March 2020

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

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**St. Patrick’s Day Lunch**

**Celebrate the Luck of the Irish**  
**Tuesday March 17th 12 noon $2.50**

Join us for delicious Corned beef & Cabbage lunch, dessert and Trivia fun. Wear your green and maybe win a prize! Sign up with Maria. *Happy St Patrick’s Day!!*

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**Early Bird Dinner**

**St. Joseph’s Day Dinner Celebration**  
**Thursday March 19th 5pm**

Enjoy a delicious Italian dinner catered by The Butchery. Bring your dancing shoes!! Entertainer David Colucci will be performing all of our Italian favorites. Sign up by March 16th. *Tickets $15*

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**Baseball Bingo Bash**

**Take Me Out To The Ball Game! Opening Day Fun!**  
**Thursday March 26th 12:30**

Who’s your favorite team? Wear your team gear and join us for lunch. Baseball Bingo Bash following lunch. $2.50 Sign up with Maria. Prizes treats and more! *PLAY BALL!!*

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**Tea and Irish Soda Bread**

Join us for Tea and Irish Soda Bread on Wednesday, March 18th at 11:30am. Cheryl Rosenbaum of the Caring Connection will serve us this Irish treat and information about the Caring Connection Adult Health Center. Call to sign up.

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**Live Well With Diabetes**

**Session Starts Wednesday March 25th at 10am**

Live Well with Diabetes is an interactive 6-week workshop for individuals with diabetes or pre-diabetes. Topics covered include, healthy eating, physical activity, proper foot care, blood sugar control, and how to deal with stress and emotions. Originally developed at Stanford University, this evidence-based program is beneficial in helping individuals take control of their diabetes. *Sponsored by North Central Area Agency on Aging.*

Registration is required for this program.

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**Travel Show~ Reflection of Italy**

Join us on Thursday, March 5th at 5pm for a special evening ‘Reflections of Italy’ brought to us by Collette Tours. The Senior Center is offering an amazing trip to Italy on November 4th thru 13th. A representative of Collette tours will be on hand to offer details of the trip and answer all questions. *Rome, Siena, Florence, Venice and much more!* Please register with Sherry, a light supper served. Don’t miss out on this Italian adventure!!
**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.  
Fee: $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.

**FITNESS INSTRUCTORS**

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

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**LOCKS FITNESS CENTER**

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  
March 6,20  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 & Dec 11

**BICKFORD’S HOT TOPIC**

**WEDNESDAY March 18th  9:30**  
Join us at the Senior Center for a delicious hot breakfast (courtesy of Regina at Bickford’s) and “Hot Topic” conversation with our friends from Bickford Healthcare. Please sign up in the office or call 860-627-1425 x2

**HAPPY MARCH BIRTHDAY!**

We would like to wish a very special person, John Sullivan, a very Happy 90th Birthday! John is a special friend and volunteer to the Senior Center and the Windsor Locks Community. He has spent countless hours over the past 25 years, volunteering his time to various originations: Windsor Locks’ Municipal Agent, CONA member, soup kitchen volunteer, musical entertainer to area nursing homes and many other acts of kindness and good deeds... except when it comes to Tuesday Trivia ... then he’s a force to be reckoned with!! All of us at the Center wish John the very best for a speedy recovery and a very happy 90th birthday!!

**CASINO BUS TRIP**

Mohegan Sun |Resumes March 29 1pm | $20  
Bus departs Ocean State Job Lot Main Street Windsor Locks  
**EFFECTIVE 4/26 TICKET COST $25 **  
Price includes transportation, meal voucher & bet voucher.  
Call Sherry to reserve your seat 860-627-1426

