Hello friends! With the Senior Center shut down, we miss our folks more and more each day. Staff is keeping busy delivering meals on wheels and ‘grab and go meals’. Volunteers along with staff members are working together to phone as many of our clients as possible. We have enjoyed wonderful conversations and stories of how you all keeping busy, helping your neighbors and staying active while "social distancing" As we all navigate this uncertain time, stories of kindness, creativity and hope inspire us every day. During our "friendly visitor" calls we have heard so many positive and creative ways that you have adjusted to the social distancing boredom many of you are experiencing. We have so enjoyed these conversations, learning more about the folks that we see every day. You are a creative! Many are working on a craft, sewing knitting and crocheting. Some have used this time to sort through their documents and receipts. Nothing like a good organizing session to clear the mind! You are kind, so many of you are calling neighbors and friends to check in and cheer each other up. You are resourceful. A small group of friends that live in the same neighborhood meet outside, positioning chairs 6 feet apart enjoying a (loud) conversation in the sunshine. You are spiritual. A member that normally attends daily mass during lent is reciting the rosary every day. You are hopeful. Many have expressed their plans for when things get better. You are dedicated. Several of our gym and fitness class members have adjusted their routine to include a daily walk outside. One of my favorite quotes from a conversation this week “a body in motion stays in motion’! We are humbled and inspired by the conversations this week. Thank you friends and keep up the good work. Better days ahead! Keep ringing your bells at 8pm! We'll get through this together!!! Much love, from the Senior Center Staff 

UPDATE YOUR CONTACT INFORMATION

In times like this we realize how helpful social media and technology can be. Utilizing Facebook and email as well as cell phones to reach out to the community is a huge asset. The Senior Center staff has a client database with the contact information for those that participate in activities, classes, programs, transportation meals etc. Many of you have received calls from staff or volunteers during the Center shutdown. Unfortunately, we found that some of the numbers in our database were out of service. If you have changed your number recently or switched to strictly cell please update us. In addition if you have email address forward that to us so that we may send you alerts, news as well as our monthly newsletter. Finally, if you have the technology, Like us on FACEBOOK! We have been updating our site regularly keeping connected to our community! You may email info to seniorcenter@wlocks.com or call us at 860-627-1425, please leave a message.
EXERCISE CLASSES & HEALTH PROGRAMS

WATER FITNESS ~ MON | 1:00PM
Water exercise, the most therapeutic activities one can take part in. Water aerobics provide a resistance training workout while not stressing your joints. Class is held at Candlewood Suites located at Rte. 75 Windsor Locks. $20 per month *

ACTIVE EXERCISE TUE & THUR | 8:30AM
Move to the music as our fitness instructor Dee Abrams guides you through an aerobic workout geared to the older active adult. $32 per month *

ZUMBA GOLD ~ TUES | 12:00PM
Combination dance workout with a party atmosphere! Zumba Gold builds cardiovascular health/muscle strength. $20 per month *

TAI CHI ~ WED | 9:00 AM
A healing martial art, combines soft, flowing movements with Qi circulation, breathing, and stretching techniques. $20 per month *

CHAIR AEROBICS ~ THUR | 11:00AM
Aerobic workout designed to elevate your heart rate and improve body strength. $20 per month *

CHAIR YOGA ~ THUR | 9:30AM
Excellent way to loosen, stretch, reduce stress and improve circulation, strength and balance. Fee:20 per month *

*class may be free based on ins. coverage.

FOOT CARE CLINIC

Blood Pressure Check
CANCELED UNTIL FURTHER NOTICE

THE L.O.C.K.S. Fitness Center is available to Seniors 55 & older. It provides you access to the most commonly used fitness equipment. Equipment includes elliptical machines, treadmills, recumbent bikes, and hydraulic resistance training machines. L.O.C.K.S. Fitness Center certified personal trainer Dee Abrams will orientate you to all of the equipment & answer your fitness questions.

The L.O.C.K.S. Fitness Center is a Silver Sneakers, Silver & Fit, Renew Active and AARP approved facility. Members with the listed insurance providers may qualify for free or reduced membership and/or class rates. Stop in the office to verify coverage and membership fees.

‘Let Our Center Keep Seniors... Fit’

FOOD SHARE ~ ST ROBERT’S CHURCH
52 SOUTH ELM STREET
Fridays ~ 9:00-9:30AM
April 3, 17 May 1, 15, 29 June 12, 26 July 10, 24 August 7, 21 September 4, 18 October 2, 16, 30 November 13 & 11

STAYING ACTIVE WHILE “SELF DISTANCING”

While the Center is closed and fitness programs have come to a halt, it is very important that we continue to move and stay active. As a friend stated recently “A body in motion stays in motion”

Fitness Instructor Dee Abrams suggests the following: “Keep moving.” Dee has been walking 4-5 miles in her house when she can’t go out. Dee says “use your stairs as an exercise tool or do some stand to sit exercises using a chair & for upper body exercise do shoulder rolls shoulder lifts and arm raises. If all else fails, turn on your favorite music and dance!!

Dee knows all about hard work and exercise, as she recovered from double knee replacements in record time! We look forward to seeing all of you back in the gym but until then... get creative and KEEP MOVING!

