



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

JULY / AUGUST Hours of Operation

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

TERRIFIC TUESDAYS!!!

TWO STEP TUESDAY JULY 7TH & 14TH

12:30PM Line Dancing with Llew and You Tube!! Learn the basics steps 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.

RED WHITE & BLUE CRAZY BINGO JULY

21ST 12:30PM Celebrate America and wear your red white and blue. Plan on a fun afternoon of CRAZY CARD BINGO !! ADMISSION FEE \$1 sign up at the desk and plan your table of 4 or 8 to guarantee seating.

TRIVIA TUESDAY JULY 28TH 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!

MEDICARE WITH STATELINE SENIOR SERVICES. Need information about Medicare? Stop in the first Wednesday of the month of July, August and September between 9:30-12:pm. Our friend Israel Rivera of Stateline Senior Services will be here to answer your questions. No appointment necessary however if you need extended time we can reserve!

HOW TO CHANGE YOUR CELL PHONE PROVIDER WITH BILL ROGERS! Wednesday, July 15th 11:00 a.m. Thinking about changing your cell phone carrier but not sure where to start? Learn how to compare providers, keep your phone number, understand your options, and avoid common mistakes when switching carriers. Bring your questions and get practical tips to help you make the best choice for your needs. Sign up at the front desk or call to reserve your seat. Refreshments served.

IT'S TIME TO RENEW YOUR ANNUAL BUS PASS! See Sherry at the Senior Center to renew your pass and continue enjoying convenient transportation throughout the year.

SWEET SUMMERTIME PARTY

FEATURING THE KINETIC UKES UKULELE BAND AND COUSINS MAINE LOBSTER TRUCK WEDNESDAY AUGUST 12TH 4PM

The Kinetic Ukes bring energy, laughter, and plenty of toe-tapping tunes with their unique ukulele performances. Known for their upbeat style and crowd-pleasing songs, the group captures the carefree spirit of summer. Grab your Hawaiian shirt bring your summer spirit and join us for an unforgettable evening with the Kinetic Ukes! Purchase your dinner from the food truck and enjoy delicious Maine lobster favorites. Ice Cream Sundae Bar inside for \$5 Sign up starts July 1st

TERRIFIC TUESDAYS!!!!

TWO STEP TUESDAY AUGUST 4TH AND 11TH

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.

FLAMINGO FRENZY CRAZY BINGO AUGUST 18TH 12:30PM Wear your flamingo inspired outfit Think pink!! Plan on a fun afternoon of CRAZY CARD BINGO !! ADMISSION FEE \$1 sign up at the desk and plan your table of 4 or 8 to guarantee seating. **PINK LEMONADE** served. **Sign ups start 7/15**

TRIVIA TUESDAY AUGUST 25TH 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!

RACK 'EM UP AND SEE YOU IN THE GAME

ROOM! We're excited to announce that our brand-new pool table has officially arrived at the Windsor Locks Senior Center! We invite all members to stop by, check out the new table, and join in the fun. Players of all experience levels are welcome. We look forward to seeing many exciting games and new friendships develop around the table! Rack 'em up and see you in the game room!



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, Brian Blais **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**

TRANSPORTATION SERVICES

DAILY TRANSPORTATION SCHEDULE

Please call 24 hours in advance

MONDAY: Enfield, Suffield Medical Appointments. Main Street Monday: Ocean State Vine'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 9/20-9/28 \$4,399/pp/double

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

Yosemite and the Wild Wonders of California's National Parks 10/6-10/26 \$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 Tuesday 7/28

Lenny & Joes Wednesday 8/19

Big E CT Day Wednesday 9/23

Book with Sherry in Transportation

AARP Safe Drivers Course Monday 9/21

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 7/15 8/19

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 7/17, 7/31 8/14, 8/28 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 Summer Break. See you in September !

COFFEE WITH THE SELECTMAN THURSDAY

11:30a 7/30, 8/27 Join Jon on the last Thursday of the month for a Q & A, town news & updates.

MEDICAL SERVICES

BLOOD PRESSURE CLINIC: 2ND MONDAY 10am Summer break start up tbd. Stop in for a blood pressure & pulse ox check with registered nurse Mary Schwab. No sign up required.

FOOTCARE CLINIC 7/8, 7/15, 8/12, 8/19 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 7/1, 7/15, 8/5, 8/19

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 7/7, 7/21, 8/4, 9/8, 9/22 Standard mani with or without polish provided by Cathy of Bradley Nail Spa. Residents \$30 Non-Residents \$35 . Call the center to book your appt. Looking for a pedicure ? Cathy is available at the Spa. Call and book with her for a special senior discount.

From the desk of Jon Savino....

