



# 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)



November 2019



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## We Have a New Phone System!

We thank you all for your patience as we recently got a new phone system finally after 30 years! Our number may come up on your caller ID as a Manchester number—we are working on having that fixed. When you call, please listen to the prompts and follow instructions. You may also dial an extension at any time. Our new extensions now have a 3 before our old ones, making them a 4-digit number. For example, when you call to sign up for a program, you will now call ext. 3335.

### Free Lunch and Special Bingo

Enjoy a FREE CRT lunch at **12 noon** on **Monday, November 4**, compliments of South Windsor Republicans, followed by bingo at 1:00 PM with prizes and a special dessert. Cost for BINGO is .50 cents per card. Call 860-648-6361 x3328 to register for lunch by 11:30 on 11/1.

### Ukulele Sing-A-Long and Concert!

Our newly formed South Windsor Senior Center Ukulele Group has been practicing hard over the weeks and would like to share their talent with you! They will be hosting a Sing-A-Long/Concert on **Thursday, November 14 at 10:30 AM**, come out and support your local musicians! FREE. Call ext. 3335 to register anytime.

### Early Bird Dinner & Entertainment

Back by popular demand, we will be serving JEMS homemade chicken pot pies (vegetarian and gluten free options available with advance notice) on **Friday, November 22 at 4:00 PM!** Pumpkin cannoli's from Brookdale Senior Living will be our dessert. Following dinner, be entertained by the S.W. Community Band! Sign up now! \$5 before 11/18, \$8 after.

### Thanksgiving Dinner

on Thanksgiving Day, November 28

Volunteers from St. Peter's Episcopal Church will be hosting a turkey dinner with all the fixings at their church on Sand Hill Road on Thanksgiving Day (doors open at 11:30 AM, meal is served at 12 noon) to those who don't have family or whose family is not in the area. Don't stay home! Transportation will be available to and from the church if there is enough need. If you are homebound and are going to be home alone for the holiday, a meal can be delivered to you that day. Call the center by 11/22 to register for the meal or the bus. 860-648-6361 ext. 3335.



### Shredding Day

The Triad is sponsoring a shredding day on **Wednesday, November 6 from 10 AM to 12 noon** in the parking lot of the Community Center. No need to sign up, just show up! **Due to the popularity of this event, we are limiting the number of boxes to 3.** Come on down!

### Chinese Calligraphy: Calming the Heart and Sharpening the Brain

Chinese calligraphy is one of the most beautiful ancient writings and an artistic expression of human language for the Chinese over thousands of years. Through these times, calligraphy was used as a tool to ease physical tension and daily stress. In this 3-week class you will learn the basic brush strokes and fundamental techniques of Chinese calligraphy with Lorelei Chang, who started studying Chinese calligraphy at the age of 4 in China and won the Tokyo Museum of Chinese Calligraphy in 2009. **Tuesdays, November 19, December 3 and 10 from 2:30-3:30 PM.** Cost is \$20. We must get at least 10 people enrolled, so please sign up ASAP!

### Monte Carlo Whist!

Come play with us on **Tuesday, November 26 at 1:00 PM!** Cash prizes will be awarded, and goodies will be served! **Cost: \$4.00** (proceeds benefit the many projects of our volunteer group!) Registration is requested; walk-ins are allowed if space is available. No partner needed! Register and pay in the office any time. Transportation is available if enough interest (call by 11/22). Need a lesson on Whist? Call us!



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  
Penny Shea ext. 3314  
**Assistant Director of Adult & Senior Services:**  
Lindsey Ravalese ext. 3319  
**Director of Human Services:**  
Andrea Cofrancesco ext. 3316

**FREE Trip Sign Up Day: Friday, November 1 at 8 AM.** Residents sign up for all FREE trips (call in).  
**TRIP Sign up Day: Thursday, November 7 at 8 AM.** Residents sign up for newly advertised trips requiring payment. Sign up for yourself and one other SW resident. Non residents sign up 11/8.  
**Super 60's for Men and Women: Thursday, December 12 at 1:00 PM**

**Senior Community Café Menu**

11/1: Roast Pork w/ Raisin Sauce, Baked Potato, Veggies  
11/4: Kielbasa, Mashed Potatoes, Carr. Blend Veggies  
11/5: Chix Salad Sandwich, Sweet Potato Wedges  
11/6: Chix Veg Soup, Chef Salad w/ Turkey & Ham  
11/7: Sauerbraten with Gingersnap Gravy, Potatoes  
11/8: Cheese Pizza, Tossed Salad, Rasp. Vin Dressing  
11/11: **CRT CLOSED; VETERAN'S DAY**  
11/12: Teriyaki Chicken Strips, Rice, Broccoli  
11/13: BBQ Pork Rib, Potato Wedges, Green Beans  
11/14: Cheesey Veg Lasagna, Squash Medley  
11/15: Italian Beef Meatballs, Sauce, Seashell Pasta  
11/18: Meatloaf, Spanish Rice, Broccoli Normandy  
11/19: Lemon Baked Chicken, Eggnoodles, Veg Blend  
11/20: Beef Chili w/ Beans, Baked Potato, Carrots  
11/21: Breaded Pollock, Mashed Potatoes, Wax Beans  
11/22: **Thanksgiving Dinner**  
11/25: Italian Style Chix, Bowtie Pasta, Green Beans  
11/26: Hot Dog, Baked Beans, Cole Slaw  
11/27: Roast Beef, Mashed Potatoes, Broccoli  
11/28: **CRT CLOSED; HAPPY THANKSGIVING!**  
11/29: **CRT CLOSED; HAPPY THANKSGIVING!**  
*Monday thru Friday, CRT provides lunch and is a 2.50 suggested donation. Lunch is served at 12 noon. Call ext. 3328 by 11:30 AM the day before to reserve lunch!*

## SOCIAL SERVICES: 860-648-6361

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

### MEDICARE OPEN ENROLLMENT

Open Enrollment for Medicare ends December 7 with changes effective January 1. If you are looking to switch your Medicare Advantage plan or Medicare Part D plan this is your opportunity. Call Human Services at 860-648-6361 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. Call 860-648-6361 ext. 3319.

