



# 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

**MAY/JUNE**

**Hours of Operation**

Monday-Thursday 8am-4pm

Friday -8am-1pm

**MOTHERS DAY LUNCHEON** Join us for a special celebration in honor of Mother's Day at our upcoming Mother's Day Luncheon on **Wednesday May 13 at 12:00 noon**. This luncheon is a wonderful way to gather with friends and celebrate the incredible women in our lives! It also serves as a meaningful fundraiser for the Historical Society. Enjoy a beautifully prepared meal featuring homemade galumpkis, kielbasa, roasted carrots, butter noodles, crusty bread, & dessert. A special treat just for the ladies in attendance. **Enjoy live music by Bruce John**, adding the perfect touch to this festive afternoon. **Fee:** \$12 Resident / \$14 Non-Resident Sign up at the reception desk

**TERRIFIC TUESDAYS!!!  
NEW FUN EVERY WEEK!**

**MEXICAN TRAIN PARTY ! TUESDAY May 5th 10:30am** Join us this Cinco de Mayo for a lively Mexican Train Party. Seasoned players or if brand new to the game, now is your chance to learn!. Just bring your enthusiasm! Enjoy the festive spirit with themed decorations and, great company. Goodies served! Sign up at the reception desk.

**CINCO DE MAYO BINGO MAY 5TH 12:30PM** Enjoy our regular bingo with a Cinco De Mayo flair. Free mocktails, chips and salsa!

**TWO STEP TUESDAY - MAY 12TH 12:30PM** Learn to line dance with Llew! He's leading the group with some YouTube videos. Learn basics and have fun. Come by, grab a seat, and cheer everyone on. The energy is contagious, and you'll still be part of the fun just by being there. Desserts served.. Sign up at the reception desk .

**TULIP TUESDAY & CRAZY BINGO- a Blooming Good Time May 19th 1:00pm.** Get ready for an afternoon full of fun, laughter, and a touch of springtime cheer at our Tulip Tuesday & Crazy Bingo event! Bring your nickels dimes, quarters and dollars (\$ 5 optional game) and plan on a fun time. **Be sure to wear your favorite floral attire to really get into the spirit of the day!** Sign up your group of 4 or eight together! Crazy bingo, blooming prizes!

**Trivia Tuesday - May 26th 12:30pm** Joe Marinone will lead the team trivia competition. It's a great opportunity to meet new people, share some laughs and work together! No sign up needed, just show up for the fun! It's Birthday Cake day!



## COOKOUT & PATRIOTIC PARTY ON THE PATIO—Wed. June 24th, 5pm

You're invited to a star-spangled celebration at our **Patriotic Party on the Patio**, as we come together to celebrate America's 250th Anniversary in style. Be among the first to enjoy our newly installed patio pavilion, the perfect setting for an evening of community, celebration, and summer fun. **Wear your red, white, and blue** and get ready for great company, festive music, and a lively atmosphere as we honor this historic milestone. Music by the very popular **Full Crew Band** featuring center members Harvey Jacobsen and Joe Mazza. Get ready to dance the night away! We're excited to have the **Windsor Locks Police Department** serving as our Grill Masters for the evening, cooking up delicious favorites hot off the grill! **Fee:** \$20 residents \$25 non-residents **register at the desk ~ deadline June 22nd**

## CUT THE CORD WITH BILL ROGERS Wednesday



**June 3rd at 11am** Are you tired of high cable bills and looking for ways to save money without giving up your favorite shows? Join us for our upcoming **free program, Cut the Cord**, featuring guest speaker Bill Rogers, who will guide you through the process of switching from traditional cable to more affordable and flexible options. This program is perfect for anyone who feels overwhelmed by rising cable costs or unsure about making the switch to streaming. Bill will simplify the process, answer your questions. Whether you're ready to cancel cable or just exploring your options, **Cut the Cord** will give you the knowledge and confidence to take control of your entertainment and your budget. **Register at the reception desk.**

