January 2020

Hours of Operation
Monday-Thursday 8am-4pm
Friday 8am-1pm
Phone: 860-627-1425
Fax: 860-292-6947

Senior Center Staff
Director: Ann Marie Claffey
Assistant Director: Lori Lapointe
Nutrition Manager: Maria Bonesteel
Transportation Manager: Sherry Townsend
Facilities Maintenance: Kevin Clynch
Bus Drivers: Nick DeCarlo, Jim Roche, Charlie Siedlecki, Kevin Connor, Bob Glamuzina, Jane McMullen, Rick Barsanti

CONA ~ Commission on Needs of Aging
Chairman: Rosemary Cunningham
Vice Chairman: Roger Nelson
Treasurer: Barbara Sullivan
Members: Sue Cannon, Connie Nelson, Doug Glazier, Cindy Cooper, Peter Lambert, Ashley Pease
Municipal Agent: John Sullivan
CONA meets 7pm 3rd Monday of the month.

Transportation Schedule
Phone: 860-627-1426
Monday: Windsor Locks, Suffield, Enfield - Appt. only Warehouse Point - Geissler’s shopping only
Tuesday: Windsor Locks, Bloomfield, Hartford-appointments only.
Wednesday: Windsor Locks, Warehouse Point-Appt. only, Enfield Shopping, Special trips.
Thursday: Windsor Locks, East Windsor-Walmart, Big Y, Warehouse Point-Appt. only
Friday: Windsor Locks Warehouse Point-appt. only, Enfield-Appt. only
To make a bus reservation, call the transportation office a minimum of 24 hours in advance.

Our Mission Statement
To provide the environment and resources necessary to enhance the quality of life for all senior citizens of Windsor Locks.

New Year
Happy New Year

Fitness Center Open House

Tuesday January 7th 10am-12pm
Just in time for your New Years Resolution!
Stop in and check out the L.O.C.K.S. Fitness Center
Certified Fitness instructor, Dee Abrams will be on hand to answer questions and to demonstrate our equipment. The Fitness Center accepts Silver & Fit, Silver Sneakers, Renew Active, and AARP insurance. Your membership and/or classes may be free. Bring your insurance card and we will check coverage so that you can get started on a healthy & fit 2020.

Evening Programs

IT’S TIME TO TALK ~ January 16th 4pm
Hartford HealthCare at Home Veterans Liaison Sherri Vogt
Join us for coffee and conversation. Sherri is an Army veteran with a vast knowledge on benefits, military services and programs. Come and share your experiences and learn more about the programs and services available to you. Call the Center to sign up. Bus transportation available.

New Program
Verizon Smart Phone Clinic ~ Wednesday January 8th 12 noon
Are you new to the “smart phone” world? Did Santa put a smart phone under your tree? Verizon technicians will be on hand once a month to assist you with your smart phones. Sign up in the office.

How Well are you Sleeping ??

Wednesday January 22nd 10:30
Join Dilpreet Singh from the Johnson Memorial Sleep Center, as he discusses some of the most common disorders that can impact sleep. Learn what can be done to improve sleep hygiene, and learn more about the latest treatment available today. Sign up in the office or call 860-627-1425x2. Sponsored by the North Central Health District.

Funding the Need for Health Care

Wednesday January 29th 10am
Brian Michaud, owner of Encompass Group will join us for an educational meeting about what types of care are available and how they are funded. Sign up in the office or call 860-627-1425x2. Refreshments served.

Center will be closed on the following dates:
New Years Day ~ Wednesday January 1st ~ Happy New Year!
Monday January 20th ~ Martin Luther King Day.
Our Tuesday Trivia expert, Joe Marinone, prepares a unique 20 question trivia quiz every Tuesday. Test your knowledge with friends and you may just win a prize!! Trivia starts at 12:00pm. Join us for lunch! ($2.50) Please call 860-627-1425 to sign up. (24 hr. notice is required)

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**Weekly Classes**

**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.

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**FOOD SHARE ~ ST ROBERT’S CHURCH**  
52 South Elm Street  
Fridays ~ 9:00-9:30AM  
Jan 10th & 24th

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**BICKFORD’S HOT TOPIC**

Wednesday, January 15th 9:30  
Join us for a delicious breakfast & beautiful music from the Great American Songbook brought to us by Russ Salk. Russ will guide you through some great music while you enjoy breakfast. You’ll perhaps hear Peggy Lee, Frank Sinatra with some Big Band, Broadway & breezy jazz. Russ is a lifelong lover of many genres of music. He keeps his programs light, breezy & fun. (breakfast courtesy of Regina at Bickford’s) Please sign up in the office or call 860-627-1425 x2

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**HAPPY JANUARY BIRTHDAYS !**  
Happy Birthday to all those celebrating a JANUARY Birthday!

