find out what there is to see and do in this "purple mountain majesty" and red rock state. While in your chair, Bob will take us on a scenic tour of the national parks, national monuments, and mountain roads you will want to see and probably not drive on. **Tuesday, November 14 at 2:00 PM**. Free, call to register anytime.

## Advanced Directives

### What They Are and Why You Need Them

Did you ever wonder what a living will or power of attorney entails? Whether you should have one? Attorney Shirley Pripstein from Greater Hartford Legal Aid will show a power point on Advance Directives on **Tuesday, November 14 at 11:00 AM** to explain living wills and the various other advance directives that are available to ensure that our wishes are followed upon illness, incapacity or death. Applications for document preparation will be distributed after the program Legal Aid will prepare the documents for any senior in their service area who submits an application, free of cost. Call the office to register!

## Houdini

**Houdini....The Greatest Paranormal Whistle Blower.** Houdini battles the Age of Spiritualism as we see him taking on the foremost charlatans of the day as they create their mysterious performances for a gullible public. You will see how he replicates their acts and debunks their fakery. He squares off against Arthur Conant Doyle and others willing to support the "magic" of séances and illusions of the netherworld. See for yourselves, **Tuesday, November 28 at 10:00 AM**. Free, call to register anytime



## Safe Driver's Class

Sign up to take AARP's Safe Driver Class on **Wednesday, November 29 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.

## Mind Diet

Join Jessica Dorner, Registered Dietitian, for "Healthy Brains & Healthy Bodies", a 4-week series dedicated to eating well for better brain health as well as overall well-being. We will discuss the MIND Diet, label reading, mindfulness, Intuitive eating and enjoy a cooking demonstration with samples! Participants will get handouts and recipes at each session. Come to one come to all **Thursday, November 9** The MIND Diet Demystified, **November 16** Label Reading & Grocery Store Virtual Tour, **November 30** Cooking Demo featuring MIND diet recipes and **December 7** Mindfulness & Intuitive Eating at **11:00 AM**. Free, please call to register.

## More! More! More!



## Arts & Crafts

### Thanksgiving Day Dinner

on Thanksgiving Day, November 23

Volunteers from St. Peter's Episcopal Church will offer a turkey dinner with all the fixings again this year. They are offering a sit down meal in their church (Sand Hill Road) at 12 noon, a drive thru option beginning at 11 AM, or a delivery option (for those who do not drive). For pick up orders, you will be given a time slot. Please call the center at 860-648-6361 ext. 3335 to register by 11/17. There is no charge, but donations will be accepted.

### Covid 19 Test Kits

The government is once again offering Covid-19 test kits available for free. Order online at [www.covidtests.gov](http://www.covidtests.gov) and they will be mailed to you.

### Drug Discount Program

The state has launched a new Drug Discount Program effective 10/2. 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.Arrayxcard.com](http://www.Arrayxcard.com)

### 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!

### Wood Burning 101

Join Pamela from CT Paint Parties on **Wednesday, November 15 at 5:30 PM** where you will practice and perfect your wood burning skills and techniques on scrap pieces of wood. After practicing, you will create a series of beautiful wood burned ornaments. You will learn two wood burning techniques and may bring a 2-3 inch image printed out or on your phone. If you don't have a picture stencils will be provided to use as your design. You will take home 3-4 ornaments. Cost is **\$30** and includes all instruction, materials and ornaments to take home! Register and pay in the office.



### Canvas Bag Art with Mary

Create your very own custom leaf print on a 15" x 16" canvas tote- perfect for grocery shopping, toting books, knitting, or everyday necessities! They'll ask you where you got it- but it's a one-of-a-kind because YOU made it! All materials to design your creation will be provided, including the tote- but feel free to bring your own leaves to create with if you'd like! Wear clothes you don't mind getting paint on, and get ready to have some fall fun! **Wednesday, November 15 at 1:00 PM**. Cost is **\$15** (\$20 for non-residents). Pay in the office anytime.

### Painting with Christine

Join professional artist Christine MacClintic for a fun, easy class using acrylic paint on a 16x20 canvas. No experience needed. **Fridays, November 3 and 17 from 9:30-11:30 AM**. Cost is **\$20 (\$25 non-residents)** and includes all supplies. Register and pay in the office anytime.

### Evening Painting Class



Join Artist Sandy Poirier on **Monday, November 20 at 6:00 PM** for the first taste of snow 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.

### Holiday Card Making with Taylor

Do you want to be creative and make your own Christmas cards that you can give or send to family, friends and loved ones? Or do you just want a fun way to get you in the holiday spirit? If you do, join our very own Taylor Bielski on **Wednesday, November 29 at 10:00 AM** to do so. You will make and take home cards of your very own making! Cost is **\$10** for supplies, payable that day to Taylor. Stop in the office to see a sample! Call to register.

## Trips~ Registration begins Thurs. Nov. 2 at 8:00 AM

(non-residents beginning 11/9 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:** When signing up for dine outs on sign up day, you may only sign up for ONE dine out at a time. This allows the potential for 40 people to be able to attend. If you would like to sign up for a second, you may call or stop in the next day to sign up if space is available.