**CHAIR VOLLEYBALL PARTY! Thursday June 4th 11:30a.** We're bringing the beach vibes indoors!! Join us for a lively morning of chair volleyball. Demos and game play where teamwork, quick reflexes, and lots of cheering make every game a blast. Whether you're playing or watching from the sidelines, the energy will feel just like a day at the beach—fun, relaxed, and full of good company **Feel free to dress in your favorite beach attire and get into the summer spirit!** We'll mix in music, laughs, and plenty of chances to try chair volleyball. Summer treats served! Registration required.

**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, Kevin Cosker, Bill Nikitas  
**CONA~ Commission on Needs of Aging:** Chairman: Rosemary Cunningham Vice Chairman: Susan Rossetti Members: Roger Nel-

## 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

**Cape Cod Escape 9/22-9/25** \$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 May 6th**

**Boscovs June 10th**

Free with bus pass

Out of town/no bus pass \$5

Sign up with Sherry in Transportation **ASAP!**

**AARP Safe Drivers Course Monday 5/11**

**9:00 AM to 1:00 PM.** This classroom refresher course is designed for mature drivers. Cost-\$20 for AARP members \$25 for non-members. Payment is payable to AARP the day of class. Sign up today!

## 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 10:15 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 bottle.*

## RESOURCES - CLASSES & MORE

### LEGAL ASSISTANCE: WEDNESDAY 5/20, 6/17

**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

**5/8, 5/22, 6/5, 6/19** 52 South Elm Street Fridays 9 - 9:30am 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

**COMMUNITY DINNER :** The W L Congregational Church, Community Dinner 5/14 5pm. For bus transportation please contact Sherry @ 860-627-1426

### COFFEE WITH THE SELECTMAN THURSDAY

**11:30a 5/21, 6/25** Join Jon on the last Thursday of the month for a Q & A, town news & updates.

### From the desk of Jon Savino....

#### Budget Events

The Town will host several budget events in the coming weeks to keep residents informed. Please join us to get accurate information directly from the Town and ask any questions. Updates will be posted on the Town website: [windsorlocksct.org](http://windsorlocksct.org) and this Facebook page—**Town of Windsor Locks, CT, First Selectman's Office Jon Savino**. These are the official sources for reliable information.

#### Town Budget Presentations

April 28th, 7:00PM, W.L High School

#### Q&A Sessions at Town Hall

May 2nd: 11am – 1:00pm

May 15th: 12pm – 2:00pm

#### Senior Center Presentation

May 8th: 10am – 12:00pm

#### Budget Vote at Town Hall

May 19th: 7:30pm

#### Thank you Seniors!

Thank you for attending the recent Budget Presentation at the Senior Center. I'm grateful that so many of you came prepared with thoughtful questions. I will continue working with our team to provide accurate, timely information so you remain well informed throughout this budget process.

#### Thank you Senior Center Staff!

Special thanks to our Senior Center staff for serving the best breakfast in town every Friday. You're doing an amazing job. It's great to see so many folks kicking off their morning at the Center!

## MEDICAL SERVICES

### BLOOD PRESSURE CLINIC: 2ND MONDAY 10am

Stop in for a blood pressure & pulse ox check with registered nurse Mary Schwab. No sign up required.

**FOOTCARE CLINIC 5/13 6/3\*** *special date due to vacation* 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 5/16, 5/20, 6/3, 6/17

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 5/12, 6/2 PEDIS 5/26 9:00A-3:00P

Cathy, from *Bradley Nail Spa* offers a range of nail care services. Standard mani or pedi with or without polish \$20. Bring your own polish or basic color available. Call the center to book your appt.



### 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. Reiki can help you unwind, recharge, and find balance. Book your appointment for the last Tuesday of the month, starting 4/28. \$30 per 1/2 session, payable to Gen.

