



THE SENIOR CONNECTION

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

150 Nevers Road

860-648-6361



January 2022



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

Our Programs and Services:

Based on the number of covid cases in South Windsor and the state in general at the time of printing, we are making some changes to our programs.

- **The good news:** we are staying open!
- **The bad news:** we are going to limit the number of people in our programs more, AND we are going to eliminate some programs and trips that involve food where we can't socially distance, simply because of the risks associated with removing masks.
- We continue to require masks in town buildings for all, regardless of vaccination status. We really appreciate your cooperation! Please do not hesitate to contact us with questions.

AARP Safe Driver Course

Thursday, January 13 from 8:00 AM—12:00 PM. This 4-hour course teaches defensive driving techniques, safety strategies, and new traffic laws and rules of the road. **Cost: \$20** for AARP members, **\$25** for non-members, payable on the day of the course! Space is limited; call today to reserve your spot!

New! Ceramics Class with Dawna

We are so excited to have finally found a ceramics teacher! Join us to clean and paint items of your choice and learn techniques and tips on creating beautiful ceramics pieces that you can keep for yourself or gift to others! Dawna Cavagnaro is the instructor and she also has over 1200 molds to make greenware! She has items premade that you can choose from or you can place an order from a catalogue she has. This 9-week session will be held on **Fridays from 1-3 PM starting January 21 and ending March 25.** Cost is \$30 and includes paints, glazing and instruction. Additional costs for items you choose to paint, which will be payable during class (cash, check or debitcard). To register for the classes, pay and register any time.

Meet and Greet with the Mayor

Tuesday, January 25 at 11:00 AM join newly elected Mayor Liz Pendleton for an opportunity to talk about town happenings and ask questions. Free, call to register anytime.

Drive-Thru Events!

Just like old times! Due to the increase in Covid-19 cases and to see some of you who are still not comfortable coming into the center, we will offer a few drive-thru events! South Windsor residents only. Free, call to register anytime. Sponsored by Brookdale South Windsor. If turnout is high, we will do a robo-call splitting the alphabet up.

Thursday, January 13 between 9-10:00 AM: Bagel with cream cheese and fruit.

Tuesday, January 18 between 1-2:00 PM: Mystery food item, you won't be disappointed!

Tuesday, January 25 between 1-2:00 PM: Drive-thru for your choice of pie and be surprised!

Early Bird Dinner & Entertainment

Join us for dinner sponsored by The Ivy at Ellington which will consist of chili (not spicy) *in a bread bowl*, with cheddar cheese, sour cream and tres leches cake for dessert. Entertainment with Jack Bussmann, a blend of standard and popular tunes that will keep you tapping your toes, swaying to the music and singing along. Residents only; space is limited. **Thursday, January 27 at 4:00 PM.** Cost is \$5. Pay and register anytime in the office.

Pancake Breakfast



Celebrate National Blueberry Pancake day on **Friday, January 28** with a Pancake Breakfast at **9:00 AM.** We will be serving up plain pancakes along with blueberry pancakes and refreshments. Cost is \$5. Register and pay in the office anytime. Residents only; space is limited.

Special Bingo

Tuesday, January 18 at 10:30 AM No need to call to register, just show up!



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

**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

Caregiver Support Group

Please join us on Friday, January 14 at 10:00 AM at the center for a conversation with our very own Robin Lagasse, LCSW and Clinical Coordinator of our Youth and Family Services Division. She will discuss the myriad of feelings that caregivers experience including loneliness, anger, depression and many more. To RSVP or to be included in the email distribution list, please contact Sue at susan.grundstrom@southwindsor.org or 860-648-6359. Hope to see you there!

Medicare Advantage Plan Open Enrollment

Happy New Year! The 2022 Medicare Advantage Open Enrollment Period is underway. If you have chosen a Medicare Advantage Plan during open enrollment in 2021 and are unhappy with the plan after January 1, 2022, you will have another chance to change it during the **Medicare Advantage Open Enrollment Period (MA OEP)** which occurs each year from **January 1 through March 31**. During this time you can switch from your Medicare Advantage Plan to another Medicare Advantage Plan, or switch back to Original Medicare, with or without a stand-alone Prescription Drug Plan. Changes made during this period take effect the first of the month following the month you enroll and you can only make one change. **Please note:** If you have chosen Original Medicare and a Part D plan for January 1, 2022, you **cannot** change your Part D plan during this time. If you are interested in changing your Medicare Advantage Plan during this period, please give us a call at 860-648-6361 ext.3335 and ask to speak with a CHOICES counselor or call 1-800-MEDICARE.

2022 Medicare Cost Updates:

The standard monthly premium for Medicare Part B enrollees will be \$170.10 in 2022, an increase of \$21.60 from \$148.50 in 2021. The annual deductible for Medicare Part B beneficiaries is \$233 in 2022, an increase of \$30 from \$203 in 2021. The Medicare Part A inpatient deductible that beneficiaries will pay when admitted to the hospital is \$1,556 in 2022, an increase of \$72 from \$1,484 in 2021.

Mobile Foodshare



Located at Wapping Church every other Thursday from 11:30 AM to 12 noon. **January 6 and 20**. Fresh produce. Bring your own bags. If you need transportation, please call 860-648-6361 ext. 3310. Listen to the news for cancellations due to inclement weather. **FREE** **Please note:** this is not a town program, it is offered through Foodshare and has no income restrictions.

ENERGY ASSISTANCE

Applications for the 2021-22 energy assistance program are underway. Gross monthly income cannot exceed \$39,027/year (single) and \$51,035 (couples). **There is not an asset limit this year due to COVID-19.** 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 or call your worker directly.

