



# Windsor Locks Senior Center

Bloom Where you are Planted

519 Spring Street Windsor Locks CT 06096  
PH: 860-627-1425 Transportation 860-627-1426  
Email: seniorcenter@wlocks.com

## MAR/APR 2026 Hours of Operation

Monday-Thursday 8am-4pm  
Friday -8am-1pm

**AARP**™ **AARP Tax Assistance Program** Helping You Make Tax Season Easier! AARP Tax-Aide™ tax volunteers return to the Senior Center, Mondays, in March & April. This program provides service to low/middle income taxpayers with special attention to those aged 60 and over. Please call to schedule your appt.



### AARP SAFE DRIVER CLASS Monday

**3/16 9:00 AM to 1:00 PM.** This classroom refresher course is designed for mature drivers. Many participants may also be eligible for an auto insurance discount after completing the course (check with your insurance provider for details). Cost-\$20 for AARP members \$25 for non-members. Payment is payable to AARP the day of class. Sign up today!

### HISTORICAL SOCIETY SPRING FLING LUNCH!

WL Historical Society fundraiser luncheon returns on **Wed. March 11th at 12noon** Enjoy a delicious lunch prepared by the Community Dinner Chefs. Fee: \$12 resident- \$14 non-resident. Sign up at the reception desk.

(All proceeds benefit the Historical Society)

### 360 Federal Credit Union Brain & Cognitive Health Lunch Seminar 3/16 12:00 –1:00 PM

Join us at the 360 Federal Credit Union for an informative seminar focused on maintaining brain health as we age. **Speaker:** Jan Jeremias. Transportation available. Please RSVP to the Credit Union 627-4200. *Lunch is included!*

### St. Patrick's Day Crazy Card Bingo

Join us on **Tuesday, March 17 at 1:00 PM** for a fun-filled afternoon of laughter, luck, and a little bit of Irish cheer! Our Crazy Card Bingo is always a crowd favorite, and this special St. Patrick's Day edition is sure to be extra festive. Bring 3 nickels, 3 dimes, 3 quarters, 3 dollars, and one \$5 bill (optional) **Don't forget to wear your green to show your St. Patrick's Day spirit!** *If you would like to sit with or near your friends, please be sure to sign up together. We encourage groups of 4, 8, or 12 to register at the same time to help with table seating.*



### UConn Day – Wednesday, April 1st

We're cheering on the UConn girls as they make their way to the finals! To celebrate, we're hosting a **UConn Husky Day**. Wear your UConn jersey or blue and white and join us for an afternoon of school spirit, fun activities, and special surprises. Let's show our Husky pride together! Basketball shootout, prizes, raffles and treats. Fun starts at 11:00a! Stay for lunch at the 'Locks Concession Stand' featuring Hot dogs, nachos and French fries. UConn event sign up at the reception desk. Lunch \$5

### Wacky Tacky Wednesday Crazy Card Bingo 4/8

Get ready for a little midweek silliness on Wacky Wednesday as we play Crazy Card Bingo at **1pm!** Put on your wackiest shirt, brightest colors, or funniest outfit and come ready for a day full of laughs, surprises, and friendly competition. Bring 3 nickels, 3 dimes, 3 quarters, 3 dollars, and one \$5 bill (optional). Senior Center lunch served at noon featuring Wacky Mac Stack (macaroni and cheese) Sign up for both events at the reception desk. Lunch \$5

### Medicare & Cupcake Parfaits



Mark your calendar for April 15th and join us at the Senior Center for a special informational event: **Medicare & Cupcakes!** This free program is designed to help you better understand your Medicare options in a relaxed, welcoming setting. And yes, cupcakes will be served! Stay for lunch after the program and don't forget your cupcake! **Event Details:** **Date: April 15th Time: 11am** Space is limited to 25, sign up starts March 15th. Event is free -Lunch \$5

### Celebrate National Tea Day and Reiki Program!

We're excited to combine two soothing experiences in one special event! **Join us on 4/21** for an introductory session of our **Reiki program** with **Gen Sylvester** as we **celebrate National Tea Day**. Mindful tea sipping to enhance relaxation and wellness. Register to celebrate National Tea Day, relax, and discover the restorative benefits of Reiki.

