TIME TO TALK
JOIN US FOR A Q & A SESSION WITH FIRST SELECTMAN PAUL HARRINGTON
On Thursday, August 10th at 10:30 am, First Selectman Paul Harrington will be at the Center to share the latest updates on the new Senior Center and other town projects. This is a great opportunity to ask questions about the future of Windsor Locks!! State Representative, Jane Garibay will be joining Paul with the latest updates concerning seniors. It’s an ‘All About SENIORS DAY at the Senior Center!’ Coffee and pastry served. Thank you to Mary Ann Giannelli for your assistance with this presentation. This program is open to the public. All are welcome!

STORIES FROM THE WHITE HOUSE
Join us on Wednesday, August 16th at 10:30am for a “White House Event”. Former White House butler, Alan DeValerio will presents a continuation of his program "Memories of the White House.” This presentation will offer more insight into what working as a White House butler was like, including an in-depth look at First Lady Nancy Reagan (the good and the bad ). Alan will display White House artifacts (menus, programs, Christmas cards, personal photos, etc.) that he has collected over the years. A light lunch will be served immediately following. Fee: $8.00 (covers program and lunch ) Registration required Space is limited.

ASK STATELINE SENIOR SERVICES!
Are you retiring soon? Do you have questions about Medicare insurance, supplemental insurance, and the steps you need to take to be sure you are securing the best coverage? A representative of Stateline Senior Services will be at the center on Wednesday, August 2nd at 10am, to answer your insurance questions and explain everything you need to know whether you have just turned 65 or are an existing Medicare recipient. Call to register

PHOTO ORGANIZING AND SORT SESSION
Do you have drawers, closets and boxes filled with photos that are in disarray? Or maybe you attended our recent Genealogy workshop and want to continue your mission of tracing your roots. On Wednesday, August 23rd at 10am, friend of the Senior Center, Sue Bushnik will share her photo sorting techniques. Bring an empty photo box, some of your unsorted pictures and Sue will get you started. No Fee - registration required.

NEW CLASS! SIGN LANGUAGE CLASS
Neuroscientists have known for decades that learning a new language enriches and enhances cognitive processes, higher abstract and creative thinking, better problem-solving skills, greater cognitive flexibility, better listening skills, greater academic achievement and more! Join Senior Center member Dan Morneau Tuesdays, 9am, to learn the art of sign language.

IMPORTANT EVENT REGISTRATION UPDATE!!! All fee based programs and events must be paid in advance. Payment reserves your seat & is required in order to register. You will not be added to the list prior to payment. Full name & phone number of all participants is required. Cancellation refunds will be evaluated at the time of request & are based on status of meal purchase event payments etc.

Bus Pass Renewal  Its time to renew your bus pass! Stop in to see Sherry, to update membership/renew your bus pass. Cost is $30 and payable to Windsor Locks Senior Center.

All Exercise Students Please Note the following:…
PREPAID CLASS PUNCH CARDS  The Senior Center is now offering prepaid fitness class punch cards. Save the hassle of walk in payment and purchase a block of classes at one time. You can purchase up to 10 classes at one time and they are valid for one full year. Cards may be purchased in the office.

CONA~ Commission on Needs of Aging: Chairman: Rosemary Cunningham Vice Chairman: Roger Nelson Members: Sue Cannon, Connie Nelson, Doug Glazier, Cindy Cooper, Peter Lambert, Ashley Pease

Senior Center Staff: Director: Ann Marie Claffey  Assistant Director: Lori Lapointe  Nutrition Manager: Karen Colone  Transportation Manager: Sherry Townsend  Facilities Maintenance: Kevin Clynch  Bus Drivers: Nick DeCarlo, Jim Roche, Kevin Connor, Jane Van Allen, Rick Barsanti, Kevin Cosker
**TRANSPORTATION & EXERCISE**

**DAILY TRANSPORTATION SCHEDULE**

**MONDAY:** Enfield, Suffield Medical Appointments. Main Street Monday: Ocean State Vinne’s (15% Senior Discount) Cvs, Walgreens, Library

**TUESDAY:** Hartford, Bloomfield, Windsor, Medical Appointments. Windsor Shopping, Enfield Shopping (weekly rotation)

**WEDNESDAY:** Geissler’s Shopping

**THURSDAY:** Walmart Shopping

**FRIDAY:** Enfield Appointments

**SENIOR CENTER BUS TRIPS**

**MYSTERY TRIP !!! **8/30  Lets have some summer fun! Hop on the bus for an exciting “Mystery” Trip .. You won’t be disappointed !!