### AT RISK LIST

Adult and Senior Services maintains a list of people who would be considered at risk (those with special medical needs or those who live alone and don't have much interaction with others or if their family lives far away) so they can be notified in the event of a shelter operation opening up in town. If you would like to be included on this list, call Lindsey at 860-648-6361 ext. 3319 to be added to the list. The list is updated annually.

### CAREGIVERS SUPPORT GROUP

Please join us on **Friday, November 8 at 10:30** for a presentation about Caregiving by Amina Weiland from Hartford Healthcare Center for Healthy Aging. For questions or to RSVP, please contact Penny Shea at 860-648-6361 ext. 3314. [Penny.shea@southwindsor.org](mailto:Penny.shea@southwindsor.org)

### Alzheimers Support Group

The complexity of Alzheimer's Disease and related dementias impacts the family and relationships. A support group provides an opportunity to learn more about the different stages of this progressive disease and offers tips on ways to cope. Join the Village at Buckland Court for educational discussions and have the opportunity to learn and share with others who understand. **Meetings are held at the Community Center at 12 noon the first Thursday of the month. Next meeting: November 7.** RSVP to The Village: 860-644-7366.

### MOBILE FOODSHARE

**Thursday, November 14** from 11:30-12 noon at Wapping Church, 1790 Ellington Road. Fresh fruits/vegetables (bring bags). For transportation: 860-648-6361 x3310.



### Series for People with Early-Onset Dementia

A 6-week series is being offered to residents who have been diagnosed with early-onset dementia, which is typically diagnosed prior to age 65. Structured activities will be held on **Tuesdays beginning November 5 from 9:30-12:30**. Cost is \$80 for 6 weeks and includes lunch and transportation! If interested in this series for your loved one, please call Andrea at 860-648-6357 to see if this program would be appropriate.

### ENERGY ASSISTANCE

Applications for the 2019-20 energy assistance program are underway for deliverable fuels only. Electric and Gas customers can apply beginning November 1. Gross monthly income cannot exceed \$35,116/year (single) and \$45,920 (couples). Assets cannot exceed \$12,000 (renter) and \$15,000 (homeowner). If your assets exceed the limit and your income is low then you may still qualify. Documentation needed: last four weeks of income, bank statements, proof of rent or mortgage and utility bills. For an appointment or more info call 860-648-6361.

### NEW! ALS Support Group

The ALS Association CT Chapter is excited to start a support group for caregivers of people living with ALS. The group will meet on the 4<sup>th</sup> Wednesday of the month at the community center on **November 27 from 11-12:30**. RSVP to Michelle at [mgaski@alsact.org](mailto:mgaski@alsact.org), 203-874-5050.

### CARES Corner

**Center Activity Recreation Exercise Socialization**  
CARES will be examining all things "Family" in November as it is the time of year when families get together for partying and visiting. We will try our hand at making family trees, playing Family Feud, discussing Norman Rockwell's depiction of family in his art and remembering good times around Thanksgiving. Call Andrea 860-648-6357 for information on joining the CARES program.

**There is space available!**

# EXERCISE Classes and FITNESS Programs

Class	Times/Place	Session Dates	Cost
Pickleball	Mon. — Fri 9 AM to 1 PM at 1737 Main St. Beginners only on: Mon/ Wed 9-11	For more information call 860-648-6361 x3339	FREE
Light Aerobics with Linda	Monday & Wednesday 9:00 AM (no class 11/11)	On-going	\$2 per class Drop in
EVE CLASS Light Aerobics with Linda	Monday 6:00PM (no class 11/11)	On-going	\$2 per class Drop in
*Cardio PLUS Conditioning SS (Advanced) with Amy	Monday & Wednesday 8:30 AM (no class 11/11)	On-going Silver Sneakers Class	\$2 per class or FREE SS
*Circuit SS (intermediate) with Amy	Tuesday & Thursday 9:00 AM (no class 11/5 & 11/28)	On-going Silver Sneakers Class	\$2 per class or FREE SS
*Classic SS (beginners) with Amy	Tuesday & Thursday 10:00 AM (no class 11/5 & 11/28)	On-going Silver Sneakers Class	\$2 per class or FREE SS
Qigong with Lorelei	Tuesday 10:00 AM	Oct 1-Nov 26	9 weeks \$40
Chair Yoga with Lorelei	Tuesday or Wed 11:00 AM	Oct 1-Nov 26 (Tuesdays) Oct 2-Nov 27 (Wed)	9 weeks/\$40 9 weeks/\$40
Nourishing Mat Yoga With Lorelei	Wednesdays 10:00 AM	Oct 2-Nov 27	9 weeks \$40
Chair Yoga with Diana	Wednesday 3:00 PM	Oct 2-Nov 27	9 weeks \$40
Walkers Group (New folks always welcome to join us!)	Tuesdays & Thursdays 8:30 AM	On-going <i>Meet at the pavilion at Nevers Park.</i>	FREE
Gentle Tai Chi	Tuesday 1:00 PM	Nov 5-Nov 26	4 weeks \$20
Chair Volleyball	Wednesday 11:30 AM	On-going	FREE
Country Line Dancing with Niki (intermediate)	Friday 10:00 AM	Oct 4-Nov 22	8 weeks \$40

## Election Day is Tuesday, November 5

There will be no Silver Sneakers classes. All other programs will be held as scheduled. The community center is a polling site for District 4 while construction of the new school is taking place.



