May 2016

GENEALOGY
Our Friend Jennifer Zinck returns to the Senior Center in May with helpful strategies and techniques to help you research your ancestors. Jennifer Zinck is a genealogist, speaker and educator who specializes in the intersection of traditional and genetic genealogy. Jennifer is a member of the Association of Professional Genealogists, National Genealogical Society. Don’t miss this program! Call to register, a light supper will be served.

May 19th - “Let’s Talk Genealogy” Join us for a fun-filled time exploring the best resources for your genealogy. Complete a short survey and have a chance to have your genealogy highlighted next week.
May 26th - “Meet the Ancestors” This week we will highlight ancestor submissions from members. Genealogist Jennifer Zinck will dazzle us with the discoveries she has made in our family trees. Learn tips, tools, and techniques to help you build your own family tree. If you like the genealogy programs on tv, you will love this!
June 2nd - “Explore Your Tree” During this open Q & A session we will explore questions from the family trees of members. Jennifer will lead us live through finding answers to some of our questions. Topics may include best places to look for answers, methods to solve longstanding brick walls, using DNA, and lots more!

‘It’s Time to Talk ’‼️ The Center is offering a series of presentations called “It’s Time To Talk”, designed to bring to light and discuss difficult decisions that face seniors and their families.

Part 3’ Alzheimer’s – Know the Ten Signs – Presented by Ian MacDonald, North Central Regional Program Director Alzheimer’s Association Connecticut Chapter. This program, sponsored by Stonebrook Village, will be held on Wednesday, May 25th at 5pm. Alzheimer’s disease is often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it’s time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this workshop training to learn the 10 Warning Signs of Alzheimer’s disease. separate myth from reality, address commonly-held fears about Alzheimer’s and hear from people who actually have the disease. A dinner will be served. Please register at the Center.

Kentucky Derby Party!
Join us at 12 noon on Wednesday May 4th for a Kentucky Derby Horse Race Party!!! Ladies don’t forget your best Derby bonnet! A delicious lunch, Mint Juleps, games, prizes and of course horse racing! Seating is limited! Tickets are $5 and available in the office.

Mothers Day Breakfast
Friday, May 13 at 9:30am
Breakfast is complimentary to all ladies, but gentleman must pay!! Tickets are $5 and available in the office. Everyone must sign up!!!

Craft Time! Mini Clipboards & Matching Magnets
On Wednesday, May at 12:30pm. Sign up early by calling 860-627-1425, press 0. Sample on display in Center.
Also it’s Bonus Bingo Monday on May 4th at 12:30pm. Join us for lunch & Bingo. Lunch is $2.50–regular Bingo is $1 per card. Bonus Game is FREE‼️ Surprise Bonus prize‼️
TRIPS & TRAVEL

- **SAMSON @ SIGHT & SOUND THEATRE**
  May 23rd-25th - $471.00pp dbl

- **LONG ISLAND LIGHTHOUSE CRUISE**
  June 26th $105

- **NOVA SCOTIA PRINCE EDWARD ISLAND**
  July 2nd-8th - $1667.00pp dbl  7 days,

- **COINS & CLAWS**
  July 6th Abbotts Lobster in the Rough and Mohegan Sun $65.00

- **ERIE CANAL CRUISE**
  July 20th $92

- **TEXAS TENORS**
  August 3rd

- **GLOUCESTER LOBSTER CRUISE**
  August 18th $108

- **GREEN MOUNTAIN FLYER**
  September 27th $108

- **GRANITE STATE -OKTOBERFEST**
  October 5th—$87

- **SATURDAY NIGHT FEVER @ Westchester Broadway Theatre**
  November 3 4121

- **Williams Inn Boars Head Feast**
  December 8th $108

Flyers available at the center or by email. Office hours for booking trips are Tues & Thurs. 8a-4p. Payments may be mailed to our office. **Seating is secured once payment is received. Charter trips are NOT limited to Windsor Locks Seniors … ALL WELCOME!**

NUTRITION

**Nutrition Class**
May 18th 12:30p. Sign up with Maria

MAY BIRTHDAYS

Happy Birthday to all those who were born in the Month of MAY!

- May is one of the most beautiful months of the year. Grass is green, flowers are blooming.
- Taurus (April 20-May 20) You are reliable, patient, practical, devoted, responsible, and stable
- Gemini (May 21-June 20) You are gentle affectionate, curious, adaptable, learn quick, and exchange ideas
- May birthstone is emeralds which represents success or love.