The United States at 250: A Brief History

On **July 4, 1776**, the 13 American colonies adopted the United States Declaration of Independence, announcing their independence from Great Britain. Written primarily by Thomas Jefferson, the Declaration proclaimed that all people are created equal and have the unalienable rights to **life, liberty, and the pursuit of happiness**. Winning independence required years of fighting during the American Revolutionary War. Under the leadership of George Washington, the American colonies secured victory, and Great Britain officially recognized the United States as an independent nation in 1783. In **1787**, delegates drafted the United States Constitution, creating a federal government with three branches—executive, legislative, and judicial—to balance power. Two years later, George Washington became the nation's first president. The United States Bill of Rights was added in **1791**, guaranteeing essential freedoms such as speech, religion, press, assembly, and the right to a fair trial. Over the next 250 years, the United States expanded across the continent, endured the American Civil War, abolished slavery through the 13th Amendment to the United States Constitution, advanced voting and civil rights, became a global economic and scientific leader, and played major roles in both World War I and World War II. In **2026**, the United States celebrates its **250th anniversary**, called the **Semiquincentennial**. The milestone honors the nation's history, achievements, and the generations of Americans who have shaped its story while looking ahead to the future.

**Happy 4th of July to All and a very
HAPPY BIRTHDAY AMERICA!**



REIKI WITH GEN SYLVESTER

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. Reiki can help you unwind, recharge, and find balance. Book your appointment for the last Tuesday of the month, \$30 per 1/2hr. Payments mad 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 \$5. Prefer something lighter? Coffee and pastries are just \$2. Breakfast served 9:00am-10:00 am

Monday	Tuesday	Wednesday	Thursday	Friday
		07/01/2026 9:00 AM: Tai Chi 9:30 AM: Medicare Drop In 10:00 AM: Mexican Train 10:15 AM: Stix 11:30 AM: Cornhole 12:30 PM: Setback 1:30 PM: OPEN GYM 2:00 PM: Sundaes & Stars	07/02/2026 8:45 AM: Aerobics Class 10:00 AM: Chair Yoga 11:15 AM: Chair Volleyball 12:00 PM: CRT Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo 1:00 PM: Pickle Ball Open Play	Center Closed
07/06/2026 9:00 AM: Tai Chi 10:00 AM: Farning Yarning 10:00 AM: Cribbage 10:15 AM: Stix 11:30 AM: Shuffleboard 1:00 PM: Mahjong 1:30 PM: OPEN GYM	07/07/2026 8:45 AM: Aerobics Class 9:00 AM: Sign Language 10:00 AM: Sew Fun Stitchers 11:00 AM: Discovery Bible Study 11:45 AM: Pickle Ball Open Play 12:00 PM: CRT Lunch 12:30 PM: Two Step Tuesday 1:00 PM: Pickleball for Beginners	07/08/2026 8:30 AM: Footcare 9:00 AM: Tai Chi 10:00 AM: Mexican Train 10:15 AM: Stix 11:30 AM: Cornhole 12:30 PM: Setback 1:30 PM: OPEN GYM	07/09/2026 8:45 AM: Aerobics Class 10:00 AM: Chair Yoga 11:15 AM: Chair Volleyball 12:00 PM: CRT Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo 1:00 PM: Pickle Ball Open Play	07/10/2026 9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong II 10:30 AM: Cornhole
07/13/2026 9:00 AM: Tai Chi 10:00 AM: Farning Yarning 10:00 AM: Cribbage 10:15 AM: Stix 11:30 AM: Shuffleboard 1:00 PM: Mahjong 1:30 PM: OPEN GYM	07/14/2026 8:45 AM: Aerobics Class 9:00 AM: Sign Language 9:00 AM: Manicures 30 RES 35 NonRES 10:00 AM: Sew Fun Stitchers 11:00 AM: Discovery Bible Study 11:45 AM: Pickle Ball Open Play 12:00 PM: CRT Lunch 12:30 PM: Two Step Tuesday 1:00 PM: Pickleball for Beginners	07/15/2026 9:00 AM: Tai Chi 10:00 AM: Legal Assistance 10:00 AM: Mexican Train 10:15 AM: Stix 11:00 AM: Changing your Cell 11:30 AM: Cornhole 12:30 PM: Setback 1:30 PM: OPEN GYM	07/16/2026 8:45 AM: Aerobics Class 10:00 AM: Chair Yoga 11:15 AM: Chair Volleyball 12:00 PM: CRT Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo 1:00 PM: Pickle Ball Open Play	07/17/2026 9:00 AM: Breakfast 9:00 AM: Coffee with a Cop 9:30 AM: Poker 10:00 AM: Mahjong II 10:30 AM: Cornhole
07/20/2026 9:00 AM: Tai Chi 10:00 AM: Farning Yarning 10:00 AM: Cribbage 10:15 AM: Stix 11:30 AM: Shuffleboard 1:00 PM: Mahjong 1:30 PM: OPEN GYM	07/21/2026 8:45 AM: Aerobics Class 9:00 AM: Sign Language 10:00 AM: Sew Fun Stitchers 11:00 AM: Discovery Bible Study 11:45 AM: Pickle Ball Open Play 12:00 PM: CRT Lunch 1:00 PM: Pickleball for Beginners 1:00 PM: Red White Blue Crazy Bingo	07/22/2026 9:00 AM: Tai Chi 10:00 AM: Mexican Train 10:15 AM: Stix 11:30 AM: Cornhole 12:30 PM: Setback 1:30 PM: OPEN GYM	07/23/2026 8:45 AM: Aerobics Class 10:00 AM: Chair Yoga 11:15 AM: Chair Volleyball 12:00 PM: CRT Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo 1:00 PM: Pickle Ball Open Play	07/24/2026 9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong II 10:30 AM: Cornhole
Monday 07/27/2026 9:00 AM: Tai Chi 10:00 AM: Farning Yarning 10:00 AM: Cribbage 10:15 AM: Stix 11:30 AM: Shuffleboard 1:00 PM: Mahjong 1:30 PM: OPEN GYM	Tuesday 07/28/2026 8:45 AM: Aerobics Class 9:00 AM: Sign Language 9:00 AM: MGM Bus Trip 10:00 AM: Sew Fun Stitchers 10:00 AM: Reiki with Gen 11:00 AM: Discovery Bible Study 11:45 AM: Pickle Ball Open Play 12:00 PM: CRT Lunch 12:30 PM: Trivia 12:30 PM: Bingo 1:00 PM: Pickleball for Beginners	Wednesday 07/29/2026 9:00 AM: Tai Chi 10:00 AM: Mexican Train 10:15 AM: Stix 11:30 AM: Cornhole 12:30 PM: Setback 1:30 PM: OPEN GYM	Thursday 07/30/2026 8:45 AM: Aerobics Class 10:00 AM: Chair Yoga 11:15 AM: Chair Volleyball 11:30 AM: Coffee with the 12:00 PM: CRT Lunch 12:00 PM: Open Craft Time 12:30 PM: Bingo 1:00 PM: Pickle Ball Open Play	Friday 07/31/2026 9:00 AM: Breakfast 9:30 AM: Poker 10:00 AM: Mahjong II 10:30 AM: Cornhole