Water Rate Assistance Program (WRAP)

ConnecticutWater is offering a 15% rate reduction for eligible customers. If you are having difficulty paying your ConnecticutWater bill due to high rates and your income is at or below 200% of the Federal Poverty Level you may be eligible for a discount. If your income is at or below \$39,027 for an individual or \$51,035 for a couple, call 860-648-6361 ext. 3335 and ask to speak to a caseworker. Only residential customers are eligible to apply. You will be asked to provide your latest ConnecticutWater bill and the last four weeks of income.

CT Low Income Household Water Assistance Program

If your water or sewer services are disconnected or if you are in danger of having your services disconnected you may qualify for one time assistance with those bills from participating water and wastewater service providers. Your income cannot exceed 200% of the Federal Poverty Level, \$39,027 for individuals or \$51,035 for couples. If you feel that you qualify please call 860-648-6361 ext. 3335 and ask to speak to a caseworker. Info needed: your last four weeks of income as well as your delinquent bill and/or shut off notice.



Triad for Senior Safety

Behavioral Health Services

Reading Email Safely: Observe, Investigate, Deduce

Email Headers

Examine the email's header before opening an email message:

- Malicious emails often use an alias for the "From" address displayed in your inbox. If instead, you look at the sender's email address, you can often identify emails, which are malicious.
- Delete emails, if the sender's address looks suspicious, the email subject doesn't make sense, or if your email address is improperly displayed.

Email Body

When you see the following warning signs, delete the email:

- The greeting is general or non-existent; there are odd typos or grammar errors; the email plays on your emotions.
- Be careful of all links (URLS). Look at the link's true destination, not the alias. Don't click unless you are sure that the link destination is safe.
- Don't unsubscribe from emails that you didn't sign up for; it just reveals your email address is good.

Email Attachments

- Be suspicious of all attachments, even from people you know. Their computer could be infected with malware. Only open attachments if you are sure they are legitimate.

REMEMBER:

- Email headers can be fraudulent
- Read emails with the reading pane and auto-preview turned off to prevent malicious code from executing.
- Always run anti-malware software, and keep your email client auto-updated with the latest security patches.

South Windsor Human Services received funding from the American Rescue Plan Act to provide behavioral health services to residents who can benefit from counseling. Social isolation, the inability to see family during the pandemic and general concerns about the state of the world has brought on anxiety, depression and loneliness for many people. We are partnering with Intercommunity Health Care to provide both individual and group therapy **at the Senior Center** to support those in need and provide strategies to cope. If you find yourself struggling with getting back into the swing of things or if you want someone to talk to, please contact Liz Langevin, Director of Youth and Family Services in the Human Services Department at 860-648-505. She will work with getting you connected to Intercommunity. Services are confidential. It's okay to not be okay. Below are two programs being offered to start the conversation with Alexander Pepe, who will be providing these services at the center.

Meet and Greet

On **Friday, January 14 at 11:00 AM**, stop by and say hello to Lex Pepe from InterCommunity Health Care. You may have seen him wandering the halls or sitting in the health room. He provides clinical behavioral health services (therapy) on Mondays and Fridays at the Community Center and will be holding a Meet and Greet where you can ask questions about the services he provides, suggest topics for group presentations, or simply say hi and have a friendly conversation. Please call to register.

American Rescue Plan Act Funds

The Human Services staff is proud to be able to offer assistance to residents who are directly impacted financially by Covid-19. Funds can be used for a variety of needs based on the following criteria:

- Are you a South Windsor resident?
- Have you experienced a hardship due to COVID-19?
- Is your income less than \$54,950 (single) or \$62,800 (couple) (and more for larger families)?

Residents will be asked to provide proof of their income and assets as well as be able to demonstrate that their specific hardship is a result of loss of income or death due to COVID-19.

These funds are part of the American Rescue Plan Act (ARPA) provided to towns from the Federal Government. Call Adult and Senior Caseworkers at 860-648-6361 ext. 3335.

Movies (call to register for free movies)

Senior Center Cinema

My Fair Lady

Tuesday, January 4 at 1:00 PM

In this beloved musical, pompous phonetics professor Henry Higgins (Rex Harrison) is so sure of his abilities that he takes it upon himself to transform a Cockney working-class girl into someone who can pass for a cultured member of high society. His subject turns out to be the lovely Eliza Doolittle (Audrey Hepburn). Call to register anytime. Free, popcorn will be served.

Selma

Friday, January 14 at 4:00 PM

In 1965, an Alabama city became the battleground in the fight for suffrage. Despite violent opposition, Dr. Martin Luther King Jr. (David Oyelowo) and his followers pressed forward on an epic march from Selma to Montgomery, and their efforts culminated with President Lyndon Johnson signing the Voting Rights Act of 1965. Cost is \$5 and includes pizza and dessert. *Pay/register in the office anytime.*

Going In Style

Thursday, January 20 at 2:30 PM

Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money. Free, popcorn will be served.

Seven Pounds

Friday, January 28 at 2:00 PM

Ben Thomas (Wil Smith) is a man on a mission. Giving vital parts of his body to those desperately in need of a donor. Ben meets Emily Posa (Rosario Dawson), a beautiful young woman at risk from a deadly heart condition. As Ben falls for Emily and begins to open up to her, it becomes clear there is something dark in his past that compels him to commit apparent random acts of kindness. Free, popcorn will be served.



Arts & Crafts

Crafternoon with Tiffany

Let's make cinnamon stick candles! Join Tiffany on **Tuesday, January 11 at 2:30 PM** to have some fun making a craft you can add to your winter decorations. Cost is \$5. Pay in the office anytime.

Painting with Christine!