**SUMMER FUN at HOLIDAY HILL RESORT**

2023 Senior Outing ~ Monday 8/21 9a - 4p
Last call for this fabulous summer outing!  $42 pp sign up deadline 8/7 call Sherry to reserve your seat!

**2023 CHARTER TRIPS  Flyers at Center**

August, 15  A Journey thru the Decades, Aqua Turf Club
Sept. 12  Aqua Turf Brass Attack Band
Sept TBD  Big E
October, 10  Polka! Aqua Turf Club
October 25  Oktoberfest at the Log Cabin

Nov 8  Aqua Turf Elvis is in the Building
Dec 12  Aqua Turf Holiday Classic

Registration required for the following, call 860-627-1425

**ASK THE PHYSICAL THERAPIST 9-10AM**
Access Physical Therapy, Noah Stein will be here the 3rd Thursday each month to answer questions and discuss your physical therapy needs.

**MASSAGE THERAPY 9am Wed 8/2 and 8/16**
Certified Massage Therapist, Melissa Almquist is available the 1st and 3rd Wednesday of the month by appointment. Fee $30 (payable to Melissa)

**SENIOR FOOT CARE CLINIC Wed 8/9**
The Foot Care Clinic NOW EVERY MONTH! on the 2nd Wednesday from 8:30-1:30p $35 for basic foot care to include trimming, filing and cleaning of nails. Cash or check payable to the nurse.

**EXERCISE & WELLNESS**

**MONDAY 9AM**

**TAI CHI 9:00 am**
A healing martial art, combines soft, flowing movements with Qi circulation, breathing, and stretching techniques. $5 walk in fee if no insurance coverage

**TUESDAY**

**ACTIVE EXERCISE 8:45 am**
Move to the music as our instructor, Dee Abrams guides you through an aerobic workout geared for older active adults. $5 walk in fee if no insurance coverage

**WEDNESDAY**

**TAI CHI 9:00 am**
A healing martial art, combines soft, flowing movements with Qi circulation, breathing, and stretching techniques. $5 walk in fee if no insurance coverage

**SENIOR STIX 10:30 am  *NO CLASS THIS MONTH**
This full-body workout combines basic low-impact movements with synchronized hand movement using drumsticks and an exercise ball. Walk in fee $5 if no insurance coverage

**THURSDAY**

**ACTIVE EXERCISE 8:45 am**
Move to the music as our fitness instructor Dee Abrams guides you through an aerobic workout geared to the older active adult. $5 walk in fee if no insurance coverage

**CHAIR YOGA 10:00**
Excellent way to loosen, stretch, reduce stress and improve circulation, strength and balance. $5 walk in fee if no insurance coverage. Class may be free based on insurance coverage

**LETS DANCE 11:00 am  *Last class 8/3**
Want to learn a few new dances ? Have fun moving and grooving with instructor Sue Barsanti. We will learn many of the popular wedding dances and much more. Registration required

**L.O.C.K.S. FITNESS CENTER**
The L.O.C.K.S. Fitness Center is available to Seniors 55 & older. We offer the following fitness equipment: elliptical machines, treadmills, recumbent bikes, and hydraulic resistance training machines. Certified trainer, Dee Abrams oversees the program and provides members with an equipment orientation and work out plan. The L.O.C.K.S. fitness center is a Silver Sneakers, Silver & Fit and Renew Active approved facility. If you have coverage your membership may be FREE!! Want to join? Stop in for a medical release form and we can verify insurance.

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**FITNESS PROGRAM**
TECH TIME  10:30 am  8/3  Tech Time with Audra is BACK!!
Sponsored by All American Assisted Living 1st Thursday of the month  Assistance with cell phones, tablets or computers. Please call to register.

NOTARY SERVICE  Call 860-627-1425 by appt.

LEGAL ASSISTANCE: Atty’s Kraner & Hess return to the Senior Center! New day: 3rd Wednesday of the month ~Call 860-627-1425 to schedule an appointment! 8/16 10am

RSVP TRANSPORTATION: Need transportation outside our schedule? RSVP: Retired Senior Volunteer Program Transportation can help! Call RSVP at (860) 519-3484. medical transportation only.

TALEM HOME CARE AND PLACEMENT SERVICES-HARTFORD is proud to announce that it now accepts VA Insurance for non-medical in-home services. This move will allow veterans in CT. to receive the high-quality care they need to assist with daily living activities, companionship, and personal care. For further information call Sharon Sullivan at 860-969-3134

SOCIAL SERVICES ~ TOWN HALL
Services/Programs Offered: Food Pantry, Clothing Closet, Heating Assistance, Renters Rebate, Farmers Market Vouchers, Senior/Disabled Tax Relief (Assessor’s Office) Assistance with CT- Dept. Of Social Services forms/applications. CHOICES assistance- Medicare info/assistance (on hold until further notice) For further information, please call Heidi Gilmore at 860-627-1446

FOOD SHARE ~ ST ROBERT’S CHURCH
52 South Elm Street Fridays 9:00 - 9:30am Transportation available. Call for reservation. 8/4, 8/18

ASK THE REALTOR  8/10  *NEW PROGRAM
Cindy Smith of Realty One Group will be at the Center the 2nd Thursday of every month at 10am. Please call to register.

HEALTH INSURANCE: CALL FOR APPT.
Lastly, don’t forget to find that “special” sea shell to keep the memory of “your day at the day at the beach alive”.

Enjoy the rest of your Summer! 😊

Sue Barsanti
Municipal Agent

The 5 W’s of LIFE

WHO you are is what makes you special.
Do not change for anyone.
WHAT lies ahead will always be a mystery.
Do not be afraid to explore.
WHEN life pushes you over, you must push back harder.
WHERE there are choices to make, make the ones you won’t regret.
WHY things happen will never be certain.
Take it in stride and move forward.

author unknown

Dear Readers,

As a young girl our breakfast table had a box of crackers called “ROYAL LUNCH” MILK CRACKERS, with a big glass of milk. My brother John really loved them, always with plenty of butter on them. He enjoyed them through high school, college, married life, children, etc. One day many years later he called to say he could not find his favorite crackers anywhere. It didn’t bother me any, they were not part of our family breakfast. Cereal was our forte, 4 different boxes lined the table every morning, each child had to read his or her box while they ate their cereal. For many years, John kept looking for his crackers. Two months ago my daughter Cecilia and I were at Geissler’s in E.W. and she spotted the box of Royal Lunch Crackers!! John immediately came to mind!! I bought 2 boxes and Cecilia bought 3 boxes. We went directly to John’s house and boy did his face light up when he saw the crackers. I hope my story will help; those who were looking for “ROYAL LUNCH” milk crackers, are as happy reading this as I was writing it. Enjoy your summer & your “ROYAL LUNCH” breakfast!

Mary Ann Giannelli
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<th>MONDAY</th>
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<td>1 8:45 Active Exercise 9:00 Sign Language class 10:00 Quilting 12:00 Lunch 12:30 Bingo</td>
<td>2 9:00 Tai Chi 12:00 Lunch</td>
<td>3 8:45 Active Exercise 10:00 Chair Yoga 10:30 Tech Time with Comfort Keepers 12:00 Lunch 12:30 Bingo 12:30 Open Craft Time</td>
<td>4 9:00 BREAKFAST 9:30 Poker</td>
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<td>7 9:00 TAI CHI 12:00 Lunch</td>
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<td>16 9:00 Tai Chi 10:00 Legal Assistance 10:30 Stories from the White House 12:00 Lunch</td>
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<td>23 9:00 Tai Chi 10:00 Photo Sort Class 12:00 Lunch</td>
<td>24 8:45 Active Exercise 10:00 Chair Yoga 12:00 Lunch 12:30 Bingo 12:30 Open Craft Time 12:30 Birthday Celebration</td>
<td>25 9:00 Breakfast 9:30 Poker</td>
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<td>28 9:00 TAI CHI 10:00 CRAFT TIME 12:00 Lunch</td>
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<td>Cheesey Vegetable</td>
<td>Beef Hot Dog</td>
<td>100 % Fruit Punch</td>
<td>Continental Breakfast</td>
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<td>Lasagna w/ Alfredo</td>
<td>Hot Dog Bun</td>
<td>Juice Smothered Chicken</td>
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<td>Sauce / Italian Blend</td>
<td>Mustard, Relish, Ketchup</td>
<td>Lyonnaise Potatoes</td>
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<td>Vegs / Bread</td>
<td>Baked Beans / Cole-slaw</td>
<td>Spinach 100 % Whole</td>
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<tr>
<td>Kelbasa / Mustard</td>
<td>Baked Stuffed Fish</td>
<td>Orange Juice</td>
<td>Stuffed Pepper w/ Sauce</td>
<td>Breakfast 9am</td>
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<td>Carmelized Onions</td>
<td>Tartar Sauce</td>
<td>Garden Salad Greens / Cherry</td>
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<td>Diced Potatoes</td>
<td>Potato Wedges / Ketchup</td>
<td>Toms, Cucs, Onions / Grilled</td>
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<td>Prince Edward</td>
<td>Capri Blend Vegetables</td>
<td>Chicken strips / Cheddar</td>
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<td>Vegs Wheat Brd</td>
<td>Garlic Knot</td>
<td>Cheese / Ranch Dressing</td>
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<td>Fresh Fruit</td>
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<td>Grape Juice</td>
<td>Stuffed Cabbage</td>
<td>Stories from the White</td>
<td>Orange Juice</td>
<td>Breakfast 9am</td>
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<td>Swedish Meatballs</td>
<td>w/ Tomato Sce Orzo</td>
<td>House Program. Sign up in the</td>
<td>Italian Sausage w/ Peppers</td>
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<td>Mashed Potatoes</td>
<td>Broccoli Florets</td>
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<td>on Hoagie Roll</td>
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<td>Peas &amp; Diced Carrots</td>
<td>Garlic Knot</td>
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<td>Capri Blend Vegetables</td>
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<td>Orange Juice</td>
<td>Mild Beef &amp; Bean Chili</td>
<td>Oven Baked Chicken Macaroni</td>
<td>Nat’l Lemon Pudding</td>
<td>Breakfast 9am</td>
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<td>Quiche Lorraine</td>
<td>Baked Potato / Sour Cream</td>
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<td>Lyonnaise Potatoes</td>
<td>Sliced Carrots</td>
<td>Chuckwagon Vegs</td>
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<td>Vegetable Medley</td>
<td>100 % Whole Wheat Brd</td>
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<td>Manicotti w/ Red Sce</td>
<td>Chef Salad w/ Mixed Greens</td>
<td>Chef Salad w/ Mixed Greens</td>
<td>Potato Crumb Fish/ Tartar Sauce / Mashed</td>
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<td>Parmesan Cheese</td>
<td>/ Cherry Toms, Cucs, Onions</td>
<td>/ Cherry Toms, Cucs, Onions</td>
<td>Potatoes / Broccoli Nor-mandy / 12 Grain</td>
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<td>Cheese / Squash</td>
<td>/ Shredded Cheese / Turkey</td>
<td>/ Shredded Cheese / Turkey</td>
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**CONGREGATE MENU**

ELDERLY NUTRITION PROGRAM MEALS ARE SERVED MON-THUR TO PERSONS 60 YEARS AGE OR OLDER AND THEIR SPOUSES. SUGGESTED DONATION $3.00 OR WHAT YOU CAN AFFORD.

REGISTRATION REQUIRED BY NOON THE DAY BEFORE. Call 860-627-1425 X4
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, W.L. Federal Credit Union, St Mary’s/St. Robert/Congregational Churches, Walgreen’s, Windsor Locks Diner and at the Senior Center

MONTHLY BIRTHDAY PARTY!! 8/24
Join us at 12:30 to celebrate AUGUST Birthdays! If you would like to join us and enjoy a sweet treat, call to register 860-627-1425x2. Sponsored by the Windsor Locks Women’s Club! Wishing Helen Sturgis a very happy Belated 101st Birthday (July 29th) & Talbot Sturgis a Happy 92nd birthday (August 20th)

BINGO Join the bingo fun every Tuesday and Thursday following lunch. Card packets are $2 (5 games) coverall is $2. Please bring a dauber or marker if you have one & small bills. (*no bingo the last Tuesday of the month Trivia Tuesday)

FRIDAY FUN!! BREAKFAST SERVED 9AM
POKER 9:30AM Stop in for breakfast at 9am and then join in the Poker fun! Games start at 9:30
CORNHOLE 9:00AM new players welcome. If you don’t know how to play, we will teach you. Stop in and enjoy this popular backyard game!

COMMUNITY PUZZLE: Stop by our jigsaw puzzle and help us along!
TUESDAY TRIVIA 8/29 12:30
Join Trivia Master Joe Marinone for an afternoon of trivia fun! Trivia starts right after lunch. If you plan on staying for lunch register in the café….. Don’t miss the fun!!

FUN & GAMES

CREATIVE ARTS
WATERCOLOR CLASS ~ WEDNESDAY 12:30 PM
*SUMMER BREAK Classroom available to continue your artwork along with your fellow students. Instructor Joe Burger returns in September. Dates TBD

QUILT CLASS ~ TUESDAY 10:00 AM
Whether you are a beginner or experienced quilter, this class is for you. You will learn the different quilt techniques and designs from your fellow quilter while enjoying social time with friends. Many supplies available for a first time quilter.

OPEN CRAFT TIME ~ THURSDAYS 12:30
Join us on Thursdays for open craft time. Bring your project, and plan on an afternoon of craft time with friends. We have many tools and supplies for scrap-booking and can help you get started. Any craft is welcome. Enjoy the spacious room for creative fun!

BAKING WITH MARY ~ Summer Break
Happy Baking see you in September!

CRAFT TIME ~10AM $5 8/28
Join us to make a decorative “Shabby Chic” Picture frame. Be sure to bring a picture. Registration required.