We now use the "My Senior Center" touchscreen sign-in system. If you haven't registered or received your fob, please stop in.

**Senior Center Staff:** Director: Ann Marie Claffey Assistant Director: Lori Lapointe Nutrition Manager: Karen Colone Transportation Manager: Sherry Townsend Facilities Maintenance: Kevin Clynych Bus Drivers: Nick DeCarlo, Jim Roche, Kevin Connor, Jane Van Allen, Kevin Cosker, Bill Nikitas  
**CONA~ Commission on Needs of Aging:** Chairman: Rosemary Cunningham Vice Chairman: Susan Rossetti Members: Roger Nelson, Connie Nelson, Doug Glazier, Cindy Cooper, Judy Chapman, , Ashley Pease Municipal Agent: Michael Rosadini

## TRANSPORTATION SERVICES

### DAILY TRANSPORTATION SCHEDULE

**Please call 24 hours in advance**

**MONDAY:** Enfield, Suffield Medical Appointments. Main Street Monday: Ocean State Vinie'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 / Big Y

**FRIDAY:** Enfield/Suffield Appointments

## Trips & Tours

**MGM Springfield 3/2/26** \$5pp (out of town/ no bus pass)

**Jimmy Mazz Carriage House Country Rock & Roll Celebration 4/28/26** \$53/pp

**Sail Boston 7/14/26** \$199/pp

**Cape Cod Escape 7/14-17/26** \$1,575/pp/ double

**Jimmy Mazz Carriage House Summer Lovin' Songfest 8/4/26** \$53/pp

**Magical Mackinac 8/7-14/26** \$2,699/pp/ double

**Boothbay Harbor, Maine 8/25-27/26** \$799/pp/double

**Switzerland: Lakes, Mountains & Rails 9/20-28/26** \$4,399/pp/double

**Lake Winnepesaukee Turkey Train 9/29/26** \$189/pp/double

**Yosemite and the Wild Wonders of California's National Parks 10/6-14/26** \$3,999/pp/ double

**Jimmy Mazz Carriage House Swingin' Thru The Sixties 10/13/26** \$53/pp

**Aqua Turf Sarah The Fiddler 11/10/26** \$67/pp

**Jimmy Mazz Merry Christmas Holiday Show 12/8/26** \$53/pp



## SENIOR CENTER BUS TRIP

**MGM Springfield 3/2**

Free with bus pass

Out of town/no bus pass \$5

Sign up asap !

## EXERCISE & WELLNESS

**TAI CHI - MONDAY & WEDNESDAY 9AM** Instructor Shar Christman will guide you through the healing martial art that combines soft, flowing movements with Qi circulation, breathing, and stretching techniques.

**STIX - MONDAY & WEDNESDAY 10:30 am** Join fitness instructor Sue Barsanti via video and enjoy a full-body workout that combines basic low-impact movements with synchronized hand movement using drumsticks and an exercise ball.

**ACTIVE EXERCISE-TUESDAY 8:45 am**

Move to the music as our instructor, Dee Abrams guides you through an aerobic workout geared for older active adults.

**CHAIR YOGA - THURSDAY 10:00 am** Excellent way to loosen, stretch, reduce stress and improve circulation, strength and balance. Instructor Dee Abrams.

*Not sure if a class is right for you?  
Your first class is always FREE!*

**\*\*\*\*\*CLASS FEES\*\*\*\*\***

**WITH INSURANCE COVERAGE: \$10 monthly fee payable 1st of the month.** If you have insurance coverage (Silver Sneakers, Renew Active or Silver and Fit) there is a \$10 monthly fee. This fee covers *all* fitness classes for the month. You can purchase 1- month, 3-month 6-month or 1 year plan.

**NO INSURANCE COVERAGE: \$60 prepaid fitness card.** If you do not have insurance coverage, purchase a 10 class prepaid fitness card for \$60 resident / \$80 non-resident

**Walk-in Fee: \$8 class resident / \$10 non-resident**

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

The NEW state of the art *L.O.C.K.S. Fitness Center* is available to Seniors 55 & older. We are a Silver Sneakers, Silver & Fit and Renew Active approved facility.