COMMUNITY RENEWAL TEAM JULY 2026 CONGREGATE MENU Menu is subject to change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
				1	Senior Center Lunch Apple Berry Salad w/chicken & Dessert	2	1/2 c Juice / 3 oz (1) Grilled Chicken Brst ; Hard Boiled Egg ; Bacon ; BI Cheese ; Grape Toms ; Lett Blend / (1) Ranch Drg / (1) pkg Saltines / (1) Cookie	3 CRT Closed In Observance of the July 4 th Holiday
6		7	3 oz Chicken Lemon Piccata 1/2 c Egg noodles 1/2c Chuckwagon Vegs (1) sl 100 % Wh Wheat Bread / (1) Fresh Fruit	8	Kielbasa Sauerkraut Baked Beans Dessert	9	3 oz Turkey w/ Tarragon Sauce 1/2c Mashed Potatoes 1/2c Normandy Vegetables (1) sl Wheat Bread (1) Fresh Fruit	10 BREAKFAST 9-10
13		14	1/2c Juice / 3oz Grilled Chicken Brst ; Lett w/ Caesar Drg w/ (1) Garlic Pesto Wrap/ 1/2 c Beet w/ Dill Salad / 1/2c Potato Salad/ (1) Wholegrain Fruit Bar	15	Spinach Wrap w/Ceasar Chicken Salad Chips Dessert	16	3 oz Meatloaf w/ White Gravy 1/2c Garlic Smashed Potatoes 1/2c 4-Way Vegetables (1) sl 100 % Wh Wheat Bread (1) Fresh Fruit	17 BREAKFAST 9-10
20		21	3 oz Breaded Veal Patty w/ Marinara Sce / (1) Parm Ch / 1/2c Ziti Pasta w/ Marin Sce/ 1/2c Ital Veggies / (1) Wheat Dinner Roll / (1) Fresh Fruit	22	BBQ Drumsticks, Cranberry Sauce, Corn on the Cob Pasta salad & Dessert	23	1/2c Juice / 3 oz (1) Calzone / (1) Dipping Sce 1/2c Salad Greens w/ Tom/ Carrots / Onions/ (1) Thousand Island Dressing / (1) Yogurt Cup	24 BREAKFAST 9-10
27		28	Senior Center Lunch Menu in Dining Room	29	De-constructed Sausage & Pepper Grinder Dessert	30	3 oz Seafood Salad w/ (1) Hot Dog Bun 1/2c Coleslaw 1/2c Potato Wedges / (1) Ketchup / (1) Fresh Fruit	31 BREAKFAST 9-10

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of age or older and their spouses
All meals are served with milk, bread, and margarine. SUGGESTED DONATION: \$3.00 or what you can afford. Menu is subject to change.