Join professional artist Christine MacClintic for a fun, easy painting class using acrylic paint on a 16x20 canvas. No experience needed. **Fridays, January 21 and 28 from 9:30 to 11:30 AM.** Cost is \$20 and includes all supplies. Class limited to 12, SW residents only. Register and pay beginning 1/6.

Evening Painting Class

Join Artist Sandy Poirier on **Monday, January 24 from 6:00 PM-8:30 PM** for a painting class on an 11x14 canvas. No experience needed. Cost is \$15 and includes all supplies. Pay in the office anytime.



New! Beginners Drawing Class

Mary will teach you some basic drawing techniques using graphite and colored pencils. She'll guide you along as you use your new-found skills to render a cheerful Cardinal to help brighten up the winter season! **Wednesday, January 26 at 1:00 PM.** Cost is \$10 and includes all supplies. Pay in the office anytime.



Beginner's Quilting Class

Have you ever wanted to learn to quilt but didn't have time? Well now is your chance! Join Dawna Cavagnaro's beginner's quilter class where you will learn to read a pattern, cutting fabric with a rotary cutter, piecing and sewing the top layer, layering all pieces, machine quilting and finally finishing off with a binding. This session you will make a table runner with fabric you provide. **Thursdays from 2-4 PM beginning January 20 through March 10.** Cost for this 8-week session is \$30. You will get a complete list of supplies needed at time of registration. We will have a limited number of sewing machines available, or you can bring your own. Please indicate at time of registration if you will be borrowing one of ours. Register and pay in the office anytime.

Stay Fit, Stay Well!



Class	Times	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	FREE
Beginner Pickleball	Mon & Wed from 8:30-10:30 at Ellsworth	On-going	
Pickleball	Mon & Fri at 11:30 At the Senior Center		FREE
Light Aerobics with Linda	Monday & Thursday 8:30 AM In person and on Zoom	Jan 3—Feb 28 No class 1/17, 2/21	\$30 For 15 classes
Tai Chi With Marivic	Wednesday 2:00 PM In person and on Zoom	Jan 12—Feb 23	\$14 For 7 classes
Stretch & Strength Training with Barbara	Tuesday 9:00 AM In person and on Zoom	Jan 4—Feb 22	\$16 For 8 classes
Walkers Group (New folks always welcome to join us!)	Tuesday & Thursday 8:30 AM	On-going <i>Meet at the pavilion at Nevers Park.</i>	FREE
Chair Yoga with Diana	Wednesday and Friday 10:00AM In person and on Zoom	Jan 5—Feb 25 No class 2/11	\$30 For 15 classes
Chair Volleyball	Wednesday 11:30 AM	On-going	FREE
LivFree Mat Yoga with Brenna	Thursday 10:00 AM In person and on Zoom	Jan 6-Feb 24	\$16 For 8 classes
Cardio Drumming with Tiffany	Monday 2:30 PM In person only	Jan 3-Feb 28 No class 1/17, 2/21 <i>Class is FULL ~</i>	\$14 For 7 classes <i>call to be put on a wait list</i>

Fitness Center OPEN HOUSE

Not a member? We will be holding an open house on **Thursday, January 6 from 2:00-4:00 PM**. Stop in and see all we have to offer at the Fit for Life Fitness Center. Learn all about our equipment, classes, volunteer opportunities, and program options. There will be healthy snacks and you will be entered to win a free raffle prize for attending the open house!

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 people 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.

To Join Our 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. 860-648-6399

Cost for Residents: \$30 for 3 months, \$50 for 6 months, \$75 for 1 year or FREE with Renew Active!

Cost for Non-Residents: \$50 for 3 months, \$75 for 6 months, \$100 for 1 year (we reserve the right to limit the number of non-residents).

January Fitness Challenge New Year, Healthier You!

Let's use this New Year as an opportunity to make some healthy changes and create new habits! There is a worksheet available for pickup in either the office or fitness center. Follow the directions on the sheet and return to Tiffany at the end of the month. If you return your sheet you will be entered to win a prize!

Renew Active~

Now accepted in our Fitness Center!

We are participating with Renew Active, the gold standard in Medicare fitness programs which provides eligible members access to participate in our Fitness Center at no cost. ***Plan holders of an eligible Medicare Plan insured by UnitedHealthcare Insurance Company can use this program.*** To confirm eligibility call the customer service number on the back of your insurance card to get your confirmation code; you will need at time of registration. If you have any questions, please call Tiffany at 860-648-6399.

Programs



Bingo in January

- **Mondays at 10:30 AM:** January 3, 10, 24, and 31 and **Special Bingo Tuesday, January 18 at 10:30 AM.**
- **Thursdays at 6:30 PM:** January 6 and 20. Hot dogs between 5:30-6:15 PM.

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.

Cornhole Tournament



Do you want to participate in some friendly competition? Our monthly cornhole tournaments are heating up, let's keep it going! Join staff on **Friday, January 7 at 2:30 PM.** Seniors will be paired together as well as with staff for a competitive but fun game that will have you laughing! You don't want to miss this! **FREE.** Call to register anytime!

Its National Hot Cocoa Day!

Celebrate National Hot Cocoa Day with us in the Gazebo or by the fire on the patio, on **Wednesday, January 19 at 2:00 PM.** Choose from a hot cocoa bomb or traditional cocoa packets. Dress warm! **FREE,** call to register anytime.

Ukulele Classes

with instructor Sue Hill

Beginners (10 weeks) \$50: 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 12:45 to 1:45 PM beginning January 27 through March 31.** Pay the instructor the first day of class.