**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. Breakfast served 9:00am-10:00 am

# MAY CALENDAR OF EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
				1 09:00 Breakfast 09:30 Poker 10:00 Mahjong II 10:30 Cornhole
4 09:00 Tai Chi 10:00 Cribbage 10:00 Farning Yarning with Friends 10:15 Stix 11:30 Shuffleboard 1:00 Mahjong 1:30-3:30 Open Gym	5 08:45 Aerobics Class 09:00 Sign Language 10:00 Quilting 10:30 Mexican Train Party 11:00 Discovery Bible Study 12:00 CRT Lunch 12:30 Bingo 12:30 Cinco De Mayo Bingo 1:00 -2:00 Pickleball Instruction	6 09:00 Tai Chi 10:00 Mexican Train 10:15 Stix 11:30 Cornhole 12:00 Watercolor Class 12:00 Wednesday Lunch 12:30 Setback 1:30 - 3:30 Open Gym	7 08:45 Aerobics Class 10:00 Chair Yoga 12:00 CRT Lunch 12:00 Open Craft Time 12:30 Bingo 1:00 Pickle Ball Open Play	8 09:00 Breakfast 09:30 Poker 10:00 Mahjong II 10:30 Cornhole
11 09:00 AARP Safe Driver 09:00 Tai Chi 10:00 Cribbage 10:00 Farning Yarning with Friends 10:15 Stix 11:30 Shuffleboard 1:00 Mahjong 1:30-3:30 Open Gym	12 08:45 Aerobics Class 09:00 Manicures 09:00 Sign Language 10:00 Quilting 11:00 Discovery Bible Study 12:00 CRT Lunch 12:30 Bingo 12:30 Cinco De Mayo Bingo 1:00 -2:00 Pickleball Instruction	13 08:30 Footcare 09:00 Tai Chi 10:00 Mexican Train 10:15 Stix 11:30 Cornhole 12:00 Mothers Day Luncheon /Historical Society FR 12:00 Watercolor Class 12:00 Wednesday Lunch 12:30 Setback	14 08:45 Aerobics Class 10:00 Chair Yoga 12:00 CRT Lunch 12:00 Open Craft Time 12:30 Bingo 1:00 Pickle Ball Open Play	15 09:00 Breakfast 09:00 Coffee with a Cop 09:30 Poker 10:00 Mahjong II 10:30 Cornhole
18 09:00 Tai Chi 09:30 Baking with Mary 10:00 Cribbage 10:00 Farning Yarning with Friends 10:15 Stix 11:30 Shuffleboard 1:00 Mahjong 1:30-3:30 Open Gym	19 08:45 Aerobics Class 09:00 Sign Language 10:00 Quilting 11:00 Discovery Bible Study 12:00 CRT Lunch 12:30 Bingo 13:00 Tulp Tuesday Crazy 1:00 -2:00 Pickleball Instruction	20 09:00 Tai Chi 10:00 Legal Assitsance 10:00 Mexican Train 10:15 Stix 11:30 Cornhole 12:00 Wednesday Lunch 12:30 Setback 1:30 - 3:30 Open Gym	21 08:45 Aerobics Class 10:00 Chair Yoga 12:00 CRT Lunch 12:00 Open Craft Time 12:30 Bingo 1:00 Pickle Ball Open Play	22 NO Breakfast 09:30 Poker 10:00 Mahjong II 10:30 Cornhole
25 Closed for Memorial Day	26 08:45 Aerobics Class 09:00 Pedicure 09:00 Sign Language 10:00 Quilting 10:00 Reiki with Gen 11:00 Discovery Bible Study 12:00 CRT Lunch 12:30 Trivia 1:00 -2:00 Pickleball Instruction	27 09:00 Tai Chi 10:00 Craft Time 10:00 Mexican Train 10:15 Stix 11:30 Cornhole 12:00 Wednesday Lunch 12:30 Setback 1:30 - 3:30 Open Gym	28 08:45 Aerobics Class 10:00 Chair Yoga 11:30 Coffee with the Selectman 12:00 CRT Lunch 12:00 Open Craft Time 12:30 Bingo 1:00 Pickle Ball Open Play	29 09:00 Breakfast 09:30 Poker 10:00 Mahjong II 10:30 Cornhole