**\*\*\*\*FITNESS CENTER FEES\*\*\*\***

Your membership may be FREE!! Stop in to sign up and we can verify insurance or contact your insurance carrier for your membership number.

**NO INSURANCE COVERAGE: \$35 3-months \$65 6-months \$125-year** \*Non-resident pay double the resident rate.

*All new members are required to attend a gym orientation prior to participation. There is a one time \$20 orientation fee payable on orientation day. Be sure to wear comfortable sneakers & bring a water*

## RESOURCES - CLASSES & MORE

**LEGAL ASSISTANCE: WEDNESDAY 3/18 4/15**  
10am Atty's Kraner & Hess offer legal advice at the Center every 3rd Wed of the month ~by appointment

**NOTARY SERVICE:** We are pleased to announce that notary service is available at the Senior Center for our community members. Service is offered by appointment on Monday and Thursdays and is provided by our dedicated volunteer, Sandy Sylvester. Please call to schedule

**FOOD SHARE ~ ST ROBERT'S CHURCH** 52 South Elm Street Fridays 9 - 9:30am **3/13,3/27,4/10,4/24** Transportation available. Call for reservation .

**SIGN LANGUAGE CLASS: TUESDAYS 9a-10a**  
Sign language class with volunteer instructor Dan Morneau. Join in on a unique and wonderful way to communicate! No fee. Join any time !

**DISCOVERY BIBLE STUDY: TUESDAYS**  
11am-12pm A discovery bible study is a Non-denomination study group. You can discover for yourself what the bible says, and how to apply what it teaches in everyday life. Feel free to drop in and join us. Registration or weekly commitment is not necessary. For more information email Ray@wlconline.org **Start date: 3/10**

**COMMUNITY DINNER :** The W L Congregational Church, Community Dinner are as follows: 3/26, 4/16, 5/14. For bus transportation please contact Sherry Townsend @ 860-627-1426

**COFFEE WITH THE SELECTMAN THURSDAY 11:30a**  
**3/26, 4/30** Join Jon on the last Thursday of the month for town news & updates, question and answers.

## MEDICAL SERVICES

**BLOOD PRESSURE CLINIC: 2ND MONDAY mth 10AM**  
Stop in for a blood pressure & pulse ox check with registered nurse Mary Schwab. No sign up required.

**FOOTCARE CLINIC 3/11, 4/8** April Jacques with Dancing Feet - the 2nd Wednesday of every month by appt only - \$40 Basic foot care: trimming, filing, cleaning of nails. Cash or check accepted (payable to nurse) Call to schedule. **Fee Effective: 4/1 \$45**

**MASSAGE THERAPY** Wed **3/4, 3/18, 4/1, 4/15**  
Certified Massage Therapist, Melissa Almquist is available the 1st and 3rd Wednesday of the month by appointment. Fee \$35 (payable to Melissa) call the Center to schedule.

**MANICURES 3/10, 3/31 PEDIS 3/25 4/28**  
Cathy, from Bradley Nail Spa is at the Center twice a month by appt only. **9a-3:00p** offering a range of nail care services designed to pamper and uplift you! Standard mani or pedi with or without polish \$20. Bring your own polish or basic color available. Call the Center to schedule

*From the desk of Jon Savino....*

### Stay Connected with Everbridge

The Town of WL has partnered with Everbridge to provide critical information to registered users in a timely manner through a variety of communication methods

- Sign-up online
  - Text the word ALERT to 888777 to register.
  - Call 1-800-830-3493 to opt-in to download the Everbridge app
- For more info: contact Everbridge Notification System at: <https://windsorlocksct.org/windsor-locks-alerts/> or call 860-626-1444 for assistance

### Facebook Page

The Town of WL has a new facebook page that will provide you with accurate info about events, meetings, and activities in town. Access the following: *Town of Windsor Locks CT First Selectman's Office Jon Savino*

**THANK YOU-We couldn't have done it without you!** A heartfelt thank to the WL residents who did an outstanding job clearing sidewalks, keeping fire hydrants accessible, and parking vehicles off the road during the storm. Your efforts truly made a difference. Your community support greatly assisted the WL Public Works crew, who worked long hours away from their families to clear our roads and keep everyone safe. The WL Fire Department did an exceptional job responding throughout this storm, and the WL Police Dept went above and beyond to ensure public safety.