Advanced (10 weeks) \$50: This class is designed for those who have already taken the beginners class, and want to continue to grow and play with others because it's so much fun! **Thursdays 2:00 to 3:00 PM beginning January 27 through March 31.** Pay the instructor the first day of class.

AARP Tax Aide Program

AARP Tax-Aide is a free program for *low and middle income* taxpayers with special focus on taxpayers age 60 and over. Tax-Aide workers will be available at the Community Center on Thursdays and Fridays beginning at 9 AM from Thursday, February 3 and continuing through Thursday, April 14 by appointment. Please call 860-648-6361 ext. 3335 to schedule an appointment. Married couples filing jointly should both be present during the income tax preparation session. No return will be filed until all necessary signatures have been entered on the forms. **Limited to South Windsor residents.**

Please be sure to bring the following:

- ◆ Personal identification including photo ID, Social Security card, etc.
- ◆ Copy of 2020 Income Tax Return and related forms
- ◆ All applicable 2021 forms which show taxes paid, withheld or "not determined"
- ◆ All W-2 forms for wages earned
- ◆ All 1099 forms
 - ◆ INT for interest accounts
 - ◆ DIV for dividend accounts
 - ◆ R for retirement funds and IRAs
- ◆ Any state refund statements for last year's Connecticut tax
- ◆ Social Security Annual Statements
- ◆ A blank check with account and routing numbers for direct deposit refund request
- ◆ All personal documents that relate to deductible expenses:
 - ◆ Medical expenses, including mileage to the medical facility
 - ◆ Prescription expenses
 - ◆ Sales tax expense for major purchases
 - ◆ Mortgage interest paid
 - ◆ Contributions to charities, church, etc.
 - ◆ Home improvements that conserved energy
 - ◆ Replacement windows, doors, furnace
 - ◆ Property tax statements from the Town for your home and automobile(s)
 - ◆ Note: sewer taxes can not be claimed
 - ◆ Health insurance coverage info for all

Please arrive 15 minutes early to complete additional paper work.

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!

Masks are still required on public transportation at all times (per state guidelines).



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.

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

Health Services

ELDER WELLNESS is BACK!

The Visiting Nurse and Health Services of CT will be offering monthly clinics to check blood pressure, blood sugar and talk to you about your general health. **Thursday, January 6 from 9-10:30 AM by appointment only: 860-648-6361 ext. 3335.** SW residents only. Free.

FOOT CARE ~\$30

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

HEARING CLINIC ~ Free

Quarterly: January 12

Barbara B. Feehan, Audiologist from Feehan Hearing Center in South Windsor will be providing complimentary hearing screenings and hearing aid cleaning and service. This is NOT ear wax removal. Call 860-648-6361 ext. 3335 for an appointment.

Therapeutic Massage: Missy will be at the center a few times a month on **Fridays and now on Tuesdays!** Cost is \$30 payable that day. Call 860-648-6361 ext. 3335 for an appointment. They book up fast!



Technology Support

Need help with your phone, computer, or laptop? Have a hard time figuring out how to use any of your electronics? This workshop offers step-by-step assistance and guidance on how to set up and use social media, email, and text messaging. High School senior Zain Sheriff is offering this class as his Capstone Project requirement to graduate. Sign up to learn a little something and support a local senior on **Friday, January 14 at 3:00 PM.** Free. Call to register anytime.

Arthritis Talk

Local Occupational Therapist Betsy Russo of Russo Therapeutics is returning on **Friday, January 28 at 1:00 PM.** Specializing in arthritis, she will talk about carpal tunnel, trigger finger and various treatments and hand therapies. Free. Call to register anytime.

Programs, Programs and More Programs

When Geniuses Collide

with Joe the History Guy

This is the story of the current war between Nicola Tesla and Thomas Edison when the two titans were locked in battle for acceptance of alternating current or direct current as a means for bringing convenience and safety to our homes and factories. (AC vs. DC). It was a battle of great proportions, including patent battles, electrocutions, dirty tricks and great hardships each inventor experienced. **Tuesday, January 11 at 10:30 AM.** Free, call to register anytime.



Self Defense Class

This class will cover self-protective tips and self defense techniques and will be educational and fun! Please wear comfortable clothing. No previous experience necessary. The instructor, Frank Shekosky, is a 9th degree black belt in karate. **Friday, January 21 from 1:00 PM—2:30 PM.** Free, call to register.

Walking with Tiffany

Put on your layers and join Tiffany on **Wednesday, January 12 at 9:00 AM.** Meet at the Pavilion at Nevers Park for a nice loop around this beautiful path. Please call to register.



Tai Chi Study Presentation

UConn is conducting a research study to examine the health outcomes of practicing Tai Chi online at home. They are offering up to \$150 to participants. To learn more about the study and Tai Chi, come to the presentation by Dr. Yin Wu on **Thursday, January 6 at 1:00 PM or Tuesday, January 11 at 1:00 PM.** You only have to attend one. Call to register anytime. FREE!

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.

Fall Risk Assessment

The falls risk screening is free of charge and is completed by a licensed occupational therapist or physical therapist and will take about 15 minutes per person. Limited to 16 people. Call for an appointment. **Tuesday, January 25 at 2:00 PM.**



Tech Tutor: Facebook Series

This lesson picks up where lesson 1 left off with Audrey Breen from the SW Library. During this lesson attendees will further develop the information included on their profile. This will include choosing profile and cover pictures and writing a short bio. We will continue to create posts by sharing pictures, and links. For a short deeper dive into how Facebook works there will be a brief overview of how and why the Facebook algorithm works. **Tuesday, January 4 at 10:00 AM.** Free, call to register anytime.