Mon	Tue	Wed	Thu	Fri
<b>MAY MENU</b> <b>CONGREGATE MENU</b> 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.				
4	5	6	7	8
	3 oz ( 3 ) Swedish Beef Meatballs w/ White Sce / 1/2 c Eggnoodles 1/2 c Spinach / ( 1 ) sl 100 % Whole Wh Bread / ( 1 ) Fresh Fruit	Senior Center Lunch <b>Celebrating Cinco De Mayo</b> <b>TACOS &amp; dessert</b>	<b>CRT Celebrates Mothers</b> 1/2c Juice 3 oz ( 1 ) Boneless Chicken Brst w/ Rosemary Sce / 1/2 c White Rice / 1/2c Prince Wm Veg	BREAKFAST 9-10AM
11	12	13	14	15
	1/2 c Juice / 8 oz Bistro Pasta Salad w/ Wheat Penne Pasta / Chicken / Cherry Toms / Red Onion	Senior Center Lunch <b>Mother's Day Celebration</b> Galumpkis, kielbasa, roasted carrots, butter noodles, crusty bread, and dessert.	1/2 c Juice 8 oz Tuna Noodle Casserole w/ Peas & Diced Carrots ( 1 ) Wheat Dinner Roll	BREAKFAST 9-10AM
18	19	20	21	22
	3 oz ( 1 ) Baked Salmon w/ Creamy Lemon Dill Sce / 1/2c Rosemary Pots 1/2c Capri Veggies / ( 1 ) Dinner Roll /	Senior Center Lunch <b>Memorial Day Remembrance Lunch with Guest speaker</b> <b>Meatball Grinders</b>	1/2 c Juice 3 oz ( 1 ) Moroccan Lemon Chicken Drumstick / 1/2c Baby Potatoes / 1/2c Gr Beans / ( 1 ) Dinner Roll / ( 1 ) Yogurt Cup	NO BREAKFAST
25	26	27	28	29
<b>Center Closed Memorial Day !</b>	3 oz ( 1 ) MILD Jamaican Beef Patty / ( 1 ) Baked Sweet Potato / 1/2c 5-Way Vegetables / ( 1 ) Fresh Fruit	Senior Center Lunch <b>Chicken Caesar Salad</b> <b>Garlic Bread &amp; dessert</b>  Sign up at Reception	<b>National Hamburger Day</b> 3 oz ( 1 ) Hamburger w/ ( 1 ) sl Swiss Cheese & Caramelized Onions w/ ( 1 ) Wh Hamburger Bun / ( 1 ) Must, Rel, Ketc/ 1/2 c Baked Beans / ( 1 ) Fresh Fruit	BREAKFAST 9-10AM

**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.

**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 & 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, *Join us for a slice of delicious cake !*

**"FARNING" Yarning with Friends** Mondays from 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

**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! Next session tbd.

**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 5/18 MONDAY 9:30AM** Join us to make chocolate cookies! 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**



**5/27**  
Sea  
Shell  
Craft  
\$8/\$10



**6/25**  
Cork/bead  
wind  
chime  
\$8/\$10

Registration & prepayment required.

