



# THE SENIOR CONNECTION

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

150 Nevers Road

860-648-6361



## September 2021




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

### September is Senior Center Month!

The National Council on Aging normally provides a theme for Senior Center month, but instead has provided the following message. The South Windsor Senior Center staff is proud to be among the many senior centers in our area, the state and nationally: *This year, senior centers have sown a great deal — probably more than ever imagined. Senior Centers shined a light on centers by showing the entire nation how vital we are to the health and well-being of a community; transformed centers to virtual classrooms overnight and, in so doing, provided continued means of social engagement and activity during bleak times, turning the table on ageist stereotypes about older adults and technology use; provided countless hours of support and encouragement and delivered numerous meals; became even more integral to health care delivery in communities by providing COVID-19 guidance and education; and played an outsized role in addressing an issue that we all knew was important even before the pandemic: social isolation.* We are the South Windsor Senior Center and so proud to be here working for all of you! **Andrea Cofrancesco, Director**

### Ice Cream Social & Entertainment



Kick off National Senior Center Month with an Ice Cream Social Celebration on **Wednesday, September 8 at 1:00 PM**. Enjoy your favorite flavors while listening to the angelic voice of Marcy Conway. **FREE**, call to register.

### Pizza Party and Q & A On COVID-19



Dr. Anwar, Senator and pulmonologist, will be joining us to answer your questions about COVID-19. **Thursday, September 9**, we will have a pizza party starting at **4:00 PM** followed by his presentation at **4:30 PM**. Free to residents to celebrate Senior Center Month. Non-resident fee is \$5. Call to register anytime.

### Early Bird Dinner & Our Own Ukulele Band for Entertainment

Our early bird dinners are back! **Thursday, September 30 at 4:00 PM** we will end our month long celebration of Senior Center Month. Dinner will consist of prime rib, glazed carrots, baked potato, roll and caramel apple cupcakes provided by The Ivy in Ellington. Following dinner, enjoy the musical stylings of our very own Ukulele Band! Cost for residents is \$5 and \$15 for non residents. Sign up and pay in the office by 9/27.

### Annual Senior Picnic Under the Tents!

**Thursday, September 23 10:00 AM—2:00 PM**

Join us for our annual Senior Picnic, carnival style! This event is a fun fall festival filled with food, games, entertainment and prizes all under tents on the grassy area of the community center grounds.

**10:00 AM-12:00 Noon:** Carnival games, The Amazing Andy (juggling and balloon animals) and Caricature drawings with Judy.

**12:00 Noon - 1:00 PM:** House Grill Food Truck (choose a meatball, Philly cheesesteak or chicken parm grinder).

**1:00 PM - 2:00 PM:** The Still Pickin' Band (featuring Dennis Sheridan!)

**2:00:** Dessert

This event is **free to South Windsor residents**, cost is **\$25 for nonresidents**. Call to register by 9/21. This event is historically very popular, grab your spot! Come anytime prior to lunch!

### Open Mic Event

On **Wednesday, September 29 at 1:00 PM** following the Birthday Lunch, stay for our Open Mic Event. Sing a song, tell a joke, read some poetry, show off your dance moves, even show us a magic trick. All performances welcome. Whether you're performing or watching it will be a great time. **Performers, call Tiffany, 860-648-6399 to sign up before 9/24.** All others register for lunch by calling 860-648-6361 ext. 3328 by noon the day before.

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

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Visit our Website:  
[www.southwindsor-ct.gov/adult-senior-services](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:** Barbara Konicki ext. 3339  
Tiffany Lazur ext. 3340  
**CARES Coordinator:** Amy Patterson ext. 3311  
**Caseworkers:** Stephen Clapp ext. 3325  
Susan Grundstrom ext. 3314  
**Asst. Dir. Adult & Senior Services:** Lindsey Ravalese ext. 3319  
**Director of Human Services:** Andrea Cofrancesco ext. 3316

**Did you know?**

- There is a notary public available at the Community Center. Call to schedule an appointment: 860-648-6357.
- We have files of life! A free magnet for your fridge with important emergency medical and contact information that is available to first responders when they are called to your home.



**Mission**

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



**Adult and Senior Services  
Division Mission:**

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

## SOCIAL SERVICES: 860-648-6361

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

### Farmer's Market Nutrition Program

Farmer's Market booklets from the Department of Agriculture are available. If your gross monthly income is at or below \$1,986 for a single household or \$2,686 for a married couple and you are 60 or over you may qualify. The booklets which total \$18 can be used at the local farmer's markets for fresh fruit, vegetables and honey. We do require proof of your income. Call your caseworker, or if you do not work with someone call Human Services at 860-648-6361 ext. 3335.

### Caregivers Support Group

Please join us on **Thursday, September 9** at 10:00 AM as we restart our Caregiver's Support Group after the summer break. We will be joined by special guest Sandra Cook, a support group facilitator who has a wealth of knowledge and experience with Parkinson's Disease. Please note, this month's meeting will be located in **Room 206**. Space is limited. To RSVP or to be added to the distribution list, please contact Sue at [susan.grundstrom@southwindsor.org](mailto:susan.grundstrom@southwindsor.org) or 860-648-6359.

### Adult Family Living Program

The Adult Family Living Program is a service that is available through the CT Homecare Program for Elders (CHCPE). The individual who receives caregiving services either needs to move in with their caregiver or the caregiver must move in with them. The caregiver cannot be a spouse or legal guardian and must be at least 18 years old. The caregiver must be able to provide care 24 hours a day and will receive a non-taxable stipend based on the level of care needed. An agency contracted with the State of CT will provide assistance, supervision and training for the caregivers. There are many agencies in CT that provide this service. Your CHCPE case manager will be able to provide you with your agency options. **How do you qualify?** The individual needing services must be eligible for Medicaid and the CHCPE. The current Medicaid Waiver income limit of the CHCPE is \$2,382 per month with an asset limit of \$1600 for an individual. There are higher asset amounts allowed for a married couple. The individual must also require assistance with activities of daily living, such as bathing, dressing, walking and taking medications. For more info or to start the application process, call CHCPE at 1-800-445-5394. Our caseworkers can also provide applications and guidance by calling 860-648-6361 ext. 3335.