If you have an upcoming 80, 90, or 100th birthday and would like to have it announced in our newsletter, please call us one month prior and we will be happy to share your big day.

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**TRIVIA TUESDAY**

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**FITNESS INSTRUCTORS**  
DEE ABRAMS | ACTIVE WATER FITNESS, ZUMBA GOLD, CHAIR YOGA, CHAIR AEROBICS  
SHAR CHRISTMAN | TAI CHI

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LOWER PRESCRIPTION DRUG PRICES

This information is based on a recent Hartford Courant OP-ED by Nora Duncan, State Director of AARP. The good news comes from the U.S. House of Representatives where “The Lower Drug Costs Now Act of 2019” (H.R.3) has advanced out of key committees. Already it has over 100 co-sponsors. Also, the U.S. Senate is working toward the same goal, and the president has expressed support for action on drug prices. The bill would allow Medicare to use its buying power to negotiate lower prescription drug prices, create an out-of-pocket cap in Medicare Part D, and crack down on excessive prescription drug price increases that impact all ages. This legislation would be of great benefit to seniors-and to the federal budget. According to the non-partisan Congressional Budget Offices, allowing Medicare to negotiate prices for high-cost drugs with no competitors-rather than being forced to pay whatever sky-high rates Big Pharma sets-would save taxpayers a staggering $345 billion. The House bill provides for investing these savings back into Medicare by creating a new dental, hearing and vision benefits in the program. Older Americans need and deserve these savings back into Medicare by creating a new dental, hearing and vision benefits in the program. This legislation would be of great benefit to seniors-and to the federal budget.

Best regards,
John

John’s Tip of the Month

This tip is from the People’s Pharmacy column in Sundays Hartford Courant. Unlikely as it sounds, hundreds of their readers have told the GRAEDONS-who write the column-that magnesium hydroxide (milk of magnesia) is a very effective deodorant. There are no harsh chemicals to irritate sensitive skin. Even so, used from the bottle its too thin and messy. One of their readers had the solution: turn it into paste by pouring a small amount into an open container letting the water evaporate. I’ve tried it, works great—winter & summer! (P.S. you can buy a standard size store brand bottle for $1 at the Dollar Tree Store in Enfield)
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>1 CRT Closed For The Holiday Best Wishes For A Happy, Healthy New Year</td>
<td>2 Stuffed Pepper w/ Marinara Sauce Penne w/ Marinara Sce Parmesan Cheese Gr &amp; Yellow Wax Beans Wheat Dinner Roll Applesauce</td>
<td>3 Macaroni &amp; Cheese Stewed Tomatoes Spinach Salad w/ Cherry Tomatoes / Italian Dressing Club Roll Pineapples &amp; Mandarins</td>
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<td>6 Swedish Meatballs w/ Gravy / Bowties Peas &amp; Diced Carrots Wheat Bread Peaches &amp; Pears</td>
<td>7 Orange Juice Breaded Fish Filet Tartar Sauce Potato Puffs California Blend Veggies 12 Grain Bread Cherry-Apple Crisp</td>
<td>8 Mediterranean Mediterranean Minestrone Soup Roast Pork A La Orange Sweet Potatoes &amp; Apples Caribbean Blend Vegetables Corn Muffin Mandarin Oranges</td>
<td>9 Grape Juice Baked Cheese Lasagna w/ Tomato Sauce Tossed Salad Greens w/ Cherry Tomatoes &amp; Cucs Italian Dressing / Mixed Veggies Wheat Dinner Roll Banana</td>
<td>10 Cranberry Juice Oven Fried Chicken Mashed Potatoes Corn Oatnut Bread Fruit Cocktail</td>
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<td>13 Orange Juice Hot Dog / Hot Dog Roll Mustard, Ketchup, Relish Vegetarian Baked Beans Red, Green, Purple Cabbage Coleslaw Pineapple Tidbits</td>
<td>14 Shell Pasta w/ Marinara Sauce &amp; Mini Beef Meatballs w/ Sauce / Parm Cheese / Italian Mix Veg/ Garden Salad w/ Cherry Tomatoes &amp; Cucumbers / Ranch Dressing / Saltine Crackers / Peaches</td>
<td>15 French Onion Soup Beef Liver w/ Sauted Onions Mashed Potatoes Broccoli 12 Grain Bread Fresh Orange</td>
<td>16 Roast Turkey w/ Gravy Stuffing Cranberry Sauce Capri Blend Vegetables Corn Muffin Peas</td>
<td>17 Cream of Vegetable Soup Tuna Salad on a Multigrain Roll / Potato Wedges / Ketchup / Sliced Tomatoes &amp; Shredded Lettuce / Mandarin Oranges</td>
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<td>20 CRT Closed In Observance of Martin Luther King Jr Day</td>
<td>21 Macaroni &amp; Cheese Garden Salad w/ Cherry Tomatoes, Cucumbers, Onions / Ranch Dressing / Stewed Tomatoes / Wheat Dinner Roll Fresh Orange</td>
<td>22 Beef Vegetable Soup Cheeseburger w/ American Cheese on a Multigrain Bun Mustard, Ketchup, Relish Potato Salad Sliced Tomato / Leaf Lettuce / Ice Cream Cup</td>
<td>23 Italian Style Chicken Parmigiana Rigatoni w/ Marinara Sauce / Brussel Sprouts 100 % Whole Wheat Bread Fresh Bana na</td>
<td>24 Pot Roast w/ Vegetable Gravy Parsleyed Potatoes Sliced Carrots Wheat Dinner Roll Peaches &amp; Pears</td>
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<td>27 Orange Juice / Grande Cheese Ravioli w/ Italian Sce / Salad w/ Tomatoes &amp; Cucumbers / Rasp Dressing / Parmesan Cheese Caribbean Blend Veggies Italian Bread / Fruit Cocktail</td>
<td>28 Grape Juice / Beef Chili w/ Beans / Baked Potato / Shredded Cheese / Italian Green Beans / Wheat Dinner Roll / Frosted Cake</td>
<td>29 Hearty Vegetable Soup Roast Pork Hawaiian Style Brown &amp; White Rice Medley Broccoli Cuts Saltine Crackers Fresh Orange</td>
<td>30 Potato Crumbled Fish Tartar Sauce Lyonnaise Potatoes Garden Blend Veggies 100 % Whole Wheat Bread Peaches</td>
<td>31 Orange Juice Beef Stew w/ Vegetables / Peas &amp; Diced Carrots Salad w/ Tomatoes, Cucumbers, Croutons / Ranch Dressing / Biscuit / Applesauce</td>
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**Oak Street Café**