Haircuts at the Center

Pat Sauer will be here on **Friday, January 14 and Monday, January 31 from 9:00 AM to 3:00 PM.** Haircuts are \$15 payable to Pat at your appointment, cash is preferred. Call 860-648-6361 ext. 3335 to schedule an appointment.



Make Your Life More Environmentally Friendly

We will watch a short video "The Story of Stuff" and then join Barbara to discuss simple ways to make choices that will help reduce pollution, protect wildlife, conserve natural resources and more. Come and share your ideas and learn some new ones. **Wednesday, January 12 at 2:00 PM.** Free, call to register anytime.

How to Declutter Any Space

Join Amy and Andrew from **National Health Care Associates** for this free educational program on simplifying life. **Thursday, January 13 at 1:00 PM.** This is open to anyone who may be considering or planning on downsizing – empty nesters, seniors and others who want to learn more about the how's and what's involved in decluttering and simplifying their life! Free, call to register anytime.

S.M.A.R.T Wellness Goals

Join your ShopRite Registered Dietitian, Sarabeth Campanelli, as she discusses making S.M.A.R.T. Wellness Goals for 2022. She will also be offering a sampling of a Farro Salad and Energy Bites. **Thursday, January 20 at 10:00 AM.** Free, call to register anytime.

Special Events

Extreme Shopping:

Stew Leonard's Or Footprints

Take your pick! Get dropped off at either Footprints Shoes and Accessories or Stew Leonard's, both located in Newington, on **Thursday, January 20!** Footprints is a longtime retailer featuring a vast range of shoes for men, women & kids, plus handbags & jewelry. Stew Leonard's is family-owned and operated fresh food store known as the "Disneyland of Dairy Stores." The bus will depart the Center at 11 AM and will return approx. 2:30 PM. Residents only; call to register beginning January 3. Space is limited.



Volunteer Corner

Community Service Group

The next meeting will be **Thursday, January 20 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 for more info. **NEIGHBORS HELPING NEIGHBORS**



"CARES" Group Has Space

The "CARES" group provides Center Activity, Recreation, Exercise and Socialization for residents over sixty, which meets Monday through Friday, 9:30-12:30 at the Center. CARES offers a variety of activities including music, crafts, games, reminiscence, current events, exercise, and holiday celebrations. If you have limitations or disabilities, but do not need medical or self-care assistance while in the group, you may qualify to attend. Cost is \$3 a day and \$3 for lunch. Call Lindsey at 860-648-6358 for more information.

Cards, Games & More

Please note these guidelines:

- Please **SWIPE** in using your key tag. If you do not have one, please stop in the office or call ext. 3335.
- **Masks are required in the building for all, regardless of vaccination status.**
- **Entrance is through the front doors only, exit any door**

Bingo ~ Mondays at 10:30 AM and Thursdays 1/6 and 1/20 at 6:30 PM (call for bus)

Bridge ~ Mondays and Fridays at 9:00 AM

Poker ~ Mondays at 1:00 PM

Setback ~ Mondays at 1:00 PM

Samba ~ Tuesdays at 12:30 PM

Knitters Group ~ Wednesdays 9 AM to 11:30 AM

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

Duplicate Bridge ~ Wednesdays at 12:45 PM

Mahjong (American) ~ Thursdays at 10:00 AM

Billiards in Teen Center ~ Mon thru Fri 8 AM to 11:30 AM

Ceramics ~ Thursdays 9:00 AM to 11:30 AM (drop in, free)

EVENING Setback: The evening setback players have decided to cancel play until the spring.

Senior Men's Club: The Men's Club will not be meeting in the winter. Meetings resume in April.

.....



Inclement Weather Policy

If South Windsor schools are closed, all of our programs are cancelled. If schools have a delay, all of our programs scheduled prior to 9 AM are cancelled; All of our classes that start at 9 AM are ON. When schools release early, our programs are canceled in the afternoon beginning at 12:30 PM. Staff continues to report to work.



Veteran's Corner

Questions about Veterans Benefits?

Stop in anytime on **Thursday, January 6 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, January 20 at 9:00 AM.** Call the American Legion with questions, no need to register.

Adventure Club

What is the Adventure Club?

Join us on **Friday, January 21 at 4:00 PM** to learn about the Adventure Club. We are looking for your suggestions! There will be a slide show of past adventures offered, a fun quiz and we will answer all your questions. A lite dinner will be served. Sign up anytime in the office. **FREE**

Please sign up and pay any time in the office for all below trips.

Hikes:

- **Holcomb Farm North Granby:** Founded in 1972, the Granby Land Trust (GLT) works to preserve Granby's natural heritage through the conservation of its scenic and historic vistas, open space corridors, wildlife habitat, ecologically sensitive areas, and agricultural land. Join us on **Friday, January 7 from 9:30 AM to 1:00 PM** for a 3.5-4 mile hike. Bring water, snacks, trekking poles, and dress in layers. Cost is \$5.
- **West Hartford Reservoir #2:** The MDC's West Hartford Reservoir complex is one of central Connecticut's best known hiking areas laced with many miles of paved and dirt roads. This 4 mile hike will be an easy one seeing that some of it is paved. Dress in layers, bring water, snacks, and trekking poles. **Thursday, January 13 from 9:15 AM to 1:00 PM.** Cost is \$5.
- **Bolton Notch State Park:** This state park's 95 acres offer opportunities for hiking, climbing, and cave exploration. We will hike along some of the trails and also on the rails to trail. This will be about 5 miles but with little elevation. Please dress in layers, bring water, snacks, and trekking poles. **Sunday, January 23 from 9:30 AM to 1:00 PM.** Cost is \$5.
- **Oak Grove Manchester:** The Oak Grove Nature Center is a fifty-two acre nature preserve operated by the Town of Manchester and the Lutz Children's Museum. It is an ideal place to take a break from your busy day and enjoy a quiet walk in the woods. Meet at the Community Center on **Wednesday, January 26 from 9:30 AM –1:00 PM.** Dress in layers, bring trekking poles, water and snacks. This is an easy, slow pace walk. Cost is \$5.