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 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!

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!

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 MONDAY 9:30AM

Summer Break .. See you in September ! 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 Summer break! We return in September with guest crafter Deneen Dulka will teach us book folding. Sign up any time, \$8 resident, \$10 non-resident. Registration & prepayment required.



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: Calling all WL Seniors 55 and over, we are looking to start a summer league. All seniors welcome, all levels of play. Call or stop in to sign up. Pickleball lessons Tuesdays 5pm. \$5 a lesson.

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

CHAIR VOLLEYBALL Join in for fun and a safe way to enjoy the excitement of volleyball while staying seated. This is a super fun game the more players the more fun. Join us!!! **Thursdays at 11:30a-12:30p**

CORNHOLE WEDNESDAY 11:30a 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*

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*!

GARDEN CLUB WILL MEET THE LAST TUESDAY OF EVERY MONTH AT 9:30

New Program !

COFFEE WITH A COP

WINDSOR LOCKS SENIOR CENTER

FRIDAY JULY 17TH

Join us the 3rd 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

SWEET SUMMERTIME

Featuring Kinetic Ukes Ukulele Band
and
Cousins Maine Lobster Truck!

August 12th 4pm

Join us for a relaxing summer evening featuring live music by the Kinetic Ukes. Purchase your dinner from Cousins Main Lobster food truck and enjoy delicious Maine lobster favorites. Senior Center offering Ice Cream Sundae Bar inside for \$5 Create your own sweet treat with all your favorite toppings!



NEW YORK CITY TRUCK MENU

ROLLS

MAINE \$25.95
Maine lobster, served chilled, touch of mayo, on a New England roll

CONNECTICUT \$25.95
Maine lobster, served warm with lemon butter, on a New England roll

GARLIC BUTTER \$25.95
Maine lobster, served warm with butter, garlic, parmesan and herbs on a New England roll

MAKE IT A COMBO

COMBO #1 \$5
+ Chips & drink

COMBO #2 \$7
+ Tots & drink

COMBO #3 \$7
+ Whoopie pie & drink

BISQUE/CHOWDER

Cup/Bowl

ADD CUP TO ANY ENTRÉE FOR \$7

NEW ENGLAND CLAM CHOWDER \$8/11 GF

LOBSTER BISQUE \$8/11 GF

EXTRAS

TOTS \$6

WHOOPIE PIE \$6

CAPE COD CHIPS \$4

EXTRA MEAT \$8

MAINE ROOT SODA \$4

CANNED SODA \$3

BOTTLED WATER \$3

SPECIALTIES

LOBSTER GRILLED CHEESE \$21.50
Maine lobster, pepper jack and cheddar cheeses, on Texas style toast

LOBSTER TOTS \$22.50
Tater tots served with warmed Maine lobster, cilantro lime sauce, pico de gallo

LOBSTER TACOS (3) \$22.50

GF SWAP FLOUR FOR CORN
Maine lobster served with cabbage, pico de gallo, cilantro lime sauce, on flour tortillas

SHRIMP TACOS (3) \$17.50

GF SWAP FLOUR FOR CORN
M'North Atlantic shrimp, served with cabbage, pico de gallo, cilantro lime sauce, on flour tortillas

LOBSTER TAIL & TOTS \$22.50

Maine's ultimate luxury, 4-5 oz. lobster tail in shell, served with drawn butter and a side of tater tots

LOBSTER QUESADILLA \$22.50

Maine lobster, shredded cheese, pico de gallo, cilantro lime sauce, on a flour tortilla

KIDS MEAL

GRILLED CHEESE OR CHEESE QUESADILLA \$11
Served with tots

TAKE HOME

THE AT-HOME LOBSTER ROLL KIT (1LB/2LB) \$120/\$240
Maine lobster meat, New England rolls, butter, mayo & lemons

MAINE LOBSTER MEAT (0.5LB/1LB) \$60/\$110

BISQUE/CHOWDER QUART \$26

GF Gluten Free

COUSINSMAINELOBSTER.COM



Cousins
Maine Lobster

Windsor Locks Senior Center

519 Spring St, Windsor Locks, CT 06096, USA

Wednesday, August 12th, 4:00 – 8:00pm

AS SEEN ON...



@cousinsmainelobster



https://www.facebook.com/CMLobsterCTTrucks