### REIKI WITH GEN SYLVESTER

We are excited to announce a new program designed to nurture both body and mind: Reiki is a gentle, hands-on energy healing practice that promotes relaxation, reduces stress, and helps restore balance to the body, mind, and spirit. It works by channeling universal life energy through the practitioner's hands to the recipient, supporting the body's natural ability to heal itself. **Join us on 4/21 for an introductory session** and explore how Reiki can help you unwind, recharge, and find balance. Seats are limited reserve your spot today! Appointments begin 4/28. \$30 per 1/2 hour. Every Tuesday from 10am-1pm.

**FRIDAY BREAKFAST-** Join us every Friday morning for a delicious home-cooked breakfast! Enjoy eggs with bacon or sausage, egg sandwich plus fresh pastries and juice — all for \$4. Prefer something lighter? Coffee and unlimited pastries are just \$1 9:00–10:00 AM

# March

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>03/02/2025</b></p> <p>Trip - MGM Springfield            8:00 AM: L.O.C.K.S. Fitness Center            8:30 AM: AARP Tax Assistance            9:00 AM: Tai Chi            10:00 AM: Farning Yarning with Friends            10:00 AM: Cribbage            10:30 AM: Six            10:30 AM: Shuffleboard            1:00 PM: Mahjong</p>	<p><b>03/03/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:45 AM: Aerobics Class            9:00 AM: Sign Language            10:00 AM: Quilting            10:00 AM: Setback            12:00 PM: CRT Lunch            12:30 PM: Bingo</p>	<p><b>03/04/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            9:00 AM: Tai Chi            10:00 AM: Mexican Train            10:30 AM: Six            11:00 AM: Cornhole            12:00 PM: Senior Center Lunch            12:30 PM: Watercolor Class            12:30 PM: Setback</p>	<p><b>03/05/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:45 AM: Aerobics Class            10:00 AM: Chair Yoga            12:00 PM: CRT Lunch            12:30 PM: Bingo            11:45 PM: Pickle Ball Open Play</p>	<p><b>03/06/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            9:00 AM: Breakfast            9:30 AM: Poker            10:00 AM: Mahjong II            11:00 AM: Cornhole</p>
<p><b>03/09/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:30 AM: AARP Tax Assistance            9:00 AM: Tai Chi            10:00 AM: Blood Pressure Clinic            10:00 AM: Farning Yarning with Friends            10:00 AM: Cribbage            10:30 AM: Six            10:30 AM: Shuffleboard            1:00 PM: Mahjong</p>	<p><b>03/10/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:45 AM: Aerobics Class            9:00 AM: Sign Language            9:00 AM: Manicures            10:00 AM: Quilting            10:00 AM: Setback            11:00 AM: Discovery Bible Study            12:00 PM: CRT Lunch            12:30 PM: Bingo</p>	<p><b>03/11/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:00 AM: Footcare            9:00 AM: Tai Chi            10:00 AM: Mexican Train            10:30 AM: Six            11:00 AM: Cornhole            12:00 PM: Historical Society Spring Fling Luncheon            12:00 PM: Watercolor Class            12:30 PM: Setback</p>	<p><b>03/12/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:45 AM: Aerobics Class            10:00 AM: Chair Yoga            12:00 PM: CRT Lunch            12:30 PM: Bingo            11:45 PM: Pickle Ball Open Play</p>	<p><b>03/13/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            9:00 AM: Breakfast            9:30 AM: Poker            10:00 AM: Mahjong II            11:00 AM: Cornhole</p>