A very special Happy 80th Birthday

Tina Brough 5/17
Loren Gamache 5/16
Eoline Deschaine 5/28

We are honored to recognize all who are celebrating their 80th, 90th and 100th year birthday! Please call 860-627-1425, to have your birthday announced!

Noden Reed House Upcoming Events

**May 1st:** Museum opens for season with Special Exhibit “The Bicentennial 1976: 40 year anniversary.”

**May 7th**  Farm & Flower Fest 12-4
**June 11th**  Civil War Encampment & Living History Weekend
**July 17th**  Annual Pot Luck Dinner
**July 30th**  Christmas in July Craft & Vendor Fair

2016 MONTHLY CASINO TRIPS

All trips $20 payable by check to the Windsor Locks Senior Center. Payment reserves seat. Trips depart from Ocean State Job Lot

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<tr>
<th>FOXWOODS</th>
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<td>May 10</td>
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**change due to election day**
Municipal Agent Notes  By John Sullivan

**DRUG EXPIRATION DATES—DO THEY MATTER?**

In some cases, definitely yes; in other cases, not so much. This according to Dr. Anthony Komaroff, a physician and professor at Harvard Medical School. He advises that nitroglycerin (for heart pain) should be replaced every six months, and that the epinephrine in Epi Pens also loses its potency past its expiration date. Tetracycline and insulin are also drugs where expiration dates matter. In addition, because they are less stable than tablets or powders, Dr. K recommends getting a fresh refill of liquid drugs when they pass their expiration date. Most drugs, he says, “retain their strength past their expiration date.” He cites one study where researchers tested 96 different drugs stored in their original containers. They found that more than three-quarters of these drugs would remain stable for nearly five years beyond their expiration dates. And a study of two anti-influenza drugs found that these drugs remained fully active after 25 years of storage! Dr. K points out that expiration dates shouldn’t really matter with a medicine to treat a temporary problem—like taking an antibiotic for strep throat, for example. You should have swallowed the last medicine long before its expiration date. On this same subject, Dr. Peter Gott’s column in the Journal Inquirer tells how the Food and Drug Administration (F.D.A.) conducted one of the largest known studies for the U.S. Military 15 years ago, and how it was subsequently reported in the Wall Street Journal in March 2000. The military stored $1 Billion worth of drugs for a test program to determine whether it could extend the useful life of the drug supplies. More than 100 drugs were tested, including over-the-counter drugs and prescription meds. At the end of the test period almost 90 per cent of the drugs were found to be both safe and effective 15 years after the printed expiration date! Dr Komaroff emphasizes that the favorable results he’s been describing apply to medications that have been stored in their original containers in a cool dry place. Drugs that have expired can be disposed of either in the trash or at the Windsor Locks Police headquarters (container in the lobby) - not down the toilet, to pollute our waterways. One way to save money on drug and patent remedy purchases might be to retain a copy of this column!

Best regards. John

**Meals on Wheels Drivers Needed**

Do you have an hour a week that you can volunteer your time? If so, please call Maria 860-627-1425

**DID YOU KNOW?** 211 is a toll-free number that connects you to a community resource specialist in your area that can put you in touch with local organization that provide critical service that can improve and save lives. You will find information about ...

- Supplemental food and nutrition programs
- Shelter and housing options & utilities assistance
- Emergency information and disaster relief
- Employment and education opportunities
- Service for veterans
- Health care, vaccination & health epidemic information
- Addiction prevention and rehabilitation programs.
- Support groups for individuals with mental illness or special needs
- A safe confidential path out of physical and/or emotional domestic abuse

Senior Citizens Club New

Club Social will be held on Friday, May 6th Doors open at 5pm. Thank you! Betty Ellis

Menu for May

5/5  Sheppard's Pie
5/12  Liver & Onions
5/19  Roast Beef
5/26  Chicken Cacciatore

Lunches catered by the Butchery. Alternate for any meal may be chicken. Call for reservations or cancellation should be made to Eoline at 860-623-1181 BEFORE NOON ON TUESDAY.

Coloring! Our relaxing adult coloring sessions are held every other Wednesday at 12:30pm. Next session—May 11th. Stop in, spend time with really good company and relax! Artwork is on display!