Snowshoeing at Northwest Park

We will head to Northwest Park for in Windsor for a snowshoeing adventure, as long as Mother Nature cooperates. If there is not enough snow we will hike. **Tuesday, January 18. The bus leaves the center at 10:15 AM and returns approx. 1:00 PM.** Bring water, snacks, trekking poles, and dress in layers. Cost is \$15. Sign up and pay in the office anytime.

Bowling and Mini Golf

Join us for a little indoor adventure: Bowling, lunch and a round of indoor mini golf at Lessard Lanes in Plainville. **Monday, January 24, the bus leaves the center at 9:00 AM and returns approx. 1:00 PM.** The cost is \$15 per person and includes two games of bowling, a slice of pizza, one round of mini golf and transportation. Sign up and pay in the office any time.

Center Lunches

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 ext. 3328.

Birthday Lunch

Celebrate **January** birthdays on **Tuesday, January 25** following lunch. Cake donated by Geissler's, a gift for the birthday people will be supplied by HarborChase. Sign up for lunch by noon the day before: 860-648-6361 ext. 3328.



Special Friday Lunches

Sharon will be continuing the special lunches in January. Instead of CRT's lunch, we are offering a different option. Lunch is served at 12 noon. \$3 charge, payable the day of.

Friday, January 7: Country fried chicken with sweet potatoes, corn

Friday, January 14: Chicken salad sandwich and soup

Friday, January 21: Pizza

Friday, January 28: Shepard's Pie

All meals come with a beverage and dessert. Call to register by 12 noon the day before: 860-648-6361 ext. 3328 or sign up at the lunch desk.

The Center will be closed on Monday, January 17!

New Trips

Residents register 1/6; Nonresidents 1/13

Date Change: Pequot Museum

Come and see the story of the Mashantucket Pequot Tribal Nation brought to life at the Mashantucket Pequot Museum in Mashantucket. After our stop at the Museum we will be taking the 5 minute trip to Foxwoods for lunch. On **Wednesday, January 19** the bus will **depart the center at 9:00 AM** and **return approx. 4:00 PM**. Cost is **\$25**.



Hartford Wolf Pack Hockey Game

See the Harford Wolf Pack take on the Providence Bruins in one of the final games of the season on **Friday, January 28** at the XL Center in Hartford. Cost is **\$25** and includes your ticket and transportation to the game. Bring money for concessions. The bus will **depart the center at 5:30 PM** and **return approx. 9:00 PM**.

CT Flower & Garden Show

Experience Spring in February at the Connecticut Convention Center on **Friday, February 25**. Explore over 300 booths overflowing with fresh flowers, plants, herbs, bulbs, seeds, gardening books, equipment and much more. View beautifully landscaped gardens, seminars and demonstrations. Bring money for concessions available at the show. The bus will **leave the center at 10:00 AM** and **return approx. 2:00 PM**. Cost is **\$20** and includes transportation and admission.



New England Carousel Museum

Experience the joy of Carousel! Take a trip and learn about Art, History, and fabrication of this little known form of American sculpture. We will discover over 200 antique wooden horses and objects, see their restoration department where preservation is happening and take a ride on the indoor carousel. We will have lunch at the museum in the form of a Bistro Box. Meal choices available at registration. **Thursday, February 17**. The bus will **leave the center at 10:00 AM** and **return approx. 2:30 PM**. Cost **\$23**, includes admission, lunch, and transportation.

St. Patrick's Day Celebration

Take a trip to the Aqua Turf Club on **Tuesday, March 15** for their St. Patrick's Day Celebration featuring The Maclean Avenue Band. Padraig Allen and The Mclean Avenue Band have their very own sound with old Irish Celtic Folklore and rock pop Celtic music of today! Cost is **\$52** and includes ticket to the show, your family style entrée of corned beef & cabbage or baked scrod as well as transportation. Complimentary coffee and donuts, glass of beer or wine and door prizes included. The bus will **depart the center at 10:00 AM** and **return approx. 4:30 PM**.



Previously Advertised Trips

Registration has begun; sign up anytime!

Lancaster, in Style




Enjoy 3 days visiting Lancaster, In Style on **April 18-20, 2022**. Trip includes 2 nights at The Historic Cork Factory Hotel, 2 breakfasts, 2 lunches, and 2 dinners, Kitchen Kettle Village hands on experience, Private wine, cheese and painting party, tickets for 'David' at Sight and Sound Theatre, Mount Hope Estate and Winery, with tasting and tour along with gratuities for the tour director and bus driver. Trip insurance is a flat rate of \$75 in addition to deposit. **\$50 deposit due at time of reservation and final payment is due by February 7, 2022. Cost is \$790 single, \$635pp double and \$580pp triple.** Checks payable to Town of South Windsor. For more information call Tiffany at 860-648-6399.