<p><b>03/16/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:30 AM: AARP Tax Assistance            9:00 AM: Tai Chi            9:00 AM: AARP Safe Driver            10:00 AM: Farning Yarning with Friends            10:00 AM: Cribbage            10:30 AM: Six            10:30 AM: Shuffleboard            12:00 PM: 360 Federal Credit Union Seminar            1:00 PM: Mahjong</p>	<p><b>03/17/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:45 AM: Aerobics Class            9:00 AM: Sign Language            10:00 AM: Quilting            10:00 AM: Setback            11:00 AM: Discovery Bible Study            12:00 PM: CRT Lunch            12:30 PM: Bingo            1:00 PM: ST. Patrick's Crazy Card Bingo</p>	<p><b>03/18/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            9:00 AM: Tai Chi            10:00 AM: Legal Assistance            10:00 AM: Mexican Train            10:30 AM: Six            11:00 AM: Cornhole            12:00 PM: Senior Center Lunch            12:30 PM: Setback</p>	<p><b>03/19/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:45 AM: Aerobics Class            10:00 AM: Chair Yoga            12:00 PM: CRT Lunch            12:30 PM: Bingo            11:45 PM: Pickle Ball Open Play</p>	<p><b>03/20/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            9:00 AM: Breakfast            9:30 AM: Poker            10:00 AM: Mahjong II            11:00 AM: Cornhole</p>
<p><b>03/23/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:30 AM: AARP Tax Assistance            9:00 AM: Tai Chi            9:30 AM: Baking with Mary            10:00 AM: Farning Yarning with Friends            10:00 AM: Cribbage            10:30 AM: Six            10:30 AM: Shuffleboard            1:00 PM: Mahjong</p>	<p><b>03/24/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:45 AM: Aerobics Class            9:00 AM: Sign Language            9:00 AM: Pedicure            10:00 AM: Quilting            10:00 AM: Setback            11:00 AM: Discovery Bible Study            12:00 PM: CRT Lunch            12:30 PM: Bingo</p>	<p><b>03/25/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            9:00 AM: Tai Chi            10:00 AM: Craft Time            10:00 AM: Mexican Train            10:30 AM: Six            11:00 AM: Cornhole            12:00 PM: Senior Center Lunch            12:30 PM: Setback</p>	<p><b>03/26/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:45 AM: Aerobics Class            10:00 AM: Chair Yoga            11:30 AM: Coffee with the Selectman            12:00 PM: CRT Lunch            12:00 PM: Open Craft Time            12:30 PM: Bingo            11:45 PM: Pickle Ball Open Play</p>	<p><b>03/27/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            9:00 AM: Breakfast            9:30 AM: Poker            10:00 AM: Mahjong II            11:00 AM: Cornhole</p>
<p><b>03/30/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:30 AM: AARP Tax Assistance            9:00 AM: Tai Chi            10:00 AM: Farning Yarning with Friends            10:00 AM: Cribbage            10:30 AM: Six            10:30 AM: Shuffleboard            1:00 PM: Mahjong</p>	<p><b>03/31/2025</b></p> <p>8:00 AM: L.O.C.K.S. Fitness Center            8:45 AM: Aerobics Class            9:00 AM: Sign Language            9:00 AM: Manicures            10:00 AM: Quilting            10:00 AM: Setback            11:00 AM: Discovery Bible Study            12:00 PM: CRT Lunch            12:30 PM: Trivia            1:00 PM: Pickleball for Beginners</p>			