## Silver Sneakers Chair Yoga Flexibility

Exercises are performed in a seated position, using a chair for balance, posture and flexibility. Yoga is a strong influence of the movements completed. Class meets on **Fridays at 1:30PM** in the Gym. Free with Silver Sneakers or \$2 drop in fee.

## Meditation & Mindfulness

This is an on-going class that meets every **Thursday at 2PM**. It combines meditation with the act of being in the moment during activities of daily living. Cost is \$5 per class or \$20 for November.

## Beginner Pickleball

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



## Interested in Enrolling in one of Our Exercise Programs?

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

## ADVENTURE CLUB

### Wild Landscapes of New Hampshire and Maine: A Photographic Journey

On **Thursday, November 21 at 1:00 PM**, Jeff Holcombe will take you through the wild landscapes of New Hampshire and Maine. From the White Mountains to Baxter State Park, the rugged landscapes of northern New England are certainly thrilling to explore. In New Hampshire and Maine you will also find that fascinating alpine and wetlands adventures can be had in smaller, more accessible places. The summits of Mt. Kearsarge and Mt. Cardigan are mostly treeless, allowing for splendid vistas, but they also reveal legacies of a glacial past carved in their rocks. According to recent census data, Maine's Rangeley Lakes District has more moose per square foot than anyplace from away. That is why the annual moose-calling contest is so popular there! **FREE**. Call to register.

### Hike: Chatfield Hollow

Come and take in the beautiful scenery and enjoy a 3 to 5 mile hike at Chatfield Hollow State Park in Killingworth, CT. We will hike the trails in search of Indian caves, relax by the cooling waters, and view the soft pine woods at Chatfield Hollows. Bring water, a snack, hiking poles and wear good hiking shoes. **Sunday, November 10**, meet at the Center at **9:30AM**. Cost is \$5 for the bus; bring money for lunch at a local restaurant after the hike. Return time approx. 3PM. Sign up anytime.

### Hike: Valley Falls

Come see a local hiking spot that has it all; views, a waterfall, wildlife and more. This hike will have a little elevation and a nice long flat portion, total distance 3 to 5 miles. Wear layers and good hiking shoes. Please bring water and a snack. We will stop for lunch after hike. **Saturday November 23**, leave the center at **9:30** and return approx. **2PM**. Sign up anytime. **FREE** (we will be carpooling)

## VOLUNTEER CORNER

### Community Service Group *NEIGHBORS HELPING NEIGHBORS*

The next meeting will be **Wednesday, November 20 at 12:30 PM**. This is a group of adults who work on a variety of projects to assist people and groups of all ages in town and surrounding communities by being involved, raising funds and giving of their time to enhance the lives of others! Call Andrea for info: 860-648-6357.

### Reading in the Schools

For the 9th year in a row, the Senior Advisory Council will be reading to students in all elementary schools one time throughout the year! We **NEED** volunteers! It's minimal commitment but great rewards! We provide the books, you read to a class on a designated day. Please call Andrea if you are interested in being on the list to be notified of dates.

### Volunteers Needed for FISH

FISH (Friends In Service Here) is seeking volunteers for their transportation and telephone rosters. Volunteers only serve one weekday a month – providing transportation to doctor's appointments OR recording appointment requests. The needs are real, the rewards are many. Call Phyllis Oswald, personnel chairperson at 860-644-2910. Your interest and support are vital so we can help those in need.

### Senior Advisory Council

The Senior Advisory Council (SAC) is a group of seniors representing different groups in the center; they meet monthly and provide feedback about center programs and policies. Reach out to any member of the SAC with suggestions: Daria Plummer, Chair; Louise Shaheen, Vice Chair, and: Toni Baer, Dave Bakulski, Tom Bartomeli, Rob and Barbara Betteker, Tom Field, Estelle Fournier, Nedra Gallo, Gloria Goslin, Ernie Hintz, Hansa Khant, Sally Terry, Joanna Roe and Kathie Stroh. Next meeting: **Tuesday, November 12 at 10:00 AM**.

## Veterans Corner

### Questions about Veterans Benefits?

**Stop in anytime on Thursday, November 7** from 8 -9:30 AM to talk with reps from the American Legion. No need to sign up, just show up!

### Veteran's Coffee Hour!

Hang out with other veterans, meet new friends and connect with old! The 3rd Thursday of the month at 9 AM. **November 21**. Join us! Coffee and goodies will be available.

## Health and Wellness

### EAR INSPECTIONS AND WAX REMOVAL

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

**ELDER WELLNESS ~ Free**  
**Thursdays, November 7, 14, 21**  
**9:00 to 11:00 AM**

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

**FOOT CARE ~\$29.00**  
**Monday, November 4 by appointment**  
**Call 860-648-6361 ext. 3335**

**HEARING CLINIC ~ Free**  
**Quarterly: Next date is January**

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

**ELDER WELLNESS AT HOUSING SITE**  
Blood pressure and blood sugar screening  
**Flax Hill Community Hall: Tue. Nov 19 9:15-9:45**



### MEDICAL LOANING CLOSET:

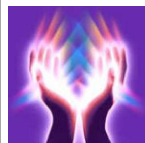
Available at the Center. Please call if you need anything AND call if you want to donate anything. Space is limited. Call

Steve Clapp to inquire. X3325

### Movie at the Center The Lion King (2019)

A young lion returns to reclaim the throne and the Pride Lands that was stolen from him and his father by his treacherous and fratricidal uncle after spending his adolescence in exile, under the care and supervision of a friendly warthog and meerkat. Runtime 1 hour and 58 minutes. Rated PG-13. **Thursday, November 7 at 1:00 PM. Popcorn is served!**

## Reiki and Massages



### Therapeutic Touch REIKI

Denise Cassella, Reiki Master Teacher and Sound Therapist, is offering her services on **Tuesdays, November 5 and 19 from 10 AM to 2 PM by appointment.** Cost is \$30 for 30 minutes payable that day. Call to schedule an appointment.