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**Blood Pressure Check**

Provided by: North Central Health District **** New date time and sponsor  
THURSDAY March 13th  10:30 a.m.  
Walk-ins welcome
A DRUG WITH GREAT POTENTIAL
This information comes from Frontiers in Immunology October 31, 2019, via The People’s Pharmacy. NALTREXONE has been in the news lately, mainly because it is an opiate antagonist, & it can also reverse the effects of narcotic pain relievers. In addition, it’s been approved by the FDA to help people overcome alcohol dependence. Some doctors are prescribing low-dose NALTREXONE for a number of conditions, including: chronic fatigue syndrome, fibromyalgia, multiple sclerosis, Crohn’s disease, inflammatory bowel disease, ALS (Lou Gehrig’s disease.) Beyond treating opioid, narcotic, and alcohol addiction, the other uses for NALTREXONE are in their early stages. If you suffer from any of the other ailments, it might be wise to ask your doctor about NALTREXONE. Best Regards, John

John’s Tip of the Month
This comes from Bruce Burrett, professor of family medicine/community health at the University of Wisconsin, via the Dec. 2019 issue of Nutrition Action. If you want to treat a fever, aches, or a headache, he suggests ACETAMINOPHEN (Tylenol). It doesn’t cause stomach ulcers or kidney problems. He cautions that more than 3,000 mg a day of ACETAMINOPHEN (Tylenol) can damage your liver.

Dear Readers,
Several weeks ago throughout the world in all catholic parishes is a special collection for our military chaplains every 3 years. It got my wheels turning & I remembered Phil mentioning about his time in Korea when the chaplain would say mass on Sunday, also special hours to talk to the young men and women who needed quiet time to express their feelings in private. It was then that I went & found Phil’s little brown pamphlet he brought home when we were married. As I was looking through it the chapter on “What Military Courtesy Means to You” caught my eye. It went into detail on what, why & the meaning of a salute in “Army Life”. It was printed by the War Department the 10th August 1944. Phil was just 17 years old at the time. It reads as follows: The Salute has meaning. The salute is a privilege. Every officer salutes every officer, just as every enlisted man salutes every officer. A highest ranking general in the Army is bound to return the salute of the greenest buck private. The same general, however, does not have to salute the wealthiest man in the country, or any other civilian except the President in his capacity as Commander in Chief. A salute is evidence of his respect for authority, his position, as well as to the man who holds it. It went on in detail how to give a proper salute, etc. Learning the true meaning of a salute at my age makes me feel all those years that passed that I witnessed this exchange between 2 persons. I had not realized how powerful it was. We do learn something new everyday!
Happy St. Patrick’s Day to all from your Italian Author: Mary Ann Giannelli
(P.S. Happy St. Joseph’s Day “March 19th”)
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>2 Orange Juice BBQ Pork Ribeque Macaroni &amp; Cheese Stewed Tomatoes Oatnut Bread Applesauce</td>
<td>3 Beef Veg Soup / Cheeseburger w/ American Cheese on Multigrain Bun / Must Ketchup, Relish Potato Salad / Sliced Tom / Leaf Lettuce / Peaches</td>
<td>4 Pot Roast w/ Vegetable Gravy Parslied Potatoes Green Beans Wheat Dinner Roll Pineapple Tidbits</td>
<td>5 Italian Style Chicken Parmigiana / Rigatoni w/ Tomato Sauce / Parmesan Cheese / Brussel Sprouts 100 %Wh Wheat Bread Fresh Banana</td>
<td>6 Inquire at Senior Center</td>
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<td>9 Orange Juice Grande Cheese Ravioli w/ Italian Sauce / Mixed Salad Greens w/ Diced Toms / Rasp Dressing / Parmesan Cheese / Caribbean Veggies / Italian Brd / Fruit Cocktail</td>
<td>10 Grape Juice Beef Chili w/ Beans Baked Potato / Shredded Cheese Italian Green Beans Wheat Dinner Roll Frosted Cake</td>
<td>11 Hearty Vegetable Soup Roast Pork Hawaiian Style Brown &amp; White Rice Broccoli Cuts / Saltines Fresh Orange</td>
<td>12 Orange Juice Beef Stew w/ Potatoes Peas &amp; Diced Carrots Salad w/ Diced Toms, Cucs, Croutons / Ranch Dr / Buttermilk Biscuit / Applesauce</td>
<td>13 Inquire at Senior Center</td>
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<td>16 Grape Juice Lemon Baked Chicken Bowtie Pasta California Normandy Oatnut Bread Pears</td>
<td>17 Happy St.Pat’s Day OJ / Corned Beef / Mustard / Parslied Boiled Potatoes / Carrots / Cabbage / Wheat Brd / Lime Sherbet</td>
<td>18 Italian Sausage w/ Italian Sce Penne w/ Marinara Sauce Italian Blend Vegetables 12 Grain Bread Peaches</td>
<td>19 Roast Turkey w/ Gravy Mashed Potatoes Mixed Vegetables/ Cranberry Sauce / Wheat Bread / Fresh Orange</td>
<td>20 Corn Chowder Seafood Salad on a Multigr Bun / Shredded Lettuce / Baked Sweet Potato / Wholegr Fruit Oatmeal Bar</td>
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<td>23 Orange Juice Sl Meatloaf w/ Gravy Spanish Rice / Carrots / 100 % Wh Wheat Brd / Frosted Cake</td>
<td>24 Cr Of Broccoli Soup Rst Chicken w/ Veg Broth / Mashed Pots Spinach / Ritz Craxs / Fresh Orange</td>
<td>25 Stuffed Pepper &amp; Marinara Sce Penne w/ Marinara Sce / Parm Cheese / Green &amp; Yellow Wax Beans / Wheat Dinner Roll / Applesauce</td>
<td>26 Baked Ham w/ Raisin Sce / Baked Potato / Butternut Squash / 12 Grain Bread / Peaches</td>
<td>27 Cheesy Veggie Lasagna Spinach Salad w/ Diced Tomatoes &amp; Cucs / Italian Dressing / Club Roll P’ Apples &amp; Mandarins</td>
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<td>30 Swedish Meatballs w/ Gravy / Bowties / Peas &amp; Diced Carrots / Wheat Bread / Peaches &amp; Pears Peaches &amp; Pears</td>
<td>31 OJ / Hot Dog on Bun/Ket, Must, Rel / Bked Beans / Red, Gr, Purple Cab Coleslaw / Cookie</td>
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Oak Street Café
All meals require reservations at least 24 hr in advance
Lunch ~ served daily at 12pm. A suggested donation of $2.50pp. Must be 60yrs of age or older.
COMMITTEE ON THE NEEDS OF THE AGING  
41 OAK STREET  
WINDSOR LOCKS, CT. 06096-1822