Lending Closet— The Center receives donations of medical equipment which we lend out to those in need. The Lending Closet is available for borrowing or donating to on Mon. thru Thurs., between 2pm-4pm. For more information, call 860-627-1425.
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>2 Vegetable Soup</td>
<td>3 Apple Juice</td>
<td>4 Spring Vegetable Soup</td>
<td>5 CRT HAPPY MOTHER’S DAY MEAL</td>
<td>6 Barbeque Chicken</td>
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<tr>
<td>Cheesy Vegetable Lasagna</td>
<td>Pork Ribeque</td>
<td>Chef Salad w/Mixed Greens(Shredded Cheese/Turkey Ham)</td>
<td>Orange-Pineapple Juice Pot Roast w/Gravy</td>
<td>Broccoli Florets &amp; White Bean Salad</td>
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<td>Garden Salad w/Tomatoes &amp; Cucumbers</td>
<td>Scalloped Potatoes</td>
<td>Cooked Egg Ranch Dressing Cheese Filled Bread Stick Fresh Orange</td>
<td>Oven Roasted Potatoes Asparagus Dinner Roll Special Dessert</td>
<td>Baked Sweet Potato Rye Bread Pineapple Tidbits</td>
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<td>Vinaigrette Dressing Italian Bread</td>
<td>Scandinavian Blend Veg. Wheat Bread Peaches &amp; Pears</td>
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<tr>
<td>Apples Slices</td>
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<tr>
<td>9 Italian Meatballs</td>
<td>10 Corn Chowder</td>
<td>11 Roast Turkey w/Gravy</td>
<td>12 Orange Juice</td>
<td>13 Grape Juice</td>
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<td>Seashell Pasta w/Marinara Sauce</td>
<td>Breaded Fish Sq. (Sandwich)</td>
<td>Cut-Up Sweet Potatoes Spinach Cranberry Sauce</td>
<td>Shepard’s Pie w/Hamburger Meat Mashed Potatoes</td>
<td>Tony’s Individual Pizza Garden Salad w/ Tomatoes/Cucumbers/ Onions Ranch Dressing Saltines Fresh Orange</td>
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<td>Spinach Salad w/Mandarin Oranges &amp; Sliced Almond Raspberry Vinaigrette Dressing Club Roll Fresh Fruit</td>
<td>Sweet Potato Fries Red/Green Cabbage Coleslaw w/Shredded Carrots</td>
<td>100% Whole Wheat Bread Pineapple Tidbits</td>
<td>Corn Wheat Dinner Roll Lemon Pudding Tart w/ Whipped Topping</td>
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<td>16 Cream of Asparagus Soup</td>
<td>17 Country Fried Steak</td>
<td>18 Hearty Vegetable Soup</td>
<td>19 American Chop Suey</td>
<td>20 Orange –Pineapple Juice Garden Salad Onions w/Grilled Chicken Strips Cheddar Cheese Italian Dressing Whole Wheat Bread Fresh Fruit</td>
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<td>Lemon Baked Chicken Cran Raisin Stuffing Brussel Sprouts Wheat Dinner Roll Strawberry Oatmeal Bar</td>
<td>w/Gravy Mashed Potatoes Creamed Spinach Homemade Biscuit</td>
<td>Baked Ham w/Pineapple Sauce Baked Beans Broccoli Normandy Rye Bread Apple Slices</td>
<td>Tossed Salad w/Tomatoes/Cucumbers/Onions Ranch Dressing Dinner Roll Fresh Fruit</td>
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<td>23 Stuffed Cabbage w/ Marinara Sauce Mashed Potatoes Beets 12-Grain Bread</td>
<td>Tomato Basil Vegetable Soup Chicken Caesar Salad w/ Spring Greens and Chicken Shredded Parmesan Cheese Cucumbers/Cherry Tomatoes Wheat Dinner Roll Croutons Fresh Fruit</td>
<td>25 Orange-Pineapple Juice Roast Pork Loin w/ Vegetable Broth Oriental Rice Prince Edward Blend Vegetables</td>
<td>Macaroni &amp; Cheese Stewed Tomatoes &amp; Zucchini Spinach Salad w/ Cucumbers/Cherry Tomatoes Italian Dressing 100% Whole Wheat Bread Fresh Fruit</td>
<td>27 CRT MEMORIAL DAY MEAL Orange Juice Hot Dog Baked Beans Sauerkraut Hot Dog Roll Mustard/Relish/Ketchup Special Dessert</td>
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<td>Fresh Orange</td>
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<td>12-Grain Bread</td>
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<td>30 CLOSED IN OBSERVANCE OF MEMORIAL DAY HOLIDAY</td>
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<td>30 CLOSED IN OBSERVANCE OF MEMORIAL DAY HOLIDAY</td>
<td>Tuna w/Bowtie Noodle Casserole Peas &amp; Carrots Oatnut Bread</td>
<td>24 Tomato Basil Vegetable Soup</td>
<td>25 Orange-Pineapple Juice Roast Pork Loin w/ Vegetable Broth Oriental Rice Prince Edward Blend Vegetables</td>
<td>31 Tuna w/Bowtie Noodle Caserole Peas &amp; Carrots Oatnut Bread Fresh Fruit</td>
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<td><strong>CONA—Committee on Needs of Aging</strong></td>
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<td>Chairman: Roger Nelson  Vice Chairman: Rosemary Cunningham</td>
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<td>Secretary: Doug Hamilton  Treasurer: Barbara Sullivan</td>
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<td>Members: Sue Cannon William Hamel Connie Nelson Cindy Cooper, Peter Lambert. Municipal Aid: John Sullivan</td>
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<td><strong>CENTER STAFF</strong></td>
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<td>Director: Ann Marie Claffey  Assistant Director: Lori Lapointe</td>
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<td>Nutrition Site Mgr: Maria Bonesteel  Transportation: Sherry Townsend</td>
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<td><strong>BUS DRIVERS</strong></td>
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<td>Ed Ferrari Jeff Ives Nick DeCarlo Mike Biedrzycki Jim Roche Charlie Siedlecki</td>
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**Wednesday Matinee**