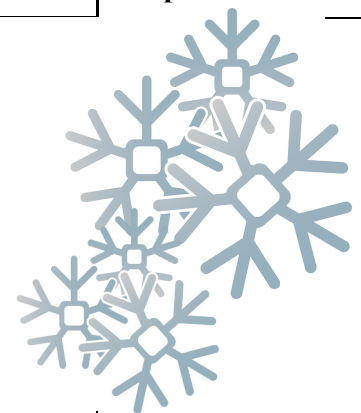
Magical Mackinac



Traditional Mackinac Island is a step-back in time. Enjoy a horse-carriage tour on Mackinac Island and lunch at the Grand Hotel. Explore Greenfield Village and the innovative Henry Ford Museum, visit the Bavarian influenced town of Frankenmuth. Guided tour and overnight in Niagara Falls, Canada. Tour includes motor coach transportation, hotel accommodations, 13 meals and more. Trip will be **August 14-21, 2022**. Cost is **\$2,199pp single, \$1,725pp double, and \$1,599pp triple.** Call Tiffany at 860-648-6399 for further information and reservations. **\$150 is due at time of reservation and full payment is due by June 1, 2022.** Trip insurance is \$137 pp double or triple and \$187pp single. And is due along with deposit.

**Checks made Payable to
Town of South Windsor**

Monday			Tuesday			Wednesday			Thursday			Friday			
Footcare Billiards (H) Lite Aerobics Bridge Silver Sneakers BINGO Pickleball Lunch Setback Poker Cardio Drumming	By Appt. 8-11:30 AM 8:30 AM 9:00AM 10:00 AM 10:30AM 11:30 AM 12:00 PM 1:00 PM 1:00 PM 2:30 PM	3	Billiards Walkers (meet at Nevers Park) (H) Stretch & Strength Tech Tutor: Facebook Series Part 2 Lunch Samba Afternoon Movie: My Fair Lady	8-11:30 AM 8:30 AM 9:00 AM 10:00 AM 12:00 PM 12:30 PM 1:00 PM	4	Billiards Knitters Group (H) Chair Yoga Chair Volleyball Lunch Hand, Knee, Foot Dup. Bridge	8-11:30 AM 9:00 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 12:45 PM	5	Sign Up Day Elder Wellness Therapeutic Massage (H) Lite Aerobics Walkers (meet at Nevers) Ceramics—Drop In Mahjong Mat Yoga Veteran's Benefits Lunch Tai Chi Study Presentation Fit for Life Open House BINGO & Hotdogs	8:30 AM By Appt. 8:30 AM 8:30 AM 9:00 AM 10:00 AM 10:00 AM 10:30 AM 12:00 PM 1:00 PM 2:00—4:00 PM 6:30 PM	6	Billiards Bridge Holcomb Farm Hike (H) Chair Yoga Pickleball Special Lunch Cornhole Tournament	8-11:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 12:00 PM 2:30 PM	7	
Billiards (H) Lite Aerobics Bridge Silver Sneakers BINGO Pickleball Lunch Setback Poker Cardio Drumming	8-11:30 AM 8:30 AM 9:00AM 10:00 AM 10:30AM 11:30 AM 12:00 PM 1:00 PM 1:00 PM 2:30 PM	10	Footcare Billiards Walkers (meet at Nevers Park) (H) Stretch & Strength Senior Advisory Meeting Joe The History Guy Lunch Samba Tai Chi Study Presentation Crafternoon	By Appt. 8-11:30 AM 8:30 AM 9:00 AM 10:00 AM 10:30 AM 12:00 PM 12:30 PM 1:00 PM 2:30 PM	11	Hearing Clinic Billiards Walking with Tiffany Knitters Group (H) Chair Yoga Chair Volleyball Lunch Hand, Knee, Foot Dup. Bridge (H) Tai Chi Environmentally Friendly Life	By Appt. 8-11:30 AM 9:00 AM 9:00 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 12:45 PM 2:00 PM 2:00 PM	12	AARP Safe Driver Course Billiards (H) Lite Aerobics Ceramics—Drop In Bagels & Cream Cheese Drive Through W. Hartford Reservoir #2 Hike Mahjong Mat Yoga Lunch Declutter Any Space	8-12:00 PM 8-11:30 AM 8:30 AM 9:00 AM 9:00 AM 9:15 AM 10:00 AM 10:00 AM 12:00 PM 1:00 PM	13	Therapeutic Massage Haircuts Bridge (H) Chair Yoga Caregiver Support Group Meet & Greet with Lex Pickleball Special Lunch Technology Support Pizza & Movie: Selma	By Appt. By Appt. 9:00 AM 10:00 AM 10:00 AM 11:00 AM 11:30 AM 12:00 PM 3:00 PM 4:00 PM	14	
Closed Martin Luther King Jr. Day 			17	Billiards Walkers (meet at Nevers Park) (H) Stretch & Strength Snowshoeing Special Bingo Lunch Mystery Item Drive Through Samba	8-11:30 AM 8:30 AM 9:00 AM 10:15 AM 10:30 AM 12:00 PM 1:00 PM 12:30 PM	18	Billiards Knitters Group Pequot Museum (H) Chair Yoga Chair Volleyball Lunch Hand, Knee, Foot Duplicate Bridge (H) Tai Chi National Hot Cocoa Day!	8-11:30 AM 9:00 AM 9:00 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 12:45 PM 2:00 PM 2:00 PM	19	Billiards (H) Lite Aerobics Ceramics—Drop In Veteran's Social Hour Mahjong Mat Yoga S.M.A.R.T. Wellness Goals Extreme Shopping Lunch Community Service Group Beginner's Quilting Afternoon Movie: Going In Style BINGO & Hotdogs	8-11:30 AM 8:30 AM 9:00 AM 9:00 AM 10:00 AM 10:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 2:30 PM 6:30 PM	20	Therapeutic Massage Billiards Bridge Painting with Christine (H) Chair Yoga Pickleball Special Lunch Ceramics Self Defense Class What is the Adventure Club All About?	By Appt. 8-11:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 12:00 PM 1:00 PM 1:00 PM 4:00 PM	21
Billiards (H) Lite Aerobics Bridge Bowling & Mini Golf BINGO Pickleball Lunch Setback Poker Cardio Drumming Evening Painting Class	8-11:30 AM 8:30 AM 9:00AM 9:00 AM 10:30AM 11:30 AM 12:00 PM 1:00PM 1:00 PM 2:30 PM 6:00 PM	24	Billiards Walkers (meet at Nevers Park) (H) Stretch & Strength Meet and Greet with the Mayor Birthday Lunch Samba Pie Drive Through Fall Risk Assessment	8-11:30 AM 8:30 AM 9:00 AM 11:00 AM 12:00 PM 12:30 PM 1:00 PM 2:00 PM	25	Billiards Knitters Group Oak Grove Stroll (H) Chair Yoga Chair Volleyball Lunch Hand, Knee, Foot Duplicate Bridge Beginners Drawing Class (H) Tai Chi	8-11:30 AM 9:00 AM 9:30 AM 10:00 AM 11:30 AM 12:00 PM 12:45 PM 12:45 PM 1:00 PM 2:00 PM	26	Billiards (H) Lite Aerobics Walkers (meet at Nevers) Ceramics—Drop In Mat Yoga Mahjong Lunch Beginner's Ukulele Advanced Ukulele Beginner's Quilting Early Bird Dinner	8-11:30 AM 8:30 AM 8:30 AM 9:00 AM 10:00 AM 10:00 AM 12:00 PM 12:45 PM 2:00 PM 2:00 PM 4:00 PM	27	Therapeutic Massage Billiards Pancake Breakfast Bridge Painting with Christine (H) Chair Yoga Special Lunch Ceramics Arthritis Talk Afternoon Movie: Seven Pounds Wolfpack Game	By Appt. 8-11:30 AM 9:00 AM 9:00 AM 9:30 AM 10:00 AM 12:00 PM 1:00 PM 1:00 PM 2:00 PM 5:30 PM	28	
Billiards (H) Lite Aerobics Bridge Haircuts BINGO Pickleball Lunch Setback Poker Cardio Drumming	8-11:30 AM 8:30 AM 9:00 AM By Appt. 10:30 AM 11:30 AM 12:00 PM 1:00 PM 1:00 PM 2:30 PM	31	WEEKEND PROGRAMS • Outdoor Pickleball at Ellsworth 8:30 AM Mon-Friday Sunday 1/23: Bolton Notch State Park Hike at 9:30 AM			<h1>January 2022</h1>									
												KEY Use this key to refer to how each program will be offered H = HYBRID Z = ZOOM			