### Dine-Out: Manchester Community College

Head to Manchester Community College on **Wednesday, November 8** for a unique and delicious Northwest Coast Cuisine dinner prepared by the culinary program students. Dinner will consist of roasted pumpkin soup with toasted pepitas, beet and corn salad over baby greens, Coq au Vin with roasted red bliss potatoes, sautéed tourner vegetables and free form apple pie. **Cost is \$21. Register and pay in the office. The senior bus will depart the center at 6:30 PM and return at approx. 9:00 PM.**

### Dine-Out: Simply Thai

Enjoy a delicious lunch in Vernon on **Sunday, November 19** at Simply Thai. You won't be disappointed by the variety of exceptional oriental cuisine that is offered. Bring money for your lunch, separate checks will be accommodated. **The senior bus will depart the center at 12:00 PM and return at approx. 2:30 PM.**

### Extreme Shopping: Colchester Mill

We will be heading to Colchester to visit Colchester Mill Fabrics & Quilting, Connecticut's most complete quilt shop featuring over 8000 bolts of quilting cottons. You'll be able to stock up on all your quilting needs! After visiting we will stop for lunch at Family Pizza Restaurant. **The senior bus will depart the center at 9:30 AM and return approx. 2:00 PM. Saturday, December 2.** Bring money for lunch!

### TRIP PARKING POLICY

When going on one of our trips that is departing from the Senior Center, please park in the upper parking lot. The bus will pick you up in the upper lot so you may stay in your car. We will utilize the spots in front of the center for those who will be coming in and out during the day for programs. We appreciate your cooperation.

## Adventures Await

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



### Northwest Park Hike

Come and enjoy a nice Fall hike at Northwest Park in Windsor. Debbie and Arlene will guide you on a 3 mile hike through the parks forests, fields and wetlands. The bus will leave the center at **9:30 AM on Tuesday, November 7** and return approximately at **2:00 PM**. Please bring water, snacks, and money for lunch. After the hike you will head to Tunxis Grill for lunch. **Cost is \$5** for transportation. Register and pay in the office anytime.



### West Hartford Reservoir #2 Stroll

Join Jay on **Tuesday, November 14 at 9:30 AM** for an easy Fall stroll at West Hartford Reservoir MDC #2. This 3 mile hike has paved and dirt trails. Dress in layers; bring water, snacks, trekking poles and money for lunch. After the hike, we will go to lunch at a local restaurant. **Cost is \$5** for transportation.



### Valley Falls Hike

Join Debbie and Arlene for a late Fall hike at Valley Falls in Vernon. You hike about 3 miles on mainly flat trails. Enjoy the scenery and wildlife around the pond. The bus will leave the center at **9:30 AM on Monday, December 11** and return approximately at **2:00 PM**. Please bring water, snacks, and money for lunch. After the hike you will head to Vernon Diner for lunch. **Cost is \$5** for transportation.



# Stay Fit, Stay Well!

Class	Times	Session Dates	Cost
<b>Pickleball</b>	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	<b>FREE</b>
<b>Beginner Pickleball</b>	Mon & Wed from 8:30-10:30 at Ellsworth		
<b>Pickleball</b>	Mon & Fri at 11:30 at the Senior Center	On-going	<b>FREE</b>
<b>Pickleball</b>	Periodic Saturdays at the Senior Center	Sign up is on Team Reach...Call the Center for info on Team Reach	<b>FREE</b>
<b>Pickleball Lessons</b>	Saturdays at 10:30 AM	Residents only. Call to register	<b>FREE</b>
<b>Lite Aerobics with Linda</b>	Monday & Thursday 8:30 AM In person and on Zoom	Nov 6—Dec 28  No classes Nov 16, and 23	<b>\$28 for 14 classes</b>
<b>Cardio Drumming with Tiffany</b>	Monday at 2:30 PM In person Only	Nov 6—Dec 18	<b>\$14 for 7 classes</b>
<b>Stretch &amp; Strength with Barbara</b>	Tuesday 9:00 AM  In person only	Dec 5—26  No classes in Nov.	<b>\$8 for 4 classes</b>
<b>Walkers Group</b> 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>	<b>FREE</b>
<b>Chair Yoga with Diana</b>	Wednesday and Friday 10:00AM  In person and on Zoom	Nov 1—Dec 29	<b>\$32 for 16 classes</b>
<b>Chair Volleyball</b>	Wednesday 11:30 AM & Thursday 1:00 PM	On-going	<b>FREE</b>
<b>Beginner Tai Chi</b>	Wednesday 1:00 PM	Nov 1—Dec 27	<b>\$18 for 9 classes</b>
<b>Tai Chi (Intermediate) With Marivic</b>	Wednesday 2:00 PM In person only		<b>\$18 for 9 classes</b>
<b>Silver Sneakers with Rose</b>	Tuesdays and Thursdays at 5:15 PM In person only	<del>Nov 2—Dec 28</del> <b>Free with Silver Sneakers</b>	<b>Free or \$3 per class</b>
<b>Silver Sneakers with Krissy</b>	Wednesdays at 8:30 AM In person Only	<del>Nov 1—Dec 27</del> <b>Free with Silver Sneakers</b>	<b>Free OR \$3 per class</b>
<b>All Levels Yoga with Anne</b>	Thursdays at 10:00 AM	Nov 2—Dec 28	<b>\$16 for 8 classes</b>
<b>Gentle Yoga with Noreen</b>	Saturdays at 9:00 AM	Nov 4—Dec 30	<b>\$18 for 9 classes</b>
<b>Strength &amp; Vitality With Aislynn</b>	Saturdays at 10:30 AM	Nov 4—Dec 30  No class Nov 25	<b>\$16 for 8 classes</b>