### Shiatsu Massage Therapy

Janet Fall, LMT will be offering Shiatsu Massage sessions, **Tuesday, November 12 and 26 from 10 AM to 2 PM.** Cost is \$30 for 30 minutes payable that day. Call to schedule an appointment.

### Therapeutic Massage

Melissa Almquist, LMT, is offering therapeutic massages on **Mondays from 10:00 AM to 2:00 PM and Thursdays 11:30 AM to 2:00 PM by appointment.** Cost is \$30 for 30 minutes payable that day. Call to schedule an appointment. (no appts. 11/28)



## Fun and Games



**Bingo ~ Mondays at 1:00** (call for transportation)  
**Poker ~ Mondays at 1:00**  
**Setback ~ Mon at 1:00 & Wed at 6:00** *Hotdogs served on the 1st Wed. of the month, November 6th!*  
**Bridge ~ Mondays and Fridays at 9:00**  
**Adult Coloring ~ Tuesdays at 9:00**  
**Billiards in Teen Center ~ Tuesdays at 10:00**  
**Samba ~ Tuesdays at 12:30**  
***Want to play Samba? Players can teach you!***  
**Cribbage ~ Tuesdays at 6:00**  
**Knitters Group ~ Wednesdays at 10:30**  
**Duplicate Bridge ~ Wednesdays at 12:30**  
**Hand, Knee & Foot ~ Wednesdays at 12:30**  
**Evening Bingo ~ November 7 and 21 at 6:30 PM** (call for transportation) *Hotdogs are served!*  
**Ceramics ~ drop-in program Thursdays at 9:00**  
**Mahjong (American) ~ Thursdays at 10:00**  
**Mexican Train Dominoes ~ Fridays at 12:45**

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

## Classes/Educational Programs

### Mathew Brady

#### Photography Giant of the Civil War

On Wednesday, November 13 at 10:00 AM Joe the History Guy will be here to talk about Mathew Brady, the father of photojournalism. He is best known for his work during the Civil War, including the iconic photo of Abraham Lincoln found on the American \$5 bill. Brady photographed Andrew Jackson and John Quincy Adams, among other celebrities, generals, entertainers and politicians. When the Civil War started, his use of a mobile studio and darkroom enabled vivid battlefield photographs that brought home the reality of war to the public. Thousands of battlefield scenes were taken....but he had some help. We will explore this in the presentation. We will follow his life and misfortunes that led to a sad ending for a great and talented man. Call to register. FREE

#### AARP Safe Driver Course

Learn defensive driving techniques, safety strategies, new traffic laws and rules of the road. Monday, November 18 from 8 AM to 12 PM. Cost: \$15/AARP members, \$20/non-members, payable day of the course! Call to register anytime.

#### Eating Healthy for the Holidays

Join Sarabeth Campanelli, Registered Dietitian of ShopRite in Manchester, as she discusses ways to lighten up your favorite holiday dishes. She will talk about easy swaps for baking and cooking, tips for healthy eating around the holidays and will prepare a Pumpkin Pie Parfait for your sampling. Thursday, November 14 at 2PM. Register anytime. Free.

#### Need to cancel a Program or Trip?

If you sign up for a program, lunch, or a trip at the center and can not make it, please call the office to cancel. Often we have speakers lined up from the outside and would cancel if there is not enough interest; or we purchase food for the number of people who call to register and only a few show up.

#### Birthday Lunch

Celebrate all November birthdays on Wednesday, November 27 at 12 noon. Cake is donated by Geissler's. Sign up the day before.

#### "Let It Go: A Guide to a Simpler and More Serene Life"

Letting go is willing to allow life to carry us to a new place, even a deeper truer rendition of self. Choosing to let go will make us stronger, more secure and allow us to focus on what we need to do to be in the present moment and become who we really are. Each time a new challenge arises, we will recognize how to overcome it, allowing us to take back charge of our goals and continue on our journey. JoAnne Harrison-Becker she will focus on: What It Is I Need to Let Go Of; What I Am Working On to "Let It Go"; Tips on how to let go; and How letting go helps us. Thursday, November 7 at 10:30 AM. Free, call to register.

#### Katherine Hepburn: From Hartford to Hollywood

With a stage and film career that spanned six decades, Katharine Hepburn is an American icon. Born and raised in CT, Hepburn had a career in stage, film and television that reflected the changing role of women in broader society. The story of her life-long ties to CT offers a picture of how she became the woman and the star she was. Natalie Belanger from the CT Historical Society will be our speaker. Friday, November 8 at 1:00 PM. FREE! Call to register.