COMMUNITY RENEWAL TEAM JANUARY 2022 CONGREGATE MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Orange Juice Salisbury Steak / Gravy Cut-Up Sweet Potatoes Spinach 100 % Wh Wheat Bread Frosted Cake	4	Italian Style Calzone Pasta / Marinara Sce Mixed Vegetables 12 Grain Bread Fresh Fruit	5	Crab Cake Tartar Sauce Seasoned Potato Wedges Capri Blend Vegetables Wheat Dinner Roll Peaches	6	Cran-Apple Juice Roast Turkey w/ Gravy Red Bliss Mashed Potatoes Broccoli 100 % Whole Wheat Bread Cookie	7	<u>Special Lunch Prepared by Sharon:</u> Country Fried Chicken Sweet Potatoes Corn Beverage and Dessert \$3 Charge
10	Grande Ch Ravioli /Tom Cream Sce / Parm Cheese Mixed Vegetables Wholegrain White Bread Fresh Fruit	11	Orange Juice Fish Sticks Tartr Sce Potato Wedges 4-Way Veg Blend Oatnut Bread Fruit Oatmeal Bar	12	Beef Hot Dog Hot Dog Bun Mustard, Relish, Ketchup Baked Beans California Blend Vegetables Fresh Fruit	13	Chicken Parmesan Pasta / Italian Sauce Vegetable Medley 100 % Whole Wheat Bread Pears	14	<u>Special Lunch Prepared by Sharon:</u> Chicken Salad Sandwich Soup Beverage and Dessert \$3 Charge
17	CRT Closed In Observance of Holiday	18	Stuffed Shells & Sauce Parmesan Cheese Zucchini Garlic Knots Fresh Fruit	19	Cran-Apple Juice Potato Crumb Fish Tartar Sauce & Potato Wedges Chuckwagon Blend Veggies Oatnut Bread Frosted Cake	20	Glazed Baked Ham / Mustard Mashed Sweet Potatoes Seasoned Green Beans 12 Grain Bread Mandarin Oranges	21	<u>Special Lunch From The Senior Center Staff:</u> Pizza Beverage and Dessert \$3 Charge
24	Orange Juice Kielbasa / Mustard Cheese Pierogis/ Onions Capri Blend Vegetables Oatnut Bread Cookie	25	Battered Fish with Tartar Sauce Potato Wedges Prince Edward Veggies Wholegrain Bread Fresh Fruit	26	Grape Juice Oven Baked Fried Chicken Garlic Mashed Potatoes Carrots 12 Grain Bread Frosted Cake	27	Roast Beef w/ Gravy Mashed Potatoes Vegetable Medley Corn Muffin Peaches	28	<u>Special Lunch Prepared by Sharon:</u> Shepard's Pie Beverage and Dessert \$3 Charge
31	Chicken Picata Rice Pilaf Prince Wm Blend Veggies 100 % Whole Wheat Bread Fresh Fruit		South Windsor Senior Center 150 Nevers Road South Windsor 860-648-6361 ext. 3328		Call by 12 Noon the day before to reserve all lunches. Call Friday by noon for Monday.				

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses
All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford.