



WELCOME TO THE WINDSOR LOCKS SENIOR CENTER

519 SPRING STREET WINDSOR LOCKS - 860-627-1425

HOURS OF OPERATION: MONDAY-THURSDAY 8AM-4PM FRIDAY 8AM-1PM

The Windsor Locks Senior Center is now open at its new location, and we can't wait for you to explore all the programs and activities we have to offer. Here's a look at the programs and activities we offer at the Windsor Locks Senior Center.

FITNESS CLASSES

Tai Chi: Mon & Wed 9am-10am

Chair Yoga: Thur 10am

Aerobics: Tues & Thur 8:45-9:45

Stix: Mon & Wed 10:30-11:30

CLASS FEE

10-class fitness card

\$60 resident \$80 non-resident

INSURANCE COVERAGE

SilverSneakers® & Renew Active®
accepted. Just \$10/month
additional fee.

(no limit to number of classes)

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

3-month membership \$35

6 month membership \$65

1 year membership \$125

INSURANCE COVERAGE

Silver Sneakers & Renew Active
Membership free!

*A one-time orientation session is
required for all members. Fee: \$20.*

**GET STARTED BY BOOKING YOUR ORIENTATION
APPOINTMENT TODAY!**

*Out-of-town memberships are accepted;
however, fees may vary*

Pickleball: Outdoor courts reserved for Seniors 8am-4pm after
4pm courts are open to both Seniors & the Community

Indoor court schedule & classes TBA

Cornhole & Shuffleboard: Dates & times TBA

More info on back

Fun Games & More

Bingo: Tuesday and Thursday 12:30

Poker: Friday 9:30

Setback: TBD

Mexican Train: Friday 10am

Cribbage: Friday at 10am

Mahjong: Friday 10am

Trivia Tuesday: Last Tuesday of the Month *resumes in October

Watercolor Class: New Session TBD

Quilt Club: Tuesday 10am

Baking with Mary: Restart date TBD

Craft Time: Restart date TBD

Open Craft Time: Thursdays 12:30

Health Services

Massage Therapy: 1st & 3rd

Wednesday by appointment \$35 ½ hr

Manicures & Pedicures: Tuesdays by appointment \$20

Footcare Clinic: 2nd Wednesday of the month by appointment \$40

Resources

Legal Assistance: 3rd Wednesday of the month 10am by appointment

Sign Language Class: Tuesday 10am

AARP Tax Assistance: February

AARP Safe Driver Course: TBA

Medicare Workshops: Oct-Dec dates TBA.

Join us for Meals and More!

Lunch: Lunch is served every Tuesday and Thursday – provided by the Community Renewal Team. Call to reserve your lunch 24 hours in advance. Suggested donation \$3.00. Come enjoy a tasty meal and great conversation.

Breakfast is served every Friday at 9am. (resumes in October)

For more information see Karen in the Cafe

Transportation: Need a Lift? We offer transportation services to help you get where you need to go. \$75 per year (July -June)

Day Trips & Travel Outings: Feeling Adventurous? Check out our fun day trips and travel outings – a fantastic way to explore new places and make new friends! For more information see Sherry in Transportation.

THIS IS YOUR CENTER – MAKE YOURSELF AT HOME! COME IN, STAY AWHILE BRING A FRIEND OR MAKE A NEW ONE... WE'RE ALWAYS HAPPY TO SEE YOU!

BLOOM WHERE YOU ARE PLANTED!