THE LATEST AND ACCURATE INFORMATION ON THE COVID-19 VIRUS CAN BE FOUND AT THE FOLLOWING:

- CDC WEBSITE: www.cdc.gov
- CALL THE CT INFO LINE: # 211
- CALL THE SENIOR CENTER AT 860-627-1425 AND WE WILL PROVIDE ASSISTANCE

BE SMART * BE SAFE * KEEP THE FAITH
COPING WITH Colds AND FLU
This information first appeared in the December 2019 issue of Nutrition Action Healthletter. Here are some of the recommendations of Bruce Barrett, professor of family medicine and community health at the University of Wisconsin, on what to do if you catch a cold or the flu.

- Wash your hands regularly, cough into your sleeve, maybe wear a mask, and avoid going out in public while you’re sick.
- Rest when you feel like it. The urge to rest is brought on by inflammatory cytokines-proteins that the immune system make when it’s fighting off a bug.
- Stay hydrated-fluids are thought to help loosen mucus and replace water lost from a fever.
- Avoid over-the-counter combination cold formulas, as you may not need all their ingredients; also they may have undesirable side effects.
- Lowering a fever won’t shorten the illness. But if you want to treat a headache or other aches, Acetaminophen (Tylenol) is suggested. It doesn’t cause stomach ulcers or kidney problems like Ibuprofen, Naproxen and Aspirin can. However, more than 3000 mg/day can damage the liver.

How do you know if what you have is a cold or the flu? If you have a fever and aches, if the symptoms come on rapidly, and if it’s flu season, then the likelihood is high that it’s influenza. When people are exposed to a cold or flu virus only some will become infected and get symptoms. A person’s lifestyle can also influence his/her degree of risk. People who rated themselves as more stressed were more likely to succumb to viruses. Also, in two studies, 560 people were assigned to do daily, moderate-intensity exercises, or to reduce stress via meditation for four to eight months. The meditators reported 20% fewer respiratory infections and the exercisers illnesses were 23% shorter.

Best Regards, John

John’s Tip of the Month
Another tip from the University of California, Berkeley. Choose Canadian bacon instead of regular bacon to save on calories and saturated fat. Grilled Canadian bacon which is more like ham, has about 50 calories and 2 grams of fat per ounce (one thick slice). Regular bacon has about 165 calories and 14 grams of fat per ounce (four slices). The are equally high in sodium, however, with about 450 milligrams per ounce.

Social Security: www.ssa.gov
Asnuntuck Community College https://asnuntuck.edu/ (free courses for seniors)
CT State Department of Aging & Disability Services https://portal.ct.gov/AgingandDisability/Content-Pages/Main/About-Us

MORE LINKS CAN BE FOUND ON THE TOWN WEBSITE: www.windsorlocksct.org
WE WILL GET THROUGH THIS TOGETHER.

REMEMBER THE GOOD TIMES!
The Scan can be found at the following locations: Town Hall, CVS, Library, JJ’s News, Dibble Hollow, Bickford’s, Southwest Terrace, Hay-Mor Market, New Beginnings, United Bank, First National Bank of Suffield, W.L. Federal Credit Union, St Mary’s/St. Robert/Congregational Churches, Walgreen’s, Windsor Locks Diner and at the Senior Center.

TRIVIA TUESDAY

Our classes, programs, games and fun may be cancelled. But there is no reason we can’t have some fun together from afar! Join the Trivia Tuesday craze and play along below. Thank you Joe Marinone for continuing to provide creative challenging and enlightening trivia for us every week.

1. There once was a lady named Ferris, Whom nothing could ever embarrass. ‘Til the bath salts one day. In the tub where she lay, Turned out to be Plaster of __________!
2. The correct abbreviation for St. Patrick’s Day is…
   A. St. Patty’s Day.  B. St. Paddy’s Day
3. St. Patrick’s Day is celebrated March 17th because that’s the day…
   A. He was born.  B. He died
4. If you get pinched on St. Patrick’s Day, it is because you were NOT __________ __________
5. The flag colors of the Republic of Ireland are…
   __________, __________, & __________.
6. “Erin go Bragh” means “Ireland __________.”
   A. Forever.  B. Proud.  C. Strong
7. Which 3 letter word describes a very popular Irish dance? _______ _______ _______
8. The Windsor Locks canal was dug by Irish immigrants in the…
   A. 1720s.  B. 1820s.  C. 1920s.
9. __________ vegetable dye is mixed into the Chicago River for St. Patrick’s Day.
   A. Orange.  B. Green.  C. Blue
10. The best selling alcoholic drink in Ireland is…
    A. Jameson.  B. Baileys.  C. Guinness
   *11. What do Irishmen sit on during the summer? __________ O’Furniture
   *12. Why can’t you borrow money from leprechauns? Because they are always a little ______
13. Legend has it that St. Patrick exterminated all the _____ in Ireland by driving them into the sea.
14. HARP Home Services LLC is located on…
    A. North St.  B. Elm St.  C. Spring St.
15. Kissing the Blarney Stone gives the person
    A. gift of gab  B. A long life  C. Good luck
16. In Irish folk tales, there are NO female leprechauns.  A. True.  B. False
17. This symbol is on all Irish Euro coins
    A. Shamrock  B. Irish flag  C. Harp
18. Irish soda bread is made with flour, butter-milk, salt, sugar, & _______ _______ instead of yeast.
19. There is corn in corned beef.
   A. True.  B. False
20. The first St. Patrick’s Day parade was in 1737 in…  A. Dublin.  B. New York.  C. Boston