# April

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>04/05/2026</b></p> <p>8:30 AM: AARP Tax Assistance            9:00 AM: Tai Chi            10:00 AM: Farming Yarning with Friends            10:00 AM: Cribbage            10:30 AM: Stix            10:30 AM: Shuffleboard            1:00 PM: Mahjong</p>	<p><b>04/07/2026</b></p> <p>8:45 AM: Aerobics Class            9:00 AM: Sign Language            10:00 AM: Quilting            10:00 AM: Setback            11:00 AM: Discovery Bible Study            12:00 PM: CRT Lunch            12:30 PM: Bingo            1:00 PM: Pickleball for Beginners</p>	<p><b>04/07/2026</b></p> <p>9:00 AM: Tai Chi            10:00 AM: Mexican Train            10:30 AM: Stix            11:00 AM: UCONN DAY!            11:00 AM: Cornhole            12:00 PM: Senior Center Lunch            12:30 PM: Setback</p>	<p><b>04/09/2026</b></p> <p>8:45 AM: Aerobics Class            10:00 AM: Chair Yoga            12:00 PM: CRT Lunch            12:00 PM: Open Craft Time            12:30 PM: Bingo            11:45 PM: Pickle Ball Open Play</p>	<p><b>04/09/2026</b></p> <p>*Good Friday</p> <p>9:00 AM: Breakfast            9:30 AM: Poker            10:00 AM: Mahjong II            11:00 AM: Cornhole</p>
<p><b>04/13/2026</b></p> <p>9:00 AM: Tai Chi            10:00 AM: Farming Yarning with Friends            10:00 AM: Cribbage            10:30 AM: Stix            10:30 AM: Shuffleboard            1:00 PM: Mahjong</p>	<p><b>04/14/2026</b></p> <p>8:45 AM: Aerobics Class            9:00 AM: Sign Language            10:00 AM: Quilting            10:00 AM: Setback            11:00 AM: Discovery Bible Study            12:00 PM: CRT Lunch            12:30 PM: Bingo            1:00 PM: Pickleball for Beginners</p>	<p><b>04/15/2026</b></p> <p>9:00 AM: Tai Chi            10:00 AM: Legal Assistance            10:00 AM: Mexican Train            10:30 AM: Stix            11:00 AM: Medicare &amp; Cupcakes            11:00 AM: Cornhole            12:30 PM: Setback</p>	<p><b>04/16/2026</b></p> <p>8:45 AM: Aerobics Class            10:00 AM: Chair Yoga            12:00 PM: CRT Lunch            12:00 PM: Open Craft Time            12:30 PM: Bingo            11:45 PM: Pickle Ball Open Play</p>	<p><b>04/17/2026</b></p> <p>9:00 AM: Breakfast            9:30 AM: Poker            10:00 AM: Mahjong II            11:00 AM: Cornhole</p>
<p><b>04/20/2026</b></p> <p>9:00 AM: Tai Chi            10:00 AM: Farming Yarning with Friends            10:00 AM: Cribbage            10:30 AM: Stix            10:30 AM: Shuffleboard            1:00 PM: Mahjong</p>	<p><b>04/21/2026</b></p> <p>8:45 AM: Aerobics Class            9:00 AM: Sign Language            9:00 AM: Manicures            10:00 AM: Quilting            10:00 AM: Setback            10:30 AM: Reiki &amp; Tea Program            11:00 AM: Discovery Bible Study            12:00 PM: CRT Lunch            12:30 PM: Bingo            1:00 PM: Pickleball for Beginners</p>	<p><b>04/22/2026</b></p> <p>9:00 AM: Tai Chi            10:00 AM: Mexican Train            10:30 AM: Stix            11:00 AM: Cornhole            12:00 PM: Senior Center Lunch            12:30 PM: Setback</p>	<p><b>04/23/2026</b></p> <p>8:45 AM: Aerobics Class            10:00 AM: Chair Yoga            12:00 PM: CRT Lunch            12:00 PM: Open Craft Time            12:30 PM: Bingo            11:45 PM: Pickle Ball Open Play</p>	<p><b>04/24/2026</b></p> <p>9:00 AM: Breakfast            9:30 AM: Poker            10:00 AM: Mahjong II            11:00 AM: Cornhole</p>
<p><b>04/27/2026</b></p> <p>9:00 AM: Tai Chi            10:00 AM: Farming Yarning with Friends            10:00 AM: Cribbage            10:30 AM: Stix            10:30 AM: Shuffleboard            1:00 PM: Mahjong</p>	<p><b>04/28/2026</b></p> <p>8:45 AM: Aerobics Class            9:00 AM: Sign Language            9:00 AM: Pedicure            10:00 AM: Quilting            10:00 AM: Setback            10:30 AM: Reiki with Gen            11:00 AM: Discovery Bible Study            12:00 PM: CRT Lunch            12:30 PM: Trivia            12:30 PM: Bingo</p>	<p><b>04/29/2026</b></p> <p>9:00 AM: Tai Chi            10:00 AM: Craft Time            10:00 AM: Mexican Train            10:30 AM: Stix            11:00 AM: Cornhole            12:00 PM: Senior Center Lunch            12:30 PM: Setback</p>	<p><b>04/30/2026</b></p> <p>8:45 AM: Aerobics Class            10:00 AM: Chair Yoga            12:00 PM: CRT Lunch            12:00 PM: Open Craft Time            12:30 PM: Bingo            11:45 PM: Pickle Ball Open Play</p>	