## Silver Strength and Vitality New Saturday Class

Saturdays at 10:30 AM Aislynn Flowers will teach a low impact functional fitness class for active aging. These are exercises that are gentle on joints and muscles, making it suitable for all fitness levels. Engage in exercises that mimic daily activities, enhancing your ability to perform everyday tasks. The focus will be on strengthening muscles to improve overall physical strength and maintain independence. Cost is \$16, sign up anytime.

## Sound Meditation



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

## 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!

**Fitness Center Hours:** Monday through Friday, 8 AM—7:30 PM, Saturday 8 AM—12:00 PM.

## 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 4:30 to 7:30 PM. Christine specializes in weight loss, strength training, corrective exercise, nutrition and women's metabolism. No additional charge and no appointment needed.

## Coming In December



### Fraud and Scams

Join Pamela Days-Luketich from Liberty Bank on **Tuesday, December 5 at 10:30 AM**. She will discuss tips and tricks to be Money Smart, prevent Fraud and protect your identity. Free, call to register anytime.

### Bottle Art with Mary

Paint a beautiful winter scene on a glass bottle provided (or bring your own empty glass bottle if you'd prefer) We will supply everything needed to create this unique work of art, including fairy lights to enjoy your masterpiece on a whole new level when the lights are off! All levels welcome, we hope you can join Mary on **Wednesday, December 6 at 1:00 PM**. Cost is \$15 (\$20 for non-residents). Register and pay in the office anytime.

### Program Cancellations

Did you sign up for a program and then can't make it? Please call us to cancel, as we buy food based on the number of sign-ups. We also pay for most speakers and we want a certain number of attendees to make it worth the cost. Please help us keep our costs down so we can continue to offer so many programs at no cost to you.

Want to attend a program or trip but can't afford it? Check with staff for a subsidy!

### Email Updates?

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

### Transportation Services

This service is for residents age 60 years or older; or who are under age 60 and on Social Security Disability. Our service is curb to curb. Passengers must be able to reach the bus independently. Our bus goes to medical appointments, grocery stores, banks, library, post office, the mall and other shopping venues and the senior center. There is no charge for this service. For a complete brochure, please call **860-648-6361 Ext. 3310**.

## Senior Cinema



### Military Wives

**Friday, November 3 at 1:00 PM**

Following a group of women in England whose partners are away serving in Afghanistan. Faced with the men's absences, they form a choir and quickly find themselves at the centre of a media sensation and global movement. Inspired by global phenomenon of military wives choirs, the story celebrates a band of misfit women who form a choir on a military base. Popcorn will be served. Free, call to register anytime. Rated PG-13.



### Genius

**Thursday, November 30 at 1:30 PM**

One day in 1929, a wildly developing book manuscript lands on the table of renowned editor Maxwell Perkins' desk. He realizes that Thomas Wolfe, the author behind the script, is a dazzling talent and develops a close friendship with him. Popcorn will be served. Free, call to register anytime.



### LGBTQ Moveable

**Senior Center  
November Events:**

**11/13 Woodbury Senior Center  
4:00—6:00 PM  
11/14 Glastonbury Senior Center  
All day**

Visit <https://cthealthyliving.org/event-directory/> for a complete list and description of upcoming events!




## Saturday Programs

### Intergenerational Pancake Breakfast

Calling all pancake lovers! Join us on **Saturday, November 18 at 9:00 AM** for a delicious, intergenerational pancake breakfast. We will be serving up pancakes, a side of fruit and juice or coffee. All ages welcome! Cost is \$5. Register and pay in the office.

### 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, November 4, 11, & 25 from 10:00-11:45 AM**. No experience necessary, all ages and abilities are welcome. No need to sign up, just come!

### Fitness Center

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



### RESCHEDULED! Social Media 101

What is social media? Why does everyone love it? How can you integrate them into your daily lives, and are they really what people say? Join this interactive workshop where you can discover the world of social media and artificial intelligence through a fun presentation and hands-on demonstrations. You will get tips on online safety and privacy to protect your personal information. New date is **Friday, November 3 at 3:30 PM. FREE!** Call to register!

## More Programs

### Cards, Games & More

**Bingo** ~ Mondays at 10:30 AM and Thursdays 11/2 at 6:30 PM and 11/16 at 5:00 PM (hotdogs on 11/2)

**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

**Ping-Pong** ~ Wednesdays at 9:30 AM

**Knitters Group** ~ Wednesdays 9 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)



### Ping-Pong Anyone?

We have a ping pong table in our building so why not use it? Come on down on **Wednesdays at 9:30 AM beginning November 1**. We've had some interest, so let's hope to get enough people to play! No need to call, just come!