#### Depression in Older Adults

This seminar will address causes of depression along with diagnosis, common symptoms, available treatments and the side effects of certain antidepressants. Sean Jeffery and Christina Polomoff, Pharmacists from Integrated Care Partners Hartford HealthCare Group will present. Friday, November 15 at 2 PM. Call to register. FREE

#### ART CLASS

Join professional artist Christine MacClintic for a fun, collaborative painting class. Fridays, November 15 and 22 from 9:30-11:30 for a painting of a beautiful autumn landscape on a 16x20 canvas. You will be guided step by step. Beginners to intermediate, all supplies provided. \$20/residents; \$30/non residents. Residents register 11/7; non residents 11/8.



## Special Events

Call to sign up for the below trips beginning  
Friday, November 1 (non residents 11/8).

First come, first serve.

### Extreme Shopping:

#### Main Street in Glastonbury

Get some of your holiday shopping done at the independently-owned shops located on charming Main Street in Glastonbury on **Wednesday, November 13!** Featured shops are: **Riverbend Book Shop**; they will help you with book selection, gift wrapping, and will even ship your gift for you! **Nana's Infant and Children's Boutique**, **Emmy Lou's** (home/jewelry), and **The Sow's Ear** (home décor). Bring money for lunch at The Spicy Green Bean! The bus will **depart the Center at 11:00 PM** and will return **approx. 4:00 PM**.

#### Dine Out: Maine Fish Market

We're going to the Maine Fish Market in East Windsor, on **Wednesday, November 6!** Separate checks accommodated; please note that 18% gratuity will be automatically added to your check. **This trip is FULL** due to prioritizing those on last month's wait list. Call us if you would like to be wait listed, we anticipate room! The bus leaves the **Center at 11:30 AM** and returns **approx. 2:30 PM**.

#### Weekend Dine Out: Beni's

Spend your Saturday evening with us at Beni's Restaurant in Vernon, serving American cuisine made from scratch, on **Saturday, November 23**. Enjoy live music played by local acoustic guitar/vocal duo Moxie!! They perform popular music from many genres from yesterday and today. The bus will **depart from the Center at 5:45 PM** and will return **approximately 8:00 PM**.



#### Winter Craft Show

Come to our 7th Annual Winter Craft Show at the Community Center, 150 Nevers Road, on **Sunday, December 8 from 9:00 AM—3:00 PM**. Over 50 vendors will be here selling handmade crafts and specialty foods. Check off the last minute needed gifts on your list! Hot dogs and salads will be for sale. This is a fundraiser that supports the Senior Center's Community Service Group which donates to various causes and service projects to benefit our community! **Free Admission! Bake Sale and Raffle!!**



**Save the Date: New Year's Eve Party!**  
**Monday, December 30 from 5-9 PM**

## Welcome Committee

**Thursday, November 7 from 8-9 AM** tour the center with volunteers from the Senior Advisory Council. Drop in anytime!

## Men's Morning Group

On **Thursday, November 14**, The Men's Club will be visiting "Ireland's Great Hunger Museum" at Quinnipiac University. **Bus leaves the center at 9 AM and returns approx. 3 PM. Cost is \$5 for admission** at the door. Lunch will be at Hamden Restaurant. For more info please contact Jeff Clark [jc59birch@outlook.com](mailto:jc59birch@outlook.com) or 336-258-0680. There will be no meeting on **November 28**.

## THANKSGIVING LUNCH

Join us to celebrate the holiday on **Friday, November 22** at 12 noon for our CRT lunch with festive roast turkey with gravy, sweet potatoes, peas, cranberry sauce, a corn muffin and pumpkin pie for dessert! Suggested donation: \$2.50. Please register for this lunch by 11:30 AM the day before by calling 860-648-6361 ext. 3328.



## Triad for Senior Safety

### CHARITY SCAMS

With recent disasters (hurricanes, California fires, Houston flooding), there are many calls for contributions to help those impacted by these disasters as well as soliciting for other worthy sounding organizations. It is important to verify the legitimacy of these organizations before providing any money to them. This can be done by checking their IRS status (are they a 501(c)3 charity), and researching any complaints against them. Resources are: [charitynavigator.org](http://charitynavigator.org), [give.org](http://give.org), or [guidestar.org](http://guidestar.org)

### HOLIDAY SHOPPING

Be mindful of your surroundings in stores, parking lots and garages; park close to buildings and under lights; have your keys in hand as you approach your car, and lock the doors as soon as you get in the car. Be extra vigilant about keeping credit cards, purses and wallets secure.


## More Special Programs

### The Great Hartford Witch Hunt

A Presentation by local author Dick Ross: "Before Salem"

From 1647-1663 eleven people were hanged as witches on the New England frontier, the Connecticut River Valley. The outbreak of witch hunting in New England was directly influenced by the English Civil War and the witchcraft trials begun in 1644 led by the witch hunter Matthew Hopkins in East Anglia, England. These earlier witchcraft trials later influenced contemporary writers on the Salem witch trials in 1692. The presentation will offer a fresh assessment of the first outbreak of witch accusations, trials and executions in the Connecticut River Valley. His presentation is based on his recent book "Before Salem: Witch hunting in the Connecticut River Valley 1647-1663," McFarland & Company, 2017. **November 8 at 11:00 AM. Register anytime. Free**

### Special Bingo

Join us on **Monday November 18 at 1PM** for a  special bingo sponsored by the Ivy of Ellington. They will provide special prizes and goodies!

### New Traditions for the Holidays

With the holidays fast approaching, celebrating can seem daunting if you have suffered a loss recently. A loss is never easy, whether it be from divorce, separation, change in life or health. Grief must be heard and touched, before one can move forward and reclaim some normalcy. Not only to everyday living, but also for holiday traditions that have been a fabric of one's life. Together we will look at ways to blend traditions of the past with new customs and ways to celebrate on **Friday, November 22 at 1:00 PM**. Led by Sandra Cook, CSA, CDP, Care Coordinator for Home Helpers of Farmington Valley. She is a trained facilitator and runs a monthly caregiver support group. Sandra is also a community educator with the Alzheimer's Association and has facilitated bereavement and hospice support groups. **FREE**. Call ext. 3335 to register.

### Modernizing Mobility: Risks and Rewards

AAA and The University of CT's Transportation Safety Research Center invite you to attend a free program on self-driving vehicles. Explore the risks and rewards of new technology and envision a future with greater mobility for all! **Wednesday, November 6 from 9 AM to 12 Noon**. Goodwin College Auditorium, 211 Riverside Drive, E. Hartford. Register online: [ctsrc.UCONN.edu/tttw2](http://ctsrc.UCONN.edu/tttw2) or call 860-965-6161. We are advertising this as a courtesy, we are not registering or providing transportation to this program.

## December Programs

### What are Henna Tattoos!?

Henna has been used as temporary body art for over 5000 years and is a time-honored tradition among various cultures and religions of the world. The henna plant leaves contain a pigment called lawsone which combines with proteins to cause staining. Because of this staining quality, henna has been used throughout the ages to dye hair and create body art designs. The intricate designs can symbolize passages of life and can also be applied simply for their beauty. Learn about the history and uses of henna on **Monday, December 2 at 10 AM** with Jamilah (Jennifer) Zebarth, who learned the art of henna 13 years ago and enjoys sharing this art form with others. Twenty people will have the option of having a henna design on their hand or arm (will be done by lottery). Jamilah uses essential oils in her natural henna making the application look AND smell wonderful. Cost is \$5. Sign up anytime!

### Dinner with a Medium

**Monday, December 16 at 4:00 PM**

Have you ever wanted to see a medium but never have a chance? Well, now is your time as we welcome Karen Kilmartin to our center! Karen is a spiritual psychic medium, best known for her down to earth attitude and compassion. She is Clairvoyant, Clairaudient, Clairsentient. All Karen's messages are based on validation from Heaven. Whether you are in need of messages from loved ones in heaven, or you want information about your present and future, Karen's accuracy rate is uncanny. Karen is a humanitarian that believes that her gifts should be used for the greater good. This program is a an educational and enlightening experience in a group setting, not individual appointments. Dinner will consist of chicken cordon bleu made by JEMS, rice pilaf, vegetables and dessert! Cost is just \$15 before 12/11, or after \$20. We expect to sell out, so please sign up early!

## Fitness & Wellness Workshops

### DIABETIC SUPPORT GROUP

Join us **Friday, November 1** from 10:30-12 for our first Diabetic Support Group meeting! Meetings to be held monthly with a Diabetic Educator. Contact Penny at 860-648-6361 ext. 3314 with questions or to register.

### Prevent Type 2 Diabetes With The PreventT2 Program

If you have prediabetes or other risk factors for Type 2 Diabetes, it's time to take charge of your health. The Prevent T2 Program can help you make lasting changes to prevent Type 2 Diabetes. You will learn skills to lose weight, be more physically active, and manage stress. You will also have access to a trained lifestyle coach to guide and encourage you. This program is sponsored by ECHN and meets for 12 months. The informational meetings will be held at the senior center on **Tuesday, November 5 at 1 PM**. For more info or to register, call 860-647-6824. This program is FREE to the community! Follow-up session dates to be determined.

### Heart Failure: What You Want to Know

Developing Hearts, LLC will be here on **Thursday, November 14 at 1:00 PM** to review with you the definition of heart failure, its possible causes, and scientific, evidence-based steps you can take to either prevent the disease or greatly improve your outcome. Led by Elisabeth Thomas, MSN, RN and nurse nutritionist Katrina Kormack, RN. Wear comfortable clothes, we will see how yoga improves heart failure (participation optional). FREE. Call ext. 3335 to register anytime.

### Gratitude of Joy

Presented by Jennifer Hirschberg-Wise, OTR/L, CLT. This workshop is a blend of chair yoga, and tai chi. It is a series of movements developed in a sequential flow to support your connection to your physical being, joy and gratitude. Come as you are! No special equipment, footwear or knowledge required. **Friday, November 15 at 1 PM**. Call anytime to register. Free

### Gift Certificates Available!



Senior Center gift certificates are available all year and make a great gift for someone who doesn't "need" anything! Available in the office in any denomination!

## Fit For Life Fitness Center

### *We Have State of the Art Equipment* Cardio:

Treadmills, NuStep Machines, Elliptical Trainers,  
Recumbent Bike

### Resistance Training:

Lat Press, Shoulder Press, Bicep/Tricep Extension,  
Medicine Balls  
Seated Leg Extension/Leg Curl  
Incline Weight Bench  
Dumbbells

### To Join Fit For Life Fitness Center you must:

- Be 55 years of age or older
  - Have a medical clearance form signed by your doctor
    - Register at the front desk
- Make an appointment for orientation with Susan Gouin, Certified Medical Exercise Specialist. **She will teach you how to use the equipment and design a program based on your health.**  
Call 860-648-6361 ext. 3339.

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

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

### Need assistance with your fitness program?

Susan will be in the fitness center to help folks on **Mondays at 10 AM and Thursdays at 2 PM.**  
(no need to call, just show up)



## New Trips: Residents Register 11/7; Nonresidents 11/8

### Blue Christmas: Elvis and Rod Stewart!



Join us on **Thursday, December 5** for a Christmas celebration with Elvis, starring Ray Guilloumet as "Ray of Elvis," and the zany, bodacious Rick Larrimore as Rod Stewart at the Log Cabin! **Cost is \$55** and includes the show and Complimentary Glass of Wine, Tossed Salad, Roast Chicken, Gorgonzola Sirloin, Seasonal Veggies, and Profiterole with Fudge Sauce for dessert. The bus will **depart the Center at 10:30 AM**; returns **approximately 4:15 PM**.