*Lunch* is served daily at 12pm with a suggested donation of $2.50. Must be 60yrs of age or older. Please call 24 hours in advance to reserve your meal. 860-627-1425 option 4

*Breakfast* is served on Fridays between 9:00 and 10. $3
BINGO SOCIAL | RESUMES IN MARCH
Doors open at 5:30pm  Bingo at 6pm

BINGO BASH  Thursday January 30th 12:30 Cover-all starting pot ~ $20!!

THE Scan can be found at the following locations: Town Hall, CVS, Library, JJ’s News, Dibble Hollow, Bickford’s, Southwest Terrace, Hav-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

COMMITTEE ON THE NEEDS OF THE AGING
41 OAK STREET
WINDSOR LOCKS, CT. 06096-1822

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BINGO | MON TUES THURS | 12:30PM
WII BOWLING | FRI | 9AM
TRIVIA TUESDAY | TUES | 11:30AM
MEXICAN TRAIN | WED | 1PM
SETBACK | WED | 1PM
POKER | FRI | 10AM
CRIBBAGE | THUR | 1PM

FINANCIAL PLANNING

Financial Assistance: First National Bank of Suffield | 3rd Friday of month 9am. Appt. only 860-627-1425

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CREATIVE ARTS

WATERCOLORS| WED | 10AM 6WEEKS $40
QUILTING | TUE | 10AM | $3
KNITTING | FRI | 10AM | FREE
SCRAPBOOKING | 2ND & 4TH TUES 1pm

WINTER WEATHER REMINDER
Tune to Ch3 or Ch30 for cancellations/closures
Reminder!!! When the W.L. schools are closed due to inclement weather the center transportation is cancelled. The Center remains open for business unless all town buildings are closed.

BAKING WITH MARY
January 13th 10am
Mary's Sour Cream Cheesecake $2
Sign up in the office or call 860-627-1425 x2.

LORI’S CRAFT TIME
January 27th 10am
Cheryl Rosembaum of the Caring Connection will bring some crafting fun to our group. Sign up in office no fee.