Mon	Tue	Wed	Thu	Fri
	<p>3</p> <p>3 oz ( 1 ) Beef Stuffed Cabbage w/ Sce 1/2c Baby Potatoes 1/2c Capri Veggies ( 1 ) Dinner Roll</p>	<p>4</p> <p>Senior Center lunch \$5 Taco Salad</p>	<p>5</p> <p>1/2c Juice 1/8 sl Quiche Lorraine 1/2c Paprika Diced Potatoes 1/2c Broccoli Florets ( 1 ) Pudding Cup</p>	<p>6</p> <p>Breakfast 9-10am</p>
	<p>10</p> <p>8 oz Chicken Veg Soup ( 1 ) Cheese &amp; Veggie Calzone / ( 1 ) pkt Marinara Sce / ( 1 ) pkg Saltines / ( 1 ) Fresh Fruit</p>	<p>11</p> <p>Historical Society Luncheon \$12/\$14</p>	<p>12</p> <p>3 oz ( 1 ) Salmon w/ Alfredo Sce / 1/2c Corkscrew Pasta w/ Garlic White Wine Sce / 1/2c California Vegetables ( 1 ) sl 100 % Whole Wh Brd ( 1 ) Fresh Fruit</p>	<p>13</p> <p>Breakfast 9-10am</p>
	<p>17</p> <p><u>Celebrate St. Pat's Day/</u> 1/2c Jce / 3 oz ( 1 ) sl Corned Beef / ( 1 ) Must/ 1/2c Boiled Pots / 1/2c Cabbage &amp; Carrots ( 1 ) sl Wheat Brd / ( 1 ) Cookie</p>	<p>18</p> <p>Senior Center lunch \$5 Spaghetti &amp; Meatballs</p>	<p>19</p> <p>BROWN BAG LUNCH</p>	<p>20</p> <p>Breakfast 9-10am</p>
	<p>24</p> <p>3 oz ( 1 ) Rsted Chicken Drumstick w/ Pesto Sce / 1/2c Penne Pasta w/ Pesto Sce / 1/2c Veg Medley / ( 1 ) Garlic Knot / ( 1 ) Fresh Fruit</p>	<p>25</p> <p>Senior Center lunch \$5 Sloppy Joes</p>	<p>26</p> <p>8 oz Beef Noodle Soup 3 oz ( 1 ) Grd Beef Stuffed Pepper/ 1/2c 5-Way Vegetables ( 1 ) sl 100 % Wh Wheat Bread / ( 1 ) Cookie</p>	<p>27</p> <p>Breakfast 9-10am</p>
	<p>31</p> <p>1/2c Juice 3 oz MILD Spanish-Style Pulled Pork / 1/2c Spanish Rice / 1/2c Corn / ( 1 ) sl Wheat Bread / 1 Pudding Cup</p>			

### 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.

## FUN & GAMES

**CRIBBAGE MONDAY 10AM** Looking for a fun and engaging way to sharpen your mind and enjoy good company? Come play Cribbage at the Senior Center! All skill level is welcome

**BINGO TUESDAYS & THURSDAY 12:30** Join us after lunch every Tuesday & Thursday for Bingo! \$1 per card Come for the fun stay for the winnings !! No Bingo the last Tuesday of the month \* Trivia Tuesday

**TRIVIA LAST TUESDAY 12:30** Tuesday Trivia is a highlight at the Senior Center and takes place on the last Tuesday of the month, led by Trivia Master Joe Marinone. Players compete in teams, making the game even more fun. Tuesday Trivia is a great way to exercise the mind, connect with friends, and enjoy a lively time

**MEXICAN TRAIN DOMINOS WEDNESDAY 10AM** Whether you're a seasoned player or a newcomer, now is the perfect time to join the fun of Mexican Train Dominos.