Join us for ‘Open Movie Month’ in our solarium at 12:30pm, any afternoon the room is available!

Please call for room availability, any Netflix movie is yours for the choosing!

**Popcorn & Drinks served**

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**The Scan can be found at the following locations:** Town Hall, Casey’s Market, CVS, Library, JJ’s News, Dibble Hollow, Bickford’s, Southwest Terrace, HavMor Market, United Bank, First National Bank of Suffield, W.L. Federal Credit Union, St Mary’s/St. Robert/ Congregational Churches, Vinnie’s Little Acre, Walgreen’s, Windsor Locks Diner, local hairdressers and at the Senior Center

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**CENTER PROGRAMS & ACTIVITIES**

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<tr>
<th>Bunco</th>
<th>Bingo</th>
<th>Wii Bowling</th>
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<tr>
<td>Tuesdays 1:00pm</td>
<td>Mon, Tues, Thur 12:30pm</td>
<td>Wed &amp; Fri 9:00am</td>
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<td>Scrabble</td>
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<td>Thursday 1pm</td>
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<td>Call for dates</td>
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<tr>
<th>Setback</th>
<th>Mexican Train Dominoes</th>
<th>Bridge</th>
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<tr>
<td>Wednesday 1:00pm</td>
<td>Wed @ 1:00pm</td>
<td>every other Wednesday 9:30am</td>
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**CREATIVE ARTS**

- **Watercolors** - Wednesdays-10am 8wk session $40
- **Quilting** - Tuesdays- 10am. $3 per class
- **Knit & Purl Girls** - Tuesdays - 1pm-3pm $3 per class
- **Scrapbooking** - 2nd & 4th Tuesday 10:30-12:00 No fee

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**HEALTH & WELLNESS PROGRAMS**

- **Exercise Class** - Tues/Thurs - 8:30am to 9:30am 7 week session ~ $56
- **Water Fitness** - Monday 1pm ~ 6wk session-$30 @ Candlewood Suites
- **Tai Chi** – Wednesdays- 9am 6wk session $30
- **Chair Yoga** - Thursday 9:30am 6wk session ~ $30
- **Manicures** - Mondays - By Appointments ~$3

 **L.O.C.K.S. FITNESS CENTER**

Mon ~ Thurs. - 8am– 4:00pm / Fri. ~ 8am- 1pm
Call Center for Membership Fees

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**HEALTH CLINICS**

- **Ask The Nurse:** NEW DATE !!! 2nd & 4th Thursday 10:30-11:30 Medication & health concerns, blood pressure checks
- **FootCare:** - May 11th -$29 -by appointment call Nurse April at 860-605-8283

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**Health Insurance Assistance** Barbara Sullivan
**MONDAYS ! @ 1pm or call 860-623-6784 after 10am**

**Legal Assistance**—Attorneys Kraner & Hess
**3rd Fri. of the month -10am **Appt. only

**Financial advice** – Jack Welch, CPA Appt. only