### ENERGY ASSISTANCE

Applications for the 2021-22 energy assistance program are underway for deliverable fuels only. Electric and Gas customers can apply beginning November 1. Gross monthly income cannot exceed \$39,027/year (single) and \$51,035 (couples). 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 ext. 3335.

### RENTER'S REBATE

**Ends October 1**

Did you rent an apartment in 2020? Are you 65 or totally disabled? Income limited to \$37,600 for an individual, \$45,800 for a couple. Documentation needed includes all income for 2020 which includes your 2020 1040 form and Social Security 1099 form or if you do not file taxes all 2020 1099 forms and proof of what you paid for rent and utilities for 2020. You can obtain printouts of your 2020 Eversource light and/or gas payments by calling Customer Service, we will not accept monthly bills. If you live at Watson Farm, Berry Patch or Hillcrest we have your rent history only, you must provide all the other documents. Call 860-648-6361 ext. 3335 to arrange paperwork drop off.

### Mobile Foodshare



Located at Wapping Church every other Thursday from 11:30 AM to 12 noon. **September 2, 16, 30.** Fresh produce. Bring your own bags. If you need transportation, please call 860-648-6361 ext. 3310. FREE

### Manufactured/Mobile Home Owners!

If your home is financed with an interest rate of 6% or higher, carries a remaining term of 5+ years, has a balance between \$20,000 - \$100,000, you may be eligible to reduce your interest rate to 1%! To learn more call 1-844-281-4663 or visit: <https://www.chfa.org/mobilehome>





## Gazebo Events

All gazebo events are FREE and open to South Windsor residents only. Please call to register 860-648-6361 ext. 3335 or register online! *Space is limited.* Please note, transportation is not guaranteed to all of our gazebo events based on the timing of the event and driver availability. If you need bus transportation, please call to inquire about transportation.



### Rock Painting

Come and get crafty with us! On **Tuesday, September 7 at 2:00 PM** we will be painting rocks. All artistic abilities welcome, refreshments will be served, materials provided.

### Ice Cream Soda Day

Join us on **Friday, September 10 at 2:00 PM** for a refreshing treat of ice cream soda! A few scoops of ice cream in a carbonated beverage is the perfect way to cool down.



### The Hartford History Lady

**Tuesday, September 14 at 2:00 PM**, join Wendy to learn all about our Capitol City. Please come with your questions about people and places in Hartford. Maybe you can stump the speaker! Snacks will be served.

### All About Apples

**Monday September 20 at 2:00 PM**, learn all about Connecticut's favorite apples and apple farms. Bring a copy of your favorite apple dessert recipes to share. Enjoy tasty apple treats!



### Pancakes on the Patio

Enjoy some delicious, fluffy pancakes on **Monday, September 27 at 10:00 AM** in honor of National Pancake Day. Space is limited!



## Triad for Senior Safety

### SCAM ALERT:

### Disaster and Weather- Related Scams

These scams focus on disaster and weather-related events (fires, floods, hurricanes, thunderstorms, tornados and tropical storms), after which you may need assistance. Hurricane season runs through November 30. There are tips to protect yourself below!

**Clean up and Repair: The Scam:** Services are offered at a low price, and there are no contracts

**To protect yourself:** do research before deciding on a contractor, ask for identification, credentials, references, and proof of insurance. Insist on a signed written contract that outlines what work will be done, who will do the work, a timeframe for completion and the total cost involved. Contractor credentials can be verified at <http://www.elicense.ct.gov>

**Charity: The Scam:** Scammers take advantage of your desire to help others by creating fake charities, some of which may look like the real thing. Strong arm tactics should be considered suspicious.

**To protect yourself:** Ask questions (e.g., How and where will the money be spent?); Research a charity by visiting their website before donating. Legitimate charities in CT must be registered with the Department of Consumer Protection. Do not provide your credit card, bank or personal information. Charities can be checked out through the following websites:

[www.CharityNavigator.org](http://www.CharityNavigator.org), [www.GuideStar.org](http://www.GuideStar.org), or [www.give.org](http://www.give.org)

**Job Scams: The Scam:** Disasters may result in loss of employment, so job opportunities are presented which may not be real. Be very suspicious if you are told that you must pay to apply for or to start a job, or if the posting guarantees employment.

**To protect yourself:** Be alert, ask questions, check the company's website for the position.

**Used car scams: The Scam:** Sellers cover up the fact that a car was destroyed or had severe damage as a result of a disaster and try to sell the cars in other states or locations.

**To protect yourself:** Be alert to cars being sold (especially at low rates) after a disaster. Before purchasing the car have a thorough inspection done and ask for the car's history.

(Source: CT Department of Consumer Protection)

## Coming in October

### AARP Safe Driver Course

Learn defensive driving techniques, safety strategies, new traffic laws and rules of the road. **Monday, October 4** from 9:00 AM-1:00 PM. **Cost: \$15/AARP members, \$20/non-members,** payable day of the course! Call to register anytime.



### Flu Shots at the Center

We had hoped to offer our annual Health and Safety Fair, but with the continued rise in COVID-19 cases, we are going to keep it simple. This year we will offer FLU shots only on **Tuesday, October 5 from 9 AM to 1 PM** by appointment. Please call ahead to get a 10 minute time block to come. 860-648-6361 ext. 3335. Walgreen's will be providing the shots and they take MOST insurances.

### Coffee with A Cop

Join South Windsor's finest for a cup of coffee and some conversation! Police Chief Kristian Lindstrom, Lt. Mark Cleverdon (Public Information Officer) and Sgt. Elsie Diaz (Community Resource Officer), will be at the center to talk to residents about things that are happening in South Windsor that you should be aware of, and ways to stay safe. Come with any questions you may have! **Thursday, October 7 at 10:00 AM.** Please call to register.

### Medicare Fraud

Stand up against Medicare fraud! A representative from the Senior Medicare Patrol from The North Central Area Agency on Aging will be giving a presentation. Medicare fraud is growing tremendously and we want to help protect our seniors. Join us to learn how you can protect yourself, detect fraud and report abuse on **Friday, October 8 at 1:00 PM.** Call to register.



## Programs

### What Is Hospice?

David DiGiovanna from Seasons Hospice & Palliative Care of CT will be here on **Tuesday, September 21 at 11:00 AM** to talk about Hospice. What does it mean when the doctor tells you that you qualify for hospice? What services are available? What is covered by insurance? Free, call to register.

### Zoom in with the Mayor

Join Mayor Andrew Paterna on **Thursday, September 30 at 10:00 AM** for a discussion on what is happening in South Windsor. Get your questions answered! Call to register to get the zoom link. If you don't have Zoom but wish to attend, we can set Zoom up for you at the center.



### Ukulele Classes with instructor Sue Hill

#### Beginners (6 weeks) \$30:

Learn to play the ukulele, a fun and easy instrument that you can sing along with. These classes are designed for the complete beginner, NO musical background is required, just your enthusiasm and willingness to learn. Please purchase your own prior to the class. Ukuleles are affordable and can be found on-line or at Guitar Center in Manchester. **Thursdays at 2:30: 10/7, 10/14, 10/21, 11/4, 11/18 and 12/2.** Pay the instructor the first day of class.

Intermediate (8 weeks) \$40: This class is designed for those who have already taken the beginners class, but want to continue to grow and play with others because it's so much fun! **Tuesday, 9/21, Thursdays 9/30, 10/7, 10/14, 10/21, 11/4, 11/18, 12/2** all at 1:00 PM. Pay the instructor the first day of class.

### Boredom Busters

Feel safer at home but starting to get bored? Well, our game packets are back! Call to let us know you'd like to pick one up so we can have it ready for you. Return your packets and your name will be entered into a drawing for a prize. **If you are not comfortable going out and you would like a puzzle, books, masks, crafts, or a phone call, please give us a call and let us know how we can help.** 860-648-6398.

# Stay Fit, Stay Well!

Class	Times/ Place	Session Dates	Cost
Pickleball	Mon. — Fri at 8:30 AM at Ellsworth School, 1737 Main St.	For more information call volunteer coordinator Dick Lane at 860-614-3348	<b>FREE</b>
Light Aerobics with Linda	Monday & Thursday 8:30 AM  In person and on Zoom	Sept 2—Oct 28 No class 9/6, 10/11	<b>\$30 For 15 classes</b>
Classic SS (beginners) with Erin	Monday 1:00 PM Thursday 1:30 PM  In person Only	On-going Silver Sneakers Class  Sept 2—Oct 28 No class 9/6	\$3 per class or Free SS
Tai Chi With Rebecca	Monday 2:00 PM (no class 9/6, 10/11) In Person Only	Mon. sponsored by the Residence at South Windsor Farms; In Person Only	<b>\$30 For 15 classes</b>
Tai Chi With Marivic	Wednesday 2:00 PM In Person and on Zoom	Sept 1—Oct 27	
Strength Training with Barbara	Tuesdays 9:00 AM  In person and on zoom	On-going.  Sept 7—Oct 26	<b>\$16 For 8 classes</b>
Walkers Group (New folks always welcome to join us!)	Tuesdays & Thursdays at 8:30 AM	On-going <i>Meet at the pavilion at Nevers Park.</i>	<b>FREE</b>
Chair Yoga with Diana	Wednesdays and Fridays 10:00 AM  In person and on zoom	Sept 1—Oct 27	<b>\$35 or 18 classes</b>
Chair Volleyball	Wednesday 11:30 AM	On-going	<b>FREE</b>
Zumba with Marlene	Fridays 1:00 pm  In person and on zoom	Sept 3—Oct 29	<b>\$20 For 9 classes</b>

## New Classes starting in September

### Tai Chi Tuesdays at 2 pm with Marivic

Tai Chi is an internal Chinese martial art practiced for defense training, health benefits, and meditation. It can be described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.

### Zumba Fridays at 1 pm with Marlene

The design of the class introduces easy-to-follow Zumba ® choreography that focuses on **balance, range of motion and coordination**. Come ready to sweat, and prepare to leave empowered and feeling strong. This is NOT Zumba GOLD.

## EXERCISE PROGRAM CHARGES

For the past 17 months, all of our exercise classes have been free. Beginning September, all of our classes will have a fee. Since attendance was booming for so many of our classes when they were offered for free, we are hopeful that by offering these classes at a low price, we will still get enough to cover the instructor's fee. In the past, our per class charge was typically \$5, but we are lowering the price to encourage more to continue in the classes. If we find that the participation is too low, we will increase fees for the next session. Each session is 2 months; the number of classes in each session varies based on holidays. If you are experiencing a hardship and can't afford the fee, please reach out to Andrea at 860-648-6357. We do not want money to be a barrier to participating!

### Please also note the following:

- Some classes will be offered both zoom and in person (charges apply for both)
- Some classes will only be offered in person
- New zoom links will be sent out to those who pay for the classes, attendance will be taken by the instructor
- For Lite Aerobics, Chair Yoga and Tai Chi, classes are offered twice a week. Fees for these classes include both days. If you want to only attend one day per week, the fee is the same as the two day a week class.
- There is no longer a drop in fee for Lite Aerobics, pay by the session
- The only drop in class is Silver Sneakers (free for Silver Sneakers members)
- If you can't attend some of the classes during the session, the price does not change, you would need to pay the full session price unless you join after the session starts.
- If you sign up for a class that offers both zoom and in-person, you can mix up how you attend, but when you come in-person, please swipe in.



## More Programs



### Katherine Hepburn First Lady of Cinema

Born in Hartford CT, died in Old Saybrook CT. Come hear her story from Broadway to Hollywood, her tragedies, failures, successes and her unconventional behaviors with Joe the History Guy on **Tuesday, September 7 at 10:30 AM**. Free, call to register.

### Bingo in September

- **Mondays at 10:30 AM:** September 13, 20, and 27 (themed bingo)
- **Thursdays at 6:30 PM:** September 2, 16 at 6:30 PM and.....hot dogs are back! Hot dogs will be served between 5:30-6:15 PM.
- **Friday, September 10:** Special Bingo at 1:00 PM due to the holiday



For transportation on Mondays, you will be brought in on the lunch run with pick-ups between 10-11 AM, and go home after lunch. No need to call for bingo, but you need to call for the bus and if you would like to have lunch.

### Meet and Greet with Director of Public Works

Join South Windsor's Director of Public Works Vincent Stetson on **Friday, September 17 at 11:00 AM**. Hear the latest on what is happening in this busy department! Enjoy coffee and pastries! FREE, call to register.

### Birthday Lunch

Celebrate **September** birthdays on **Wednesday, September 29** following lunch. Cake donated by **Geissler's**. Sign up for lunch by noon the day before.



### Senior Men's Club

The Men's Club will meet on the 2nd and 4th Thursday of the month beginning in September. **September 9 and 23 at 9:00 AM** in the Teen Center. We look forward to your comradery, sharing your pandemic experiences and of course planning field trips. Bring a friend, new members welcome!

### Ted Talks are Back!

**Importance of Sleep: Thursday, September 9 at 1:00 PM.** Join us in the senior lounge to listen to Matt Walker's talk "Sleep is Your Superpower". Learn about the true importance of sleep and what happens to your body when you don't get enough.

**Battling Bad Science: Thursday, September 30 at 1:00 PM.** Come watch Ben Goldacre: Battling Bad Science. As a doctor and epidemiologist he shows us the ways evidence can be distorted, from nutrition claims to the subtle tricks of the pharmaceutical industry.



## Arts & Crafts

### Crafternoon



Join Tiffany on **Monday, September 13 at 1:00 PM** to make a beautiful fall button tree. All supplies provided, all you need to bring is your imagination. Sign up now, cost is \$5 and includes all supplies.

### Painting with Christine!

Join professional artist Christine MacClintic for a fun, easy painting class using acrylic paint on a 16x20 canvas. No experience needed, all materials supplied. **Fridays, September 17 and 24 from 9:30 to 11:30 AM at the community center.** Cost is \$20 and includes all supplies. Class limited to 12, SW residents only. Registration begins 9/2.

### Pastel Drawing

On **Wednesday, September 22 at 1:00 PM**, learn pastel techniques for beginners with Mary Ransome. She will guide you to create a colorful piece of art using pastels and construction paper. Mary is a multi-talented artist. This class is for beginners and those with experience. Cost is \$5 for supplies and instruction. Register and pay in the office anytime.



### Bench Dedication

In July we dedicated a bench in the front of our building in memory of our beloved bus driver, Dave Harrison. Dave was with us for 10 years prior to his passing in July of 2019. If you knew Dave, you know that he was always smiling. If you didn't, please know he made a lot of people happy with his smile and easy-going personality. We miss him every day. Come have a seat!

## Transportation Services



### Transportation Services Back on Regular Schedule

To request a Transportation Brochure, or to register for a ride, please call Cindy Malone, Transportation Coordinator, at 860-648-6361 ext. 3310.

#### MASKS ARE REQUIRED ON OUR BUS

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

**IN TOWN GROCERY STORES:** *Stop and Shop, Geissler's* on Wednesday and Friday mornings.  
*Call to schedule your ride by noon the day before.*

Our bus will go to the South Windsor Aldi on Fridays! Call to register!

Social Distancing guidelines have been removed, so full capacity is allowed on our buses. Masks are still required on public transportation at all times (per state guidelines).

### Trip Ideas?

If you have ideas as to where you would like us to go, day trips, dine-outs, or overnight, please write your suggestions on the "wish list" bulletin board in the banquet hall or contact Tiffany at 860-648-6399.

*Please note, we are looking for new bus drivers, so our offerings will be limited until we find new drivers.*

## Stay Connected With Us!



Follow us on Facebook  
@swseniorcenter



Follow us on Instagram:  
SWSeniorCenter



Find us on YouTube: South Windsor Senior  
Connections



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

Email: [swseniors@southwindsor.org](mailto:swseniors@southwindsor.org)

## Health Services

### ELDER WELLNESS

A nurse from Homecare VNA will be at the center the 1st and 3rd Thursdays to check your blood pressure, blood sugar and to talk to you about your general health. ***This is no longer a drop in service, appointments are required by calling 860-648-6361 ext. 3335 ~ FREE***  
**Thursdays, September 2, 16**  
**from 9:00 AM to 11:00 AM**

### FOOT CARE ~\$30

**Please note, the price for this service will be going up to \$30 beginning September.**

Twice a month by appointment  
Call 860-648-6361 ext. 3335 for the next available appointment.

### HEARING CLINIC ~ Free

**Quarterly: Next date is in October**

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

**Therapeutic Massage:** Missy will be at the center on **Fridays, September 10, 17 and 24.** Cost is \$30 payable that day. Call 860-648-6361 ext. 3335 for an appointment. They book up fast!



### 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 Steve Clapp to inquire 860-648-6361 ext. 3325.

## Old Cell Phones

We can take your old cell phones off your hands! The center receives a small stipend from a non-profit cell phone bank. Please drop them off in the office.





## Fitness and Active Programs

### September's Healthy Treats

At the beginning of each week in September we will be giving out healthy treats to those who exercise in the Fit for Life Fitness Center. The treats will continue through the week as long as supplies last. This will begin on **Tuesday, September 7.**

### Walking with Tiffany

Join Tiffany on, **Wednesday, September 8 at 9 AM.** Meet at the Pavilion at Nevers Park for a nice loop around this beautiful path. Get to know Tiffany! Please call to register.

### Chair Volleyball



**Wednesdays at 11:30 AM** at the community center this game will have you laughing! This game uses a beach ball! Come on down, no experience necessary and no skills required except you have to stay in your CHAIR! Try it!

### Cornhole Tournament

Let's keep it going! Each month we've had great turn outs and an absolute blast! Join staff on **Friday, September 17 at 2:00 PM** for a cornhole tournament. We will have seniors teamed up with each other as well as staff for a competitive but fun game that will have you laughing! Call to register and let us know if you have a team of two or if you need a partner. Please bring your own water. Bring it on!

**South Windsor Pickleball Program Celebrates  
10 years this month!**

## Lets Play Pickleball!

#### Indoor Pickleball at the Center:

**Tuesdays 10:30 AM to 1 PM & Thursdays 10:00 AM to 1 PM** in the GYM at the Community Center. Call 860-648-6361 ext. 3335 to register. Residents have priority.

**Indoor Pickleball at Ellsworth:** Beginning in September, pickleball will be at the Ellsworth School, 1737 Main St. Monday through Friday beginning at 8:30 AM. To sign up for updates via Team Reach, please contact volunteer Dick Lane directly at 860-614-3348. All safety guidelines are in place and monitored by volunteers.

## Fit for Life

### The Fitness Center is Open!

We are currently accepting new members to our fitness center! One-on-one instruction on how to use the equipment will be available to South Windsor residents 55+ by appointment. Tiffany Lazur is available to train you on the equipment or give you a refresher. If you are interested please call ext. 3340. ***You no longer need to schedule an appointment to use the Fit for Life Fitness Center, just come on in!***

### ***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 Tiffany who will teach you how to use the equipment and design a program based on your health.

Call Tiffany at 860-648-6399

**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.



### September Fitness Challenge

Fitness Center fees will resume September 1. If you buy a new membership or renew your old one through the month of September you will be entered into a raffle to win a prize!

## Special Events

Residents call to Sign Up on **FREE Sign Up Day, August 30** beginning at 8:30 AM:  
860-648-6361 ext. 3335

### Dine Out: Maine Fish Market

We're going to the Maine Fish Market in East Windsor, on **Wednesday, September 15**. Separate checks will be accommodated. Your food is prepared fresh to order, and they serve up some of the best seafood in CT. The bus leaves the Center at **11:30 AM** and returns approximately **2:00 PM**.

### Weekend Dine Out: East Side

Join us on **Saturday, September 25** as we enjoy traditional German fare at East Side Restaurant in New Britain! Choose from a special Banquet menu of 7 entrees. Cost will be \$25 and includes entire meal and tip. Beer/wine is extra. The bus will depart the Center at **11:30 AM** and will return approximately **2:00 PM**.

### Extreme Shopping: Westfarms Mall

We will be going to Westfarms mall, the third largest mall in the state. Senior bus leaves the center on **Thursday, September 16** at **11:00 AM** and departs the mall at **2:00 PM**. Call to register.



## Volunteer Corner

### Community Service Group

The next meeting will be **Thursday, September 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! *This is being held IN PERSON and ON Zoom.* Call Andrea at 860-648-6357 or [andrea.cofrancesco@southwindsor.org](mailto:andrea.cofrancesco@southwindsor.org) for more info. **NEIGHBORS HELPING NEIGHBORS**

### SMP Volunteers Needed

The CT Senior Medicare Patrol is looking for volunteers to help stop Medicare fraud. To learn more about these flexible opportunities call the SMP Volunteer Coordinator at 860-724-6443 ext. 271.

## Cards, Games & More

### Please note these guidelines:

- The programs listed below **NO LONGER** require advance registration.
- Please **SWIPE** in using your key tag. If you do not have one, please stop in the office or call ext. 3335.
  - Priority is given to residents.
- Masks are required in the building regardless of vaccination status.
- Entrance is through the front doors only, exit any door

**Bingo** ~ Mondays 10:30 AM and Thursdays 9/2 and 9/16 at 6:30 PM (call for bus) Please note Special bingo, Friday 9/10 at 1 PM.

**Bridge** ~ Mondays and Fridays at 9:00 AM

**Poker** ~ Mondays at 1:00 PM

**Setback** ~ Mondays at 1:00 PM and **Wednesdays** at 6:00 PM (hot dogs on 9/1)

**Samba** ~ Tuesdays at 12:30 PM

**Cribbage** ~ Tuesdays at 6:00 PM

**Hand, Knee & Foot** ~ Wednesdays at 12:45 PM

**Duplicate Bridge** ~ Wednesdays at 1:00 PM

**Mahjong (American)** ~ Thursdays at 10:00 AM

**Billiards** in Teen Center ~ Fridays at 10 AM

**Mexican Train Dominoes** ~ Fridays at 1:00 PM

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

**Ceramics** ~ Thursdays 9:00 AM to 11:30 AM



### In-Person Tech Help with Tiffany

In-person help with your technology device is available! Tiffany Lazur, Program Coordinator, will be available to assist you with any device such as your smart phone, laptop, or tablet! **Please come with questions.** Call 860-648-6399 to make an appointment.



## Veteran's Corner

### Questions about Veterans Benefits?

Stop in anytime on **Thursday, September 2** from **10:30-12 noon** to talk with reps from the American Legion. Learn about benefits, ask questions, meet your American Legion reps! No need to sign up, just show up!

### Veteran's Social Hour!

Join us at the center for our veterans chat! Representatives from the American Legion will be at the community center. **Thursday, September 16** at **9:00 AM**. Call the American Legion with questions, no need to register.

## Adventure Club

### Canal State Park Trail

Windsor Locks Canal State Park Trail is a public recreation area that parallels the Connecticut River for 4.5 miles between Suffield and Windsor Locks, CT. The modern paved surface covers the original dirt towpath of the historic Enfield Falls Canal. Wear comfortable hiking shoes and bring a picnic lunch. We need 10 people to use the bus or we will carpool. **Friday, September 10 from 9:00 AM-2:00 PM.** Residents call to sign up beginning 8/30; pay the day of. Cost is \$5 for the bus, free if we carpool.

### Rose's Berry Farm

Breakfast and apple picking **Sunday, September 12 from 9:00 AM-1:00 PM.** Enjoy breakfast with a view on the farm and afterward we will pick apples. Bring money for breakfast and apples. Cost is \$5 for transportation. Residents register and pay beginning 9/2.

### Elm City Party Bike

Wear comfy clothes and shoes. Cost is \$60 including the party bike, guide, pizza, drinks and transportation. **Elm City Party Bike** is New England's first and foremost pedaled party and sightseeing bike! Viewings of extravagant architecture, historical sites and Yale University. Cruise on 2-hour rides with exciting views of New Haven's Downtown. Trained drivers steer you through the streets cruising with the power of your legs and feet (limited # of non-pedaling spots)! Residents register and pay beginning 9/2. **Monday, September 20 from 10:30 AM-3:30 PM**

### Belding Wildlife Management Area

This 282-acres contains a diverse mosaic of wildlife habitats including softwood and hardwood forests, agricultural fields, wetlands, streams and a pond. We will hike 3-4 miles and then head to Vernon Pizza for lunch. Wear good hiking shoes, bring water, hiking poles if you have them and money for lunch. We need 10 people to use the bus, or we will carpool. Residents call to sign up beginning 8/30; pay the day of. Cost is \$5 for the bus, free if we carpool. **Tuesday, September 21 from 10:30 AM-2:30 PM**

### Old Mystic Bike Ride Tour

We will have the opportunity to ride over the Mystic River Bascule Bridge, see Mystic Seaport, historic boats and houses as you take in the picturesque landscape and feel the vibe that is Mystic. Cost is \$30 and includes the bus and bike rental. Bring money for lunch & ice cream. **Tuesday, October 12 from 9:00 AM to 4:00 PM.** Residents register and pay beginning 9/2.

Non-residents can register for the above programs 9/9.

## Lunch at the Center

Lunch is served Monday thru 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 to reserve your lunch: 860-648-6361 x3328.

**Wednesday, September 1**—Roast Beef w/ Gravy, Mashed Potatoes & Veggies.

**Thursday, September 2**—Potato Crumbed Fish, Potato Wedges & Veggies.

**Friday, September 3**—Italian Sausage w/Peppers and Tomato Basil Sauce, Ziti & Carrots.

**Monday, September 6**—Closed, Labor Day

**Tuesday, September 7**—Teriyaki Chicken Strips, Brown & White Rice & Broccoli Florets.

**Wednesday, September 8**—Butter Crumbed Breaded Pollock, Mashed Potatoes & Spinach.

**Thursday, September 9**—Macaroni & Cheese, Stewed Tomatoes & Fresh Fruit.

**Friday, September 10**—Boneless Chicken Breast w/ Gravy, Sweet Potatoes & Veggies.

**Monday, September 13**—BBQ Pulled Pork, Tortellini Salad, Cabbage Slaw.

**Tuesday, September 14**—Salisbury Steak w/ Gravy, Sweet Potatoes, & Veggies.

**Wednesday, September 15**—Oven-Fried Chicken, Baked Beans, Veggies, Corn Muffin.

**Thursday, September 16**—Pot Roast w/ Gravy, Oven-Roasted Potatoes, Brussel Sprouts.

**Friday, September 17**—Breaded Flounder Filet, Mashed Potatoes, Peas & Diced Carrots.

**Monday, September 20**—Lemon Baked Chicken, Cornbread Stuffing, Veggies.

**Tuesday, September 21**—Beef Chili/Shredded Cheese, Baked Potato, Carrots & Fresh Orange.

**Wednesday, September 22**—Apple-Glazed Roast Pork Loin, Rice Pilaf & Peas.

**Thursday, September 23**—Swedish Meatballs, Egg Noodles, Veggies & Fresh Fruit.

**Friday, September 24**—Turkey w/ Gravy, Sweet Potatoes, Spinach & Fruit Cocktail.

**Monday, September 27**—Stuffed Cabbage, Farfalle Noodles & Beets.

**Tuesday, September 28**—Hot Dog, Baked Beans & Mixed Veggies


**Wednesday, September 29**—Rosemary Baked Chicken, Yellow Rice & Peas & Diced Carrots

**Thursday, September 30**—Seafarer's Seafood Salad, Baked Sweet Potato & Vegetable Medley



## New Trips: Residents Register beginning 9/2; Nonresidents 9/9

### Mohegan Sun Bus Trip

Travel to Mohegan Sun for a day of fun!  Senior bus departs the center on **Tuesday, September 28 at 10 AM**. The entire day is yours to spend as you like, bus departs Mohegan Sun at 3:00 PM. **Cost: \$20** includes transportation,



### Saint Clements Castle Luncheon Show

Join us at Saint Clements Castle in Portland on **Wednesday, October 6** for a luncheon show "A Ray of Elvis" featuring Ray Guillemette Jr., a 10-time, international, 1st place Elvis impersonator. Cost is **\$93** and includes breaded chicken bruschetta with pesto and cheese sauce or baked stuffed sole both served with vegetable, potato, dessert and coffee. We will **depart the center at 10:30 AM** and return at **approx. 4:00 PM**. **Registration deadline 9/10**.