### An Actor's Carol

Come with us on **Sunday, December 22** to the Ivoryton Playhouse! Burned-out actor Hugh Pendleton, not-so-fresh from playing Scrooge one too many times in the backwater community theatre where his once promising career has met its unglamorous end, is surprised to encounter three spirits of his own in this quirky and compelling ode to the holiday classic. **Cost is \$35**. Bring money for dinner at Scotch Plains Tavern in Essex. The bus will **depart the Center at 12:30 PM**; returns **approx. 7:30 PM**.

### Spring trips to Wood Memorial Library:

*Wood Memorial is holding our spots only until the show sells out; sign up on Sign Up Day or shortly thereafter!*

### Her Life—Martha Washington

**Wednesday, March 25**. This is an intimate look into the life of Martha Washington. This portrayal/lecture includes Martha's happy childhood, her courtship, her children, grandchildren, friends, and heartaches. She married one of VA's wealthiest men, became wealthy widow at age 26, outlived her four children, and her second marriage made her a public figure and she was considered the first FIRST LADY OF AMERICA. **Cost: \$15**. Reception following. The bus will **depart the Center at 1:30 PM** and returns approx. **4:00 PM**.

### Lizzie Borden and the 40 Whacks

**Wednesday, April 29**. On a scorching hot day in Fall River, in August of 1892, a heinous crime occurred. Spinster Lizzie Borden was accused, tried, and acquitted for the vicious ax murders of her father and stepmother. The true unsolved mystery has fascinated people for over 100 years. During the mock trial portion of this show, the audience is invited to participate by questioning Lizzie and deciding her guilt or innocence. **Cost is \$15**. Reception following. The bus will **depart the Center at 1:30 PM**; returns approx. **4:00 PM**.

### Policies for Trips Sign Ups:

- ♦ Sign up for newly advertised trips is the 1st Thursday of each month for SW residents. You may register for yourself and one other resident on sign-up day.
- ♦ Non-residents may sign up beginning the next business day after sign-up day, if space allows.
- ♦ All trips are open to those age 55 or older unless otherwise noted.
- ♦ If a person cancels a trip for any reason, **no refunds** will be given once payment is received unless we are able to fill your spot on the trip. We will call our wait list, if any, and make every effort to fill your spot in order to be refunded.

### Special Accommodations:

- If you require special seating due to a physical disability, mobility issue or inability to climb stairs in an auditorium, you must indicate this **prior** to registering for a trip or event to allow adequate time to accommodate your request. In some instances, disability seating may require a more expensive theater ticket. Disability seating changes cannot be guaranteed on the day of the event if notice has not been given to us prior to the day of the trip.
- If you wish to sit next to someone at a theater please indicate at the time of registration so tickets can be assigned accordingly.

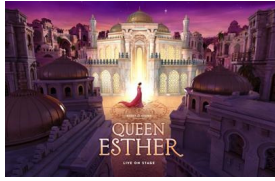
### For Motorcoach Trips:

Please keep in mind that for trips that are led by Tour Companies (those that we take a motorcoach) they will typically ask for a list of the names and phone numbers of those going on the trip. They use this list for attendance and in the event that they need to contact you prior to departure.

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

## Previously Advertised

Registration has begun, space is limited



### *Penn Dutch Country and Queen Esther*

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

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

### Christmas Town Festival

Head off to Christmas Town for a magical holiday experience with Tours of Distinction on **Friday, December 6!** For the 40th year of the festival, this tradition will get you in the holiday spirit! See flyer for details. Cost: \$123. The bus will depart from Geissler’s at 9:45 AM and will return approx. 8 PM.



### Discover Switzerland, Austria & Bavaria

Discover spectacular Switzerland, Austria, and Bavaria with Collette Tours on a 10-day tour featuring 4-night stays in two cities **May 1-10, 2020**. Cost is \$4,499 pp single, \$3,999 pp double. \$815 deposit due at the time of registration.