**Deadline May craft 5/20 -June craft 6/15**

**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!

**GYMNASIUM ACTIVITIES \***

**SHUFFLEBOARD:** The Gym is open for shuffleboard **Mondays at 11:30a-1:30p** All equipment provided.

**PICKLEBALL:** with instructor **Tuesday 1-2pm** followed by open play 2p-3:30p.

**Thursdays from 1- 3:30 p.m. open play.**  
**Outdoor courts available all day!**

**CHAIR VOLLEYBALL** Join in for fun and a safe way to enjoy the excitement of volleyball while staying seated. Join the kick off party on June 4th! Weekly session will be on **Thursdays at 11:30 a–12:30p**

**CORNHOLE WEDNESDAY 11:30a \*new time\*** and **FRIDAY's at 10:30a** Join us Wednesday & Friday mornings for some friendly competition. Whether you're a seasoned player or a first-time tosser, all are welcome to join in the fun.

**\*OPEN GYM:\*** The gym is available for open play for any of our activities on the following days:  
**Monday 1:30p-3:30p and Wednesday 1:30p-3:30p.**  
Call to reserve your time.

## GARDEN CLUB NEWS !

"Bloom where you are planted" -- *Rooted in nature's beauty*

In case you haven't heard, a new and exciting structure is being added to our back patio! Coming soon, a pavilion is being built to provide outdoor space for seniors to relax and enjoy the outdoors in the shade of a covered pavilion. Along with the new pavilion, planted shrubs, evergreens, annuals and perennials are being added to the landscape to create a truly magical space filled with nature.

Also coming soon, the Boy Scouts will be building fenced raised garden beds at the Senior Center! This will be a fenced-in, protected space where vegetables and/or flowers can be grown from seeds. Won't it be great to be able to use some of our own vegetables and herbs for senior luncheons? A big thank you to Boy Scout Troop 263 for stepping forward and exemplifying leadership in our community!

**Garden Club** - With all of these exciting plans just around the corner, the Senior Center is re-introducing the formation of a Garden Club. If you were a member before, if you have a green thumb, or you are interested in joining to learn more about gardening, the Garden Club is for you. It's a great way to get back to nature and contribute towards the development of our gardens.

Initially, the landscape plantings being installed are large and will require some heavy digging and moving of plant materials. As the gardens become established, on-going care will help maintain them. Watering, especially during the hot summer months, brush cleanup, and weeding will ensure the new plantings take root and flourish. So, if you wish to participate, you can choose which tasks are right for you. It takes a village! And of course, our new raised beds from the Boy Scouts will be an opportunity to try your hand at growing and nurturing plants from seedlings to full vegetable or flower production!

**Garden Club Sign-up** - For those interested in signing up for the Garden Club, please stop at the front desk to leave your name and contact information. If you were a member before, please also stop at the front desk to confirm your interest and validate your contact information.

**Perennial Plant Donations** - To give our gardens a jump start this Spring, we are currently accepting perennial plant donations. Even if you aren't able to join the Garden Club at this time, a list of suggested perennial plants is available at the front desk. Your plant donation will be truly appreciated as we grow together and become *rooted in nature's beauty!*

New Program !

# COFFEE WITH A COP WINDSOR LOCKS SENIOR CENTER

Friday May 15<sup>th</sup> 9am

Join us the 3<sup>rd</sup> Friday of every month!

Enjoy a cup of coffee, conversation and the opportunity to connect with the officers of Windsor Locks. Share a concern or just stop by to say hello !

No registration required just stop in at 9  
Breakfast available from 9-10am



**YOUR COMPANY ADVERTISEMENT HERE!**  
**More info coming soon or call 860-627-1425**

WINDSOR LOCKS SENIOR CENTER

# PATRIOTIC PARTY ON THE PATIO

CELEBRATING AMERICAS 250<sup>TH</sup>

**6.24.26**

**5-8 PM**

Featuring music by  
Full Krew

Be among the first to enjoy our newly installed patio pavilion, the perfect setting for an evening of community, celebration, and summer fun. Wear your red, white, and blue and get ready for great company, festive music, dancing and a lively atmosphere as we honor this historic milestone.

**\$20 Resident \$25 non-resident**

Fire up the fun! Cookout favorites served hot off the grill by Windsor Locks Police Dept!