### Autumn Railway in the Berkshires

Join us on **Sunday, October 24** for a 10 mile scenic train ride through the Berkshires exploring the rich railroad history of the region. Lunch will be enjoyed at Michael's Restaurant. You can choose from Turkey and cheese wrap, tuna and tomato wrap, ham and cheese wrap, grilled chicken wrap, or a veggie wrap. All meals include chips, a pickle, soda or iced tea. Following lunch we will head to Balderdash Cellars, a boutique winery for a tour and tasting. **Bus will depart Geissler's at 7:30 AM and return at approx. 6:45 PM**. Payment of **\$119** and meal choice is due at registration. **Registration deadline 9/20**.

### A Bob Hope USO Style Tribute at the Grand Oak Villa

Take a trip to The Grand Oak Villa in Oakville, CT for a tribute to America's Veterans featuring Bill Johnson and Holly Faris on **Wednesday, November 10**. Bob Hope's life in comedy comes alive with this look-a-like & sound-a-like tribute. Holly's impersonations include Marilyn Monroe, Lucy Ricardo and Phyllis Diller. Cost is **\$79** and includes transportation as well as a family style meal of garden salad, pasta with homemade house sauce, roast turkey with gravy and sliced roast beef with brown gravy, roasted potato, vegetable, dessert, soda & coffee. Carafes of red and white wine on every table. The bus will **depart the center at 10:30 AM** and return at **approx. 4:00 PM**. **Registration ends 9/24**.

### CT Day at the Big E

Come out to New England's GREATEST Fair: the Eastern States Exposition, on **Wednesday, September 22**. Enjoy crafts, live stock, rides, food, and shows. The 22nd is Connecticut day and all parades and exhibits will have fun info about the state. **Cost is \$15** and includes transportation and fair admission. Our bus will depart the Center at **10:00 AM** and return **approx. 4:00 PM**. **Registration has already begun, and ends 9/10**.

### *The Band's Visit*

Come with us to see *The Bands Visit*, winner of 10 Tony Awards, at The Bushnell in Hartford and dinner at 99 Restaurant in Vernon on **Saturday, November 20**. Set in a town off the beaten path, a band of musicians arrive lost, out of the blue. Under the spell of the desert sky, and with beautiful music perfuming the air, the band brings the own to life in unexpected ways. **Cost is \$74 and don't forget extra money for dinner**. We will depart the center at **approx. 1:00 PM** and the show will end at **approx. 3:30 PM**.

### *Rudolph The Musical*

Join us at the Bushnell on **Sunday, November 28** to see Rudolph the Red Nosed Reindeer soar off the screen and onto the stage this holiday season. This is a family friendly show, let us know if you'd like to bring your grandchildren. **Cost is \$70** and includes transportation and your ticket to the show. The bus will **depart the center at approx. 4:00 PM and return at approx. 7:00 PM**.

### *The Hip Hop Nutcracker*

A contemporary dance spectacle set to Tchaikovsky's timeless music. This is a unique and joyful event where Maria-Clara and the Nutcracker Prince go on a dream adventure battling a gang of mice, visiting the land of sweets and learning the lessons of the holiday season. Come with us to experience the holiday magic at The Bushnell in Hartford on **Friday, December 17**. **Cost is \$44**. We will **depart the center at 6:30 PM** and arrive back at **approx. 10:30 PM**.

### Calling All Trip Captains!

If you are looking to be a future trip captain or have been in the past and want to continue please give Tiffany a call at 860-648-6399.