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

Fun & Games

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

BINGO SOCIAL | RESUMES MARCH 6th
Doors open at 5:30pm  Bingo at 6pm

BINGO BASH  Thursday March 26th
12:30 Cover-all starting pot ~ $20!!

Creative Arts

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

TRIVIA TUESDAY
Tuesday Trivia expert, Joe Marinone, prepares unique 20 question trivia quiz every week. Test your knowledge with friends, you may just win a prize!! Trivia starts at 12:00pm. Join us for lunch! ($2.50) Call at least the day before 860-627-1425

Cell Phone Assistance

NEED HELP WITH YOUR PHONE? VERIZON PHONE TECHS WILL BE HERE ON WEDNESDAY MARCH 11TH AT 12 NOON CALL TO SIGN UP!

INSURANCE & LEGAL ASSISTANCE

HEALTH INSURANCE: CALL FOR APPT.  
LEGAL ASSISTANCE: Atty’s Kraner & Hess  
3rd Friday of the month  
Call 860-627-1425 to schedule appointments

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

COFFEE WITH THE FIRST SELECTMAN  
Thursday, March 12th @ 11:30  
Do you have a question for the First Selectman? Join us for coffee and a conversation and find out what’s happening around town!

March 30th 10am  
Mary’s Biscuits ~ $2  
Sign up in the office or call 860-627-1425 x2.

LORI’S CRAFT TIME

Monday March 23rd & 24th  
Deco Mesh Easter Wreath/Centerpiece  
$3  Call to sign up by March 20th