**CORNHOLE WEDNESDAY & FRIDAY 11AM** Join us Wednesday & Friday mornings for some friendly competition. It's easy to learn, fun to play, and a great way to stay active and social. Whether you're a seasoned player or a first-time tosser, everyone is welcome to join in the fun.

**SETBACK WEDNESDAY 12:30** Whether you're a seasoned player or brand new to the game, all are welcome to pull up a seat and enjoy the friendly competition. It's a great way to meet others, keep your mind sharp, and share some laughs.

**POKER FRIDAY 9:30 AM** Join the poker table for friendly competition and plenty of laughter as players start the day with fun, friendship, and cards. Anyone interested is always encouraged to stop by, pull up a chair, and join in.

**MAHJONG MONDAY 1PM FRIDAY 10AM** Mahjong is a traditional tile-based game that originated in China. Mahjong is not only a fun and competitive game but also a great way to improve cognitive skills, memory, and strategic thinking.

**BREAKFAST FRIDAY 9:00am-10am** Start your Friday morning off right with a delicious and hearty breakfast at the Senior Center. Gather with friends and community members for great food, warm conversation, and a perfect start to the day.

**MONTHLY BIRTHDAY PARTY** Proudly sponsored by the Windsor Locks Women's Club! The last Tuesday of the month, celebrate the birthdays of our cherished senior community members *Join us for a slice of delicious cake !*



## CREATIVE ARTS

**WATERCOLOR CLASS WEDNESDAY 12-2PM** Unleash your inner artist and explore the beauty of watercolor painting in our engaging class led by the talented Joe Burger! . 6 week session \$50 resident \$60 non-resident. Space limited registration required!

**QUILT CLASS TUESDAY 10:00 AM** Whether you're a beginner or experienced quilter, this class is for you. Learn the different quilt techniques and designs from your fellow quilter while enjoying time with friends. Supplies available for a first time quilter.

**BAKING WITH MARY 3/23 MONDAY 9:30AM** Join us and learn how to make delicious blueberry muffins This hands-on class is a great opportunity to learn a new recipe and enjoy good company. The class fee is \$4, and all supplies are included. Don't miss this fun and flavorful event. **Registration required.**

**CRAFT TIME WEDNESDAY 10 am**



**3/25**  
Spring  
Porch Board  
\$10/\$12



**4/29**  
Watering  
Can  
Wreath  
\$8/\$10

**OPEN CRAFT TIME THURSDAYS 12:30PM** Bring your project, and craft with friends. Many tools/ supplies available for scrapbooking that can help you get started. Any craft is welcome. Enjoy the spacious room for creative fun!

**"FARNING" Yarning with Friends** Starts Monday March 2nd 10-12pm. Finger Crochet expert Irene will be here to help you with your finger crocheting. Bring your yarn and plan on great fun while learning how to make a beautiful handmade blanket. If you need to know about supplies stop in and see Irene or call us

### GYMNASIUM ACTIVITIES

**SHUFFLEBOARD:** The Gym is open for shuffleboard Mondays at 10:30 am. Whether you're an experienced player or trying shuffleboard for the first time, everyone is encouraged to join in. All equipment provided.

**PICKLEBALL: NEW CLASS STARTS 3/31** Want to learn how to play? Join our beginners class on Tuesdays from 1-2pm. Pickleball guru Ryan Labbe will teach you all you need to know to get started in one of the fastest growing sports in the U.S. **4 WEEK CLASS \$20** Courts are available on Thursdays from 11:30 a.m. to 3:30 p.m. for open play.

**CHAIR VOLLEYBALL COMING SOON!** Chair Volleyball is a fun and safe way to enjoy the excitement of volleyball while staying seated. Stay tuned !!!



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*You're Invited!*

# Brain & Cognitive Health Lunch Seminar

*With Jan Jeremias, MSc, DTM*

Discuss the lifestyle practices that support memory, focus, and mental clarity as we age.

Monday, March 16<sup>th</sup>  
12:00pm - 1:00pm  
360 Federal Credit Union  
Windsor Locks

*FREE Lunch Included.  
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