*Registration based on availability only,  
call Andrea 860-648-6357*

## Cruise Through the Panama Canal in 2020!

**November 29—December 12**

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


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

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

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

*Book before November 30 and save \$100!*



Monday		Tuesday		Wednesday		Thursday		Friday	
<h1>November 2019</h1> 						<h2>Weekend Events/Trips</h2> <p>Sunday, November 3—Ivoryton Playhouse Sunday, November 10—Hike Saturday, November 16—Witches in CT Saturday, November 23—Weekend Dine Out Saturday, November 23—Valley Falls Hike Sunday, November 24—Opera House Players</p>		<p>Walmart, Mall, Quick trip shop 8:30 AM Bridge 9:00 AM Local Shopping 9:30 AM Country Line Dancing 10:00 AM <b>Diabetic Support Group</b> 10:30 AM Lunch 12:00 PM Mexican Train Dominoes 12:45 PM <b>Weight Watchers</b> 2:00 PM</p>	
						<p>Cardio Silver Sneakers 8:30 AM Bridge, Light aerobics 9:00 AM <b>Republican Sponsored Lunch</b> 12:00 PM Setback, Poker 1:00 PM <b>Special BINGO</b> 1:00 PM Beginner Pickleball 1:00 PM Light aerobics 6:00 PM</p>		<p>Tri-city/Errands, Walkers Group 8:30 AM Adult Coloring 9:00 AM <b>Early Onset Dementia Group</b> 9:30 AM Qigong, Billiards, Reiki 10:00 AM Chair Yoga 11:00 AM Lunch 12:00 PM Samba 12:30 PM Gentile Tai Chi 1:00 PM <b>Prevent Type II Diabetes</b> 1:00 PM <b>Aging Mastery</b>, Cribbage 6:00 PM</p>	
<p><i>Office closed in observance of Veteran’s Day</i></p>		<p>Tri-city/Errands, Walkers Group 8:30 AM Circuit SS, Adult Coloring 9:00 AM <b>Early Onset Dementia Group</b> 9:30 AM Classic SS Qigong, Shiatsu 10:00 AM Billiards 10:00 AM <b>Aquaturf: Crooning the Classics</b> 10:15 AM Chair Yoga 11:00 AM Lunch 12:00 PM Samba 12:30 PM Gentile Tai Chi 1:00 PM <b>Aging Mastery</b>, Cribbage 6:00 PM</p>		<p>Light Aerobics 8:00 AM Local Shop./Errands, Cardio SS 8:30 AM Light aerobics, 9:00 AM <b>Joe the History Guy</b>, Nourishing Yoga 10:00 AM Knitter Group 10:30 AM <b>Extreme shopping</b>, Chair Yoga 11:00 AM Chair Volleyball 11:30 AM Lunch 12:00 PM Dup. Bridge, Hand Knee &amp; Foot 12:30 PM Balancing Act 1:00 PM Chair Yoga 3:00 PM Setback 6:00 PM</p>		<p>Errands, Walkers Group 8:30 AM Elder Wellness, Ceramics, Circuit SS 9:00 AM <b>Men’s Morning Group</b> 9:00 AM Classic SS, Mahjong 10:00 AM <b>Ukulele Sing-A-Long/Concert</b> 10:00 AM Lunch 12:00 PM <b>Heart Failure: What You Need to Know</b> 1:00 PM <b>Mindfulness and Meditation</b> 2:00 PM <b>Eating for the Holidays</b> 2:00 PM</p>		<p>Walmart/Mall, Quick trip shop 8:30 AM Bridge 9:00 AM Local Shopping 9:30 AM <b>Art Class</b> 9:30 AM Country Line Dancing 10:00 AM <b>MCC Culinary School</b> 11:15 AM Lunch 12:00 PM <b>Gratitude of Joy</b> 1:00 PM Mexican Train Dominoes 12:45 PM <b>Weight Watchers</b> 2:00 PM</p>	
		<p><b>AARP Safe Driver</b> 8:00 AM Cardio Silver Sneakers 8:30 AM Bridge, Light aerobics 9:00 AM Lunch 12:00 PM <b>Special BINGO</b> 1:00 PM Setback, Poker 1:00 PM Beginner Pickleball 1:00 PM Light aerobics 6:00 PM</p>		<p>Tri-city/Errands, Walkers Group 8:30 AM Circuit SS, Adult Coloring 9:00 AM <b>Early Onset Dementia Group</b> 9:30 AM Classic SS Qigong, Reiki, Billiards 10:00 AM Chair Yoga 11:00 AM Lunch 12:00 PM Samba 12:30 PM Gentile Tai Chi 1:00 PM <b>Chinese Calligraphy</b> 2:30 PM Cribbage 6:00 PM</p>		<p><b>Radio City Music Hall</b> 6:45 AM Local Shopping/Errands, Cardio SS 8:30 AM Light aerobics 9:00 AM Nourishing Yoga 10:00 AM Knitter Group 10:30 AM Chair Yoga 11:00 AM Chair Volleyball 11:30 AM Dup. Bridge, Hand, Knee &amp; Foot 12:30 PM <b>Community Service Group</b> 12:30 PM Balancing Act 1:00 PM Chair Yoga 3:00 PM Setback 6:00 PM</p>		<p>Errands, Walkers Group 8:30 AM Elder Wellness, Ceramics, Circuit SS 9:00 AM <b>Veteran’s Coffee Hour</b> 9:00 AM Mahjong, Classic SS 10:00 AM Lunch 12:00 PM <b>Wild Landscapes of N.H and Maine</b> 1:00 PM <b>Mindfulness and Meditation</b> 2:00 PM <b>Hotdog BINGO</b> 6:30 PM</p>	
<p>Cardio Silver Sneakers 8:30 AM Bridge, Light Aerobics 9:00 AM Lunch 12:00 PM BINGO, Setback, Poker 1:00 PM Beginner Pickleball 1:00 PM Light Aerobics 6:00 PM</p>		<p>Tri-city/Errands, Walkers Group 8:30 AM Circuit SS, Adult Coloring 9:00 AM Classic SS Qigong, Shiatsu, Billiards 10:00 AM Chair Yoga 11:00 AM Lunch 12:00 PM Samba 12:30 PM <b>Monte Carlo Whist Party</b> 1:00 PM Gentile Tai Chi 1:00 PM Cribbage 6:00 PM</p>		<p>Local Shopping/Errands, Cardio SS 8:30 AM Light Aerobics 9:00 AM Nourishing Yoga 10:00 AM Knitter Group 10:30 AM Chair Yoga 11:00 AM Chair Volleyball 11:30 AM <b>Birthday Lunch</b> 12:00 PM Dup. Bridge, Hand, Knee &amp; Foot 12:30 PM Balancing Act 1:00 PM Chair Yoga 3:00 PM Setback 6:00 PM</p>		<p><i>Office Closed</i> <i>Happy Thanksgiving!</i></p>		