Monday			Tuesday			Wednesday			Thursday			Friday		
<b>KEY</b>  <i>Use this key to refer to how each program will be offered</i>  <b>H</b> = HYBRID <b>Z</b> = ZOOM			<div> <div>September 2021</div>  </div>			<div> <div>1</div> <div>Footcare Knitters Group Chair Yoga Chair Volleyball Lunch Hand, Knee, Foot Duplicate Bridge (H) Tai Chi Setback &amp; Hotdogs</div> <div>By Appointment 9-11:30 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 1:00 PM 2:00 PM 6:00 PM</div> </div>			<div> <div>2</div> <div>Resident Sign Up Day (H) Lite Aerobics Walkers (at Nevers Park) Ceramics Pickleball Mahjong Veterans Benefits Nurse Lunch Silver Sneakers BINGO &amp; Hotdogs</div> <div>8:30 AM 8:30 AM 8:30 AM 9:00 AM 10:00 AM 10:00 AM 10:30-12:00 PM By appointment 12:00 PM 1:30 PM 6:30 PM</div> </div>			<div> <div>3</div> <div>Bridge Billiards (H) Chair Yoga Lunch Mexican Train (H) Zumba</div> <div>9:00 AM 10:00 AM 10:00 AM 12:00 PM 1:00 PM 1:00 PM</div> </div>		
<div> <div>6</div> <div>Closed Labor Day</div> </div>			<div> <div>7</div> <div>Walkers (meet at Nevers) (H) Stretch &amp; Strength Pickleball Joe the History Guy Lunch Samba Rock Painting Gazebo Cribbage</div> <div>8:30 AM 9:00 AM 10:30 AM 10:30 AM 12:00 PM 12:30 PM 2:00 PM 6:00 PM</div> </div>			<div> <div>8</div> <div>Walking With Tiffany Knitters Group Chair Yoga Chair Volleyball Lunch Hand, Knee, Foot Kickoff Ice Cream Social Dup. Bridge (H) Tai Chi Setback</div> <div>9:00 AM 9-11:30 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 1:00 PM 1:00 PM 2:00 PM 6:00 PM</div> </div>			<div> <div>9</div> <div>(H) Lite Aerobics Walkers (meet at Nevers) Men’s Morning Group Ceramics Caregiver Support Group Pickleball Mahjong Lunch Ted Talk Silver Sneakers Pizza Party Q&amp;A On Covid</div> <div>8:30 AM 8:30 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 12:00 PM 1:00 PM 1:30 PM 4:00 PM</div> </div>			<div> <div>10</div> <div>Therapeutic Massage Bridge Canal Trail Walk Billiards (H) Chair Yoga Lunch Mexican Train BINGO (H) Zumba Ice Cream Soda Day</div> <div>By appointment 9:00 AM 9:00 AM 10:00 AM 10:00 AM 12:00 PM 1:00 PM 1:00 PM 1:00 PM 2:30 PM</div> </div>		
<div> <div>13</div> <div>Footcare (H) Lite Aerobics Bridge BINGO Lunch Setback Crafternoon Poker Silver Sneakers Tai Chi</div> <div>By appointment 8:30 AM 9:00AM 10:30AM 12:00 PM 1:00 PM 1:00 PM 1:00 PM 2:00 PM</div> </div>			<div> <div>14</div> <div>Footcare Walkers (meet at Nevers Park) (H) Stretch &amp; Strength Pickleball Lunch Samba Hartford History Lady Pickleball Picnic Cribbage</div> <div>By Appointment 8:30 AM 9:00 AM 10:30 AM 12:00 PM 12:30 PM 2:00 PM 4:30 PM 6:00 PM</div> </div>			<div> <div>15</div> <div>Knitters Group (H) Chair Yoga Chair Volleyball Lunch Hand, Knee, Foot Duplicate Bridge (H) Tai Chi Setback</div> <div>9-11:30 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 1:00 PM 2:00 PM 6:00 PM</div> </div>			<div> <div>16</div> <div>(H) Lite Aerobics Walkers (meet at Nevers) Nurse Ceramics Vets Social Hour Pickleball Mahjong Extreme Shopping Trip Lunch Community Service Group Silver Sneakers BINGO &amp; Hotdogs</div> <div>8:30 AM 8:30 AM By appointment 9:00 AM 9:00 AM 10:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 1:30 PM 6:30 PM</div> </div>			<div> <div>17</div> <div>Therapeutic Massage Bridge Art Class Billiards (H) Chair Yoga Meet &amp; Greet with Vincent Stetson Lunch Mexican Train Cornhole Tournament</div> <div>By appointment 9:00 AM 9:30 AM 10:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM</div> </div>		
<div> <div>20</div> <div>(H) Lite Aerobics Bridge Party Bike BINGO Lunch Setback Poker Silver Sneakers Tai Chi All About Apples</div> <div>8:30 AM 9:00AM 10:30 AM 10:30AM 12:00 PM 1:00PM 1:00 PM 1:00 PM 2:00 PM 2:00 PM</div> </div>			<div> <div>21</div> <div>Walkers (meet at Nevers Park) (H) Stretch &amp; Strength Pickleball Belding Wildlife Management Area Hospice Talk Lunch Samba Intermediate Ukulele Cribbage</div> <div>8:30 AM 9:00 AM 10:30 AM 10:30 AM 11:00 AM 12:00 PM 12:30 PM 1:00 PM 6:00 PM</div> </div>			<div> <div>22</div> <div>Knitters Group Big E Trip (H) Chair Yoga Chair Volleyball Lunch Hand, Knee, Foot Duplicate Bridge Pastel Drawing (H) Tai Chi Setback</div> <div>9-11:30 AM 10:00 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 1:00 PM 1:00 PM 2:00 PM 6:00 PM</div> </div>			<div> <div>23</div> <div>(H) Lite Aerobics Walkers (at Nevers Park) Men’s Morning Group Senior Picnic Silver Sneakers</div> <div>8:30 AM 8:30 AM 9:00 AM 10:00 AM—2:00 PM 1:30 PM</div> </div>			<div> <div>24</div> <div>Bridge Therapeutic Massage Art Class Billiards (H) Chair Yoga Lunch Mexican Train</div> <div>9:00 AM By appointment 9:30 AM 10:00 AM 10:00 AM 12:00 PM 1:00 PM</div> </div>		
<div> <div>27</div> <div>(H) Lite Aerobics Bridge Pancakes on the Patio Themed BINGO Lunch Setback Poker Silver Sneakers Tai Chi</div> <div>8:30 AM 9:00 AM 10:00 AM 10:30AM 12:00 PM 1:00 PM 1:00 PM 1:00 PM 2:00 PM</div> </div>			<div> <div>28</div> <div>Walkers (meet at Nevers Park) (H) Stretch &amp; Strength Pickleball Mohegan Sun Trip Lunch Samba Cribbage</div> <div>8:30 AM 9:00 AM 10:30 AM 11:00 AM 12:00 PM 12:30 PM 6:00 PM</div> </div>			<div> <div>29</div> <div>Knitters Group (H) Chair Yoga Chair Volleyball Birthday Lunch Hand, Knee, Foot Duplicate Bridge Open Mic Event (H) Tai Chi Setback</div> <div>9-11:30 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 1:00 PM 1:00 PM 2:00 PM 6:00 PM</div> </div>			<div> <div>30</div> <div>Walkers (meet at Nevers Park) (H) Lite Aerobics Ceramics (Z) Zoom In with the Mayor Pickleball Mahjong Lunch Ted Talk Intermediate Ukulele Silver Sneakers Early Bird Dinner</div> <div>8:30 AM 8:30 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 12:00PM 1:00 PM 1:00 PM 1:30 PM 4:00 PM</div> </div>			<div> <div>WEEKEND PROGRAMS</div> <div>(Z) Mat Yoga Saturdays at 10:00 AM</div> <div>Rose’s Berry Farm Apple Picking Sunday, 9/12 at 8:00 AM</div> <div>Weekend Dine Out Saturday, 9/25 at 12:00 PM</div> <div>* Outdoor Pickleball at Timothy Edwards 8:30 AM Mon-Friday</div> </div>		