### Mahjong Lessons

We have volunteers to offer Mahjong lessons! How exciting is that?! Maureen and June will be at the center on **Thursdays at 1:00 PM beginning November 2** to teach you the game or review the game with you! Please call to register if you would like lessons. Additionally, you can just come to play at that time if you know how to!



### Monte Carlo Whist Party

**Tuesday, November 21 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!



**Hot Dog Bingo: 1st Thursday of the month between 5:45—6:15 PM!** Join us for a meal of a drink, chips and hotdog for \$3 or just a hotdog for \$2. Chips are .50 and drinks are \$1. Bingo follows for \$1 a card. Come and join in on the fun! No need to register!

## More Programs



### Breakfast Sandwiches

Our "Made to Order" egg sandwiches are available on your choice of a bagel or roll 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 Wednesday, November 1 or Wednesday, December 6 (or both!)**

### Military Appreciation Dinner

On **Sunday, November 12** the South Windsor Knights of Columbus and Carter Cares will be hosting their annual Military Appreciation Dinner at the Community Center with a dine-in or take-out option. **Dinners will be served between 4:00 PM and 6:00 PM.** This event is open to all service personnel whether active or inactive and their families. Not limited to South Windsor residents. **Please RSVP to one of the following: Kevin @ 860-212-9661, kevin@kevinparadis.com or Susan Sutherland at 860-748-5137, suepapapietro@cox.net.**



### Special Bingo

The Triad for Senior Safety will be hosting bingo on **Monday, November 13 at 10:30 AM.** Special prizes will be awarded and goodies will be served. Our guest callers are Retired Sgt. Tom Field and Sgt. Ron Littell from the SW Police Department. No need to register, just come on down! Cards are \$1.00 each.



### Finding the Right Assisted Living Solution

Finding the right Senior Living Option including Independent, Assisted Living and Memory Care Options. Presented By Doug Murphy-Owner and Senior Living Advisor with Century Senior Referrals LLC. **Friday, November 17 at 2:00 PM.** Free, register anytime.

### NEW! Depression and Anxiety

Mental Health is something that impacts us all and rarely do we have all the answers to cope. Let's have a discussion together on it and find out what depression and anxiety really is and what it looks and feels like. What are some myths and facts about mental health? Sarah Hornberger, Clinical Social Worker from Intercommunity Health Care will be our facilitator for this newly formed 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. November 21** at the Community Center. Free, call to register.

## 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: **November 8** 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

**Next Date 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:

**\$30/30 min.**

Tuesdays and Wednesdays with **Melissa.** Call to make an appointment. All reminders will be done through an automated system.



### Hair Cuts at the Center

**Wednesday, November 8 and Monday, November 20 with Pat and Tuesday, November 21 with Alyssa from Hairborn.** Haircuts are **\$20** payable at your appointment, cash is preferred. Call 860-648-6361 ext. 3335 for an appointment.

## 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 **November** birthdays on **Wednesday, November 22**. 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.

#### CRT Lunch Menu:

*For a full menu, please stop in at the lunch desk!*

Wednesday 11/1—Hotdogs

Thursday 11/2—Meatloaf with gravy

Friday 11/3—National Eat with a Friend Day!  
Chicken Parm with Pasta

Monday 11/6—Hamburger

Tuesday 11/7—Cold Turkey and American Cheese Sandwich

Wednesday 11/8—Boneless Chicken Marsala

Thursday 11/9—Cheesy Vegetable Lasagna

Friday 11/10—Closed

Monday 11/13—Macaroni and Cheese

Tuesday 11/14—Salad Greens with Ham

Wednesday 11/15—Salisbury Steak

Thursday 11/16—Thanksgiving Celebration! Roast Turkey with Gravy, Cranberry Sauce, Cornbread, Stuffing, Peas and Carrots

Friday 11/17—Beef Stroganoff

Monday 11/20—National Vanilla Cupcake Day!  
Chicken Stir Fry

Tuesday 11/21—BBQ Pork

Wednesday 11/22—Potato Crumb Fish

Thursday 11/23—Closed, Happy Thanksgiving!

Friday 11/24—Closed

Monday 11/27—Beef Meatballs

Tuesday 11/28—Breaded Chicken

Wednesday 11/29—Grande Cheese Raviolis

Thursday 11/30—Boneless Pork Chop



## Volunteer Corner

### Community Service Group

Thursday, November 16 at 1:00 PM

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

*Neighbors Helping Neighbors*



## Veterans Corner

### Veterans Benefits Questions

Stop in anytime **Thursday, November 2 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, November 16 at 9:00 AM**. No need to register, join us!

## Register On-Line with Schedules Plus

We are currently offering online registration for FREE programs.

Use this link:

<https://schedulesplus.com/swindsor>

- Don't put www. in the website link
- Don't use your area code in your phone #
- Pick up an instructional "how to" packet in the office!
- If you need in person help or instruction call Tiffany at 860-648-6399



**New Trips:** Residents sign up 11/2  
Non residents 11/9 UNLESS OTHERWISE NOTED



### Mohegan Sun

Experience the "A World at Play" at Mohegan Sun Casino in Mashantucket on **Tuesday, November 21** There is more than 300,000 square feet of gaming excitement, numerous retail shops, over 45 restaurants, bars, and lounges among many other things to see and do. Cost of the trip is **\$20**. Bring money for gambling, lunch and shopping. **The senior bus will depart the center at 9:30 AM and return at approx. 10:30 PM.**



### Ho Ho Ho Holidays with Jimmy Mazz

On **Tuesday, December 5** head to the beautiful Carriage House at Storowton in West Springfield, MA for an afternoon of delicious food and Holiday cheer! Enjoy a tasty lunch of Yankee pot roast with salad, potato, a vegetable and dessert. Following lunch we will listen to Jimmy Mazz sing seasonal songs from all your favorite artists including Dean Martin, Elvis, Frank Sinatra, The Beatles and many more! **Cost is \$50** and includes your ticket to lunch, the show and transportation. **The bus departs the center at 10:30 AM and returns approx. 3:15 PM.**

### New Britain Museum of American Art

Join us as we travel to New Britain on **Thursday, December 7** to the New Britain Museum of American Art where you can explore American art represented over three centuries. There are over 8,400 paintings, works on paper, sculptures, videos and photographs. We will be given a docent led tour titled Highlights of the Permanent Collection: Museum Masterpieces. Following the tour you will have free time to look through the museum at your leisure. We will also have lunch at the museum. **Cost is \$25** and includes transportation, admission into the museum and the tour fee. Bring money for lunch. The museum is handicapped accessible. **The senior bus will depart the center at 9:15 AM and return at approx. 2:15 PM.**

## Old Trips...

### There's still spots!

**These have been previously  
advertised, sign up anytime!**

**Holiday Classics at the Aqua Turf Club—12/12**  
**Cost is \$55.** Hurry and sign up while there is still spots to attend this afternoon this afternoon filled with food, fun and music designed to get you in the Holiday Spirit. Lunch will be served family style including roasted turkey and baked scrod. Following lunch, The Downtown 6 Band will be performing Holiday classics featuring a sing-a-long from the Glamour Girls and Santa George and Mrs. Claus.

### Hawaii Cruise—2/15/2024—2/25/2024

Explore Hawaii like never before. Idyllic islands, a strong Polynesian culture and relaxation await you. Come and find your own little piece of paradise. **Cost is as follows: \$5,842 pp double & \$7,827 pp single for and Ocean view Stateroom. \$5,442 pp double & \$6,824 pp single for Inside Stateroom, and \$6,434 pp double & \$8,998 pp single for Balcony Stateroom.** See flyer on our website or in the office for more information.


### France Magnifique— 2/11/2024—2/22/2024

Travel to France and experience all they have to offer on this wonderful trip. Visit Versailles Palace & Gardens, Giverny, Normandy, D-Day Landing Sites, Omaha Beach, American Cemetery, Le Mont St. Michel, Loire Valley, a Winery Tour, Chenonceau Castle, Amboise, Paris, Seine River Cruise, Eiffel Tower Dinner and more! **Cost is \$5,599 pp double & \$6,499 pp single.**

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

Climb aboard the MS Amadeus Brilliant for a 7-night cruise on the Rhine River & the Moselle River where you will experience Amsterdam, Cologne, Bernkastel, Cochem, Lorelei Passage, Mannheim, Speyer, Strasbourg & more. **Cost is based on double occupancies: \$4,797 for lower outside cabin, L\$5,587 for middle outside cabin, \$5,897 for upper outside cabin & \$7,997 for a suite cabin.**

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

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
<div>November 2023</div> 			<div>TRIPS</div> <div>Iceland's Magical Northern Lights 11/2—11/8</div> <div>Aqua Turf Club 11/8 @ 10:00 AM</div> <div>MCC Dineout 11/8 @ 6:30 PM</div> <div>Christmas in Lancaster 11/15-11/17</div> <div>Christmas in Lancaster 11/28-11/30</div> <div>Simply Thai Dineout 11/19 @ 12:00 PM</div> <div>Mohegan Sun 11/21 @ 9:30 AM</div> <div>Magic Wings &amp; Yankee Candle 11/28 @ 9:00 AM</div>			<div>Silver Sneakers 8:30 AM</div> <div>Breakfast Sandwiches 9-10:30 AM</div> <div>Knitters Group 9:00 AM</div> <div>Ping-Pong 9:30 AM</div> <div>(H) Chair Yoga 10:00 AM</div> <div>Chair Volleyball 11:30 AM</div> <div>Lunch 12:00 PM</div> <div>Hand, Knee, Foot 12:30 PM</div> <div>Duplicate Bridge 12:45 PM</div> <div>Beginner's Tai Chi 1:00 PM</div> <div>Intermediate Tai Chi 2:00 PM</div>			<div>Sign up Day 8:00 AM</div> <div>Walkers (meet at Nevers) 8:30 AM</div> <div>Lite Aerobics 8:30 AM</div> <div>All Levels Yoga 10:00 AM</div> <div>Veteran's Benefits 10:30 AM</div> <div>Meet the Mayor and Town Manager 11:00 AM</div> <div>Lunch 12:00 PM</div> <div>Chair Volleyball 1:00 PM</div> <div>Mahjong Lessons 1:00 PM</div> <div>Silver Sneakers 5:15 PM</div> <div>Bingo &amp; Hotdogs 6:30 PM</div>			<div>Bridge 9:30 AM</div> <div>Painting with Christine 9:30 AM</div> <div>(H) Chair Yoga 10:00 AM</div> <div>Pickleball 11:30 AM</div> <div>Lunch 12:00 PM</div> <div>Mexican Train 12:30 PM</div> <div>Cribbage 1:00 PM</div> <div>Ceramics 1:00 PM</div> <div>Movie: Military Wives Bereavement 1:00 PM</div> <div>Support Group 3:00 PM</div> <div>Social Media 101 3:30 PM</div>			<div>Fitness Center 8:00 AM-Open 12:00 PM</div> <div>Gentle Yoga 9:00 AM</div> <div>Quilting 9:00 AM</div> <div>Chair 10:00 AM</div> <div>Volleyball 10:30 AM</div> <div>Silver Strength &amp; Vitality 10:30 AM</div> <div>Pickleball Lessons</div>		
<div>Footcare By Appt. 8-11:00 AM</div> <div>Fitness Center</div> <div>Personal Trainer 8:30 AM</div> <div>(H)Lite Aerobics 10:30 AM</div> <div>Special Bingo 11:30 AM</div> <div>Pickleball 12:00 PM</div> <div>Lunch sponsored by the Republicans 1:00 PM</div> <div>Poker 1:00 PM</div> <div>Setback 2:30 PM</div> <div>Cardio Drumming</div>			<div>Walkers (meet at Nevers) 8:30 AM</div> <div>Northwest Park Hike 9:30 AM</div> <div>Lunch 12:00 PM</div> <div>Samba 12:30 PM</div> <div>An Afternoon of Magic 1:00 PM</div> <div>Fitness Center 4:30-7:30 PM</div> <div>Personal Trainer</div> <div>Silver Sneakers 5:15 PM</div>			<div>Elder Wellness &amp; Haircuts By Appt. 8:30 AM</div> <div>Silver Sneakers By Appt. 8:30 AM</div> <div>Massage 9:00 AM</div> <div>Knitters Group 9:30 AM</div> <div>Ping-Pong 10:00 AM</div> <div>(H) Chair Yoga 11:30 AM</div> <div>Chair Volleyball 12:00 PM</div> <div>Lunch 12:30 PM</div> <div>Hand, Knee, Foot 12:45 PM</div> <div>Duplicate Bridge 1:00 PM</div> <div>Beginner's Tai Chi 2:00 PM</div>			<div>Walkers (meet at Nevers) 8:30 AM</div> <div>Lite Aerobics 8:30 AM</div> <div>All Levels Yoga 10:00 AM</div> <div>Mind Diet 11:00 AM</div> <div>Lunch 12:00 PM</div> <div>Chair Volleyball 1:00 PM</div> <div>Parkinson's Support Group 1:00 PM</div> <div>Veteran's Day Celebration 1:00 PM</div> <div>Mahjong Lessons 1:00 PM</div> <div>Silver Sneakers 5:15 PM</div>			<div>Closed in observance of Veteran's Day</div>			<div>Fitness Center 8:00 AM-Open 12:00 PM</div> <div>Gentle Yoga 9:00 AM</div> <div>Quilting 9:00 AM</div> <div>Chair Volleyball 10:00 AM</div> <div>Silver Strength &amp; Vitality 10:30 AM</div> <div>Pickleball Lessons 10:30 AM</div>		
<div>Fitness Center 8-11:00 AM</div> <div>Personal Trainer 8:30 AM</div> <div>(H)Lite Aerobics 10:30 AM</div> <div>Special Bingo 11:30 AM</div> <div>Pickleball 12:00 PM</div> <div>Lunch 1:00 PM</div> <div>Poker 1:00 PM</div> <div>Setback 2:30 PM</div> <div>Cardio Drumming 6:00 PM</div> <div>Book Club</div>			<div>Massage &amp; Footcare By Appt. 8:30 AM</div> <div>Walkers (meet at Nevers) 9:30 AM</div> <div>W. Hartford Res Stroll 10:00 AM</div> <div>Senior Advisory Council 11:00 AM</div> <div>Advanced Directives 11:00 AM</div> <div>Coffee with A Cop 12:00 PM</div> <div>Lunch 12:30 PM</div> <div>Samba 12:30 PM</div> <div>Armchair Adventure 2:00 PM</div> <div>Trainer 4:30-7:30PM</div> <div>Silver Sneakers 5:15 PM</div>			<div>Silver Sneakers 8:30 AM</div> <div>Knitters Group 9:00 AM</div> <div>Ping-Pong 9:30 AM</div> <div>(H) Chair Yoga 10:00 AM</div> <div>Chair Volleyball 11:30 AM</div> <div>Lunch 12:00 PM</div> <div>Hand, Knee, Foot 12:30 PM</div> <div>Duplicate Bridge 12:45 PM</div> <div>Canvas Bag Art with Mary 1:00 PM</div> <div>Beginner's Tai Chi 1:00 PM</div> <div>Intermediate Tai Chi 2:00 PM</div> <div>Wood Burning 101 5:30 PM</div>			<div>Veteran's Social Hour 9:00 AM</div> <div>All Levels Yoga 10:00 AM</div> <div>Mind Diet 11:00 AM</div> <div>Thanksgiving Luncheon &amp; Senator Anwar Updates 11:30 AM</div> <div>Chair Volleyball 1:00 PM</div> <div>Mahjong Lessons 1:00 PM</div> <div>Community Service Group 1:00 PM</div> <div>Early Bird Dinner 4:00 PM</div> <div>Bingo 5:00 PM</div> <div>Silver Sneakers 5:15PM</div>			<div>Bridge 9:30 AM</div> <div>Painting w/Christine 9:30 AM</div> <div>(H) Chair Yoga 10:00 AM</div> <div>Newcomers Group 10:00 AM</div> <div>Caregiver Support 10:00 AM</div> <div>Group 11:30 AM</div> <div>Pickleball 12:00 PM</div> <div>Lunch 12:30 PM</div> <div>Mexican Train 1:00 PM</div> <div>Cribbage 1:00 PM</div> <div>Ceramics 2:00 PM</div> <div>Assisted Living Solutions</div>			<div>Fitness Center Open 8:00AM-12:00 PM</div> <div>Gentle Yoga 9:00 AM</div> <div>Quilting 9:00 AM</div> <div>Intergenerational Pancake Breakfast 9:00 AM</div> <div>Silver Strength &amp; Vitality 10:30 AM</div> <div>Pickleball 10:30 AM</div> <div>Lessons</div>		
<div>Haircuts By Appt. 8-11:00 AM</div> <div>Fitness Center</div> <div>Personal Trainer 8:30 AM</div> <div>(H)Lite Aerobics 10:30 AM</div> <div>Bingo 11:30 AM</div> <div>Pickleball 12:00 PM</div> <div>Lunch 1:00 PM</div> <div>Poker 1:00 PM</div> <div>Setback 2:30 PM</div> <div>Cardio Drumming 6:00 PM</div> <div>Evening Painting Class</div>			<div>Massage &amp; Haircuts By Appt. 8:30 AM</div> <div>Walkers (meet at Nevers) 10:30 AM</div> <div>Depression and Anxiety Group 12:00 PM</div> <div>Samba 12:30 PM</div> <div>Monte Carlo Whist Party 1:00 PM</div> <div>Fitness Center Personal 4:30—7:30 PM</div> <div>Trainer</div> <div>Silver Sneakers 5:15 PM</div>			<div>Massages By Appt. 8:30 AM</div> <div>Silver Sneakers 8:30 AM</div> <div>Knitters Group 9:00 AM</div> <div>Ping-Pong 9:30 AM</div> <div>(H) Chair Yoga 10:00AM</div> <div>Chair Volleyball 11:30 AM</div> <div>Birthday Lunch 12:00 PM</div> <div>Hand, Knee, Foot 12:30 PM</div> <div>Duplicate Bridge 12:45 PM</div> <div>Beginner's Tai Chi 1:00 PM</div> <div>Intermediate Tai Chi 2:00 PM</div>			<div>Closed</div> <div>Happy Thanksgiving</div>			<div>Closed</div>			<div>Fitness Center 8:00 AM—Open 12:00 PM</div> <div>Gentle Yoga 9:00 AM</div> <div>Quilting 9:00 AM</div> <div>Chair Volleyball 10:00 AM</div> <div>Silver Strength &amp; Vitality 10:30 AM</div> <div>Pickleball 10:30 AM</div> <div>Lessons</div>		
<div>Fitness Center Personal 8-11:00 AM</div> <div>Trainer</div> <div>Lite Aerobics 8:30 AM</div> <div>Bingo 10:30 AM</div> <div>Pickleball 11:30 AM</div> <div>Lunch 12:00 PM</div> <div>Poker 1:00 PM</div> <div>Setback 1:00 PM</div> <div>Cardio Drumming 2:30 PM</div>			<div>Massage By Appt. 8:30 AM</div> <div>Walkers (meet at Nevers) 10:00 AM</div> <div>Houdini 12:00 PM</div> <div>Lunch 12:30 PM</div> <div>Samba 12:30 PM</div> <div>Fitness Center Personal 4:30—7:30 PM</div> <div>Trainer</div> <div>Silver Sneakers 5:15 PM</div> <div>Sound Meditation 6:00 PM</div>			<div>Silver Sneakers 8:30 AM</div> <div>Knitters Group 9:00 AM</div> <div>Ping-Pong 9:30 AM</div> <div>(H) Chair Yoga 10:00 AM</div> <div>Holiday Card Making 10:00 AM</div> <div>Chair Volleyball 11:30 AM</div> <div>Lunch 12:00 PM</div> <div>Hand, Knee, Foot 12:30 PM</div> <div>Duplicate Bridge 12:45 PM</div> <div>Safe Driver's Class 1:00 PM</div> <div>Beginner's Tai Chi 1:00 PM</div> <div>Intermediate Tai Chi 2:00 PM</div>			<div>Walkers (meet at Nevers) 8:30 AM</div> <div>(H) Lite Aerobics 8:30 AM</div> <div>All Levels Yoga 10:00 AM</div> <div>Mind Diet 11:00 AM</div> <div>Lunch 12:00 PM</div> <div>Chair Volleyball 1:00 PM</div> <div>Mahjong Lessons 1:00 PM</div> <div>Movie: Genius 1:30 PM</div> <div>Silver Sneakers 5:15 PM</div>			<div>Pickleball</div> <div>Ellsworth Mon—Fri 8:30 AM</div>			<div>Every Day Programs Pool</div> <div>Monday—Friday 8:00—12:00 PM</div> <div>Coffee Available Mon– Fri 9:00 AM to 11:00 AM</div>		

COMMUNITY RENEWAL TEAM **November** 2023 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	<b>DID YOU KNOW THAT CRANBERRIES ARE OFTEN CONSIDERED TO BE A “ SUPER ” FOOD ?</b>		THE NUTRIENTS IN CRANBERRIES CAN LOWER THE RISK OF UTI'S ; IMPROVE IMMUNE FUNCTION & DECREASE BLOOD PRESSURE !	<b>1</b>	Orange Juice All-Beef Hot Dog Hot Dog Bun Ketchup, Mustard, Relish Baked Beans / Coleslaw Yogurt Cup	<b>2</b>	Meatloaf w/ Gravy Mashed Potatoes Steamed Spinach 100 % Whole Wh Bread Fresh Fruit	<b>3</b>	<u>Nat'l “ Eat with a Friend” Day</u> 100 % Fruit Punch Juice Chicken Parmesan/ Pasta w/ Red Sauce / Yellow Squash Bread Stick Lemon Pudding w/ Topping
<b>6</b>	Plain Beef Burger on Bun Ketchup, Must, Mayo Lettuce & Tomatoes Potato Wedges w/ Ketchup Fresh Fruit / Cake	<b>7</b>	Grape Juice Cold Turkey & Amer Cheese Sandw on Soft Roll w/ Shredd Lett & Tomato / Potato Salad Must, Mayo / Fruit Bar	<b>8</b>	Orange Juice Boneless Chicken Marsala Pesto Pasta Italian Style Veggies Dinner Roll Cookie	<b>9</b>	Cheesy Vegetable Lasagna w/ Alfredo Sauce Zucchini Garlic Knot Fresh Fruit	<b>10</b>	CRT Closed In Observance of Veteran's Day
<b>13</b>	100 % Fruit Punch Juice Macaroni & Cheese Stewed Tomatoes 100 % Whole Wheat Brd Tapioca Pudding w/ Topping	<b>14</b>	Salad Greens w/ Ham Hard Cooked Egg / Red Onions / Cherry Tomatoes / Cuc / Ranch Dressing / Bread Bread Stick / Fresh Frit Cookie	<b>15</b>	Salisbury Steak w/ Gravy Mashed Potatoes Asparagus 100 % Whole Wheat Brd Fresh Fruit	<b>16</b>	<u>CRT Celebrates Thanksgiving</u> Grape Juice Roast Turkey w/ Gravy Cranberry Sce / Cornbread Stuffing / Peas & Carrots / Dinner Roll / Apple Crisp w/ Whipped Topping	<b>17</b>	Beef Stroganoff w/ Rice Vegetable Medley Wholegrain White Bread Fresh Fruit
<b>20</b>	<u>Nat'l Vanilla Cupcake Day</u> Orange Juice Chicken Stir Fry Vegetable Fried Rice Asian Vegetable Blend 100 % Wheat Bread Frosted Vanilla Cupcake	<b>21</b>	BBQ Pork Baked Beans Green Beans Wheat Bread Fresh Fruit	<b>22</b>	Potato Crumb Fish w/ Tartar Sauce Rosemary Potatoes Baby Carrots 100 % Whole Wh Bread Fresh Fruit	<b>23</b>	Happy Thanksgiving Day ! CRT Closed In Observance of the Holiday	<b>24</b>	CRT Closed In Observance of the Holiday
<b>27</b>	Beef Meatballs Garlic Smashed Potatoes Vegetable Blend 100 % Whole Wh Brd Fresh Fruit	<b>28</b>	Breaded Chicken with Gravy / White Rice / Steamed Broccoli Wheat Bread Fresh Fruit	<b>29</b>	Grande Cheese Raviolis w/ Marinara Sce Parmesan Cheese Italian Blend Veggies/ Bread Stick / Fresh Fruit	<b>30</b>	Orange Juice Boneless Pork Chop with Mango Sce / Plantains / California Blend Vegetables / Cornbread / Home-baked Cookie		

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.

-Menu Items are subject to change-



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Zoning • Litigation • Business

Legal matters aren't always easy.  
Talking to your lawyer should be.

Vernon: 860.646.1974  
Storrs: 860.487.1842

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