



Thread City Flyer

November 2016



WINDHAM SENIOR CENTER
47 CRESCENT ST., WILLIMANTIC
PHONE NUMBER (860)423-4524
CENTER HOURS:
MONDAY-THURSDAY 7:30AM-4:30PM
FRIDAYS 8:00AM-2:00PM

Windham's Senior Newsletter

Mary DeMarco—Human Services Director
Cindy St. Martin—Municipal Agent for the Elderly/Coordinator of Client Services
Kate McCarthy Cox—Senior Program Coordinator
Amanda Sherman—Administrative Secretary

Visit us on the web at:
www.windhamseniorcenter.org

The Windham Senior Center will be closed on Friday, November 11th in honor of Veteran's Day.



We will also be closed for the Thanksgiving holiday on Thursday, November 24th and Friday, November 25th. Have a safe and happy holiday!

Early in October we had the pleasure of hosting the Mansfield Senior Center Wii Bowlers for some friendly competition. And friendly competition it was! We all had a great time and even though Mansfield edged us out this time we have been practicing and will be a force to be reckoned with next time!

We all enjoyed meeting Willimantic Police Chief Roberto Rosado. It was easy to tell he enjoyed meeting all of you and plans to visit again soon.

Our trip to ECSU's Wickware Planetarium was very interesting and we thank Dr. Zoran Pazameta (Professor of Astronomy & Physics) for the presentation and for welcoming us. We are lucky to have such a wonderful university right here in town.

At the time of printing we had not had our Halloween party yet so next month I will be sure to include some pictures!

Highlights for November include: Superintendent of Schools Patricia Garcia and the Windham High School Jazz Band will visit; we also have trips to the William Benton Museum and trips to Nita's Restaurant and Blondie's Diner. See the calendar for a complete listing.

Dates to Remember:

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- Friday, November 4th—Trip to the William Benton Museum of Art & lunch 10:45am
- Tuesday, November 8th—Trip to Nita's Restaurant 10:00am & Free Hearing Clinic
- Thursday, November 10th—Superintendent of Schools Patricia Garcia & WHS Jazz Band**
- Wednesday, November 16th - Don DeLorme sings 10:30-11:30 & TVCCA Turkey Dinner 11:30
- Thursday, November 17th—Norwich Vet Center - Are you eligible for benefits??
- Friday, November 18th - Trip to Blondie's Diner 10:45am
- Monday, November 21st—BINGO with Lynn 10:45am
- Wednesday, November 23rd—ECSU's Day of Giving 12:00-2:00pm

Windham Senior Center Exercise Schedule

<u>Monday</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
9:30am Healthy Heart	9:30am YOGA 10:45am Silver Sneakers Exercise	9:00am Tai Chi* 10:00 Exercise with Kate 1:00pm Tai Chi	9:30am Healthy Heart 11:00am Chair Yoga 6:00pm Yoga	9:00am Tai Chi 10:00 Exercise with Kate 11:00am YOGA 1:00pm Tai Chi
6:00pm YOGA				

Healthy Heart Exercise -

This class is **free** and meets Mondays & Thursdays at 9:30am. Class was started by Windham Hospital many years ago and is still one of the most popular classes at the center. Participants use light weights and tension bands (both provided) to work both the upper and lower body. The class is just over an hour.

SilverSneakers FLEX Class -

This class meets each Tuesday at 10:45am. It consists of fun cardio exercises put to music as well as weights to strengthen and stabilize. This class is especially for seniors and can be done standing up or in a chair. Classes are *\$16 per month(*\$20 for months with 5 weeks) or \$5 per class . Class is taught by Patty Flubacher. Silver Sneakers may be covered under your Medicare policy! Check with Patty if you are unsure.

Exercise with Kate -

This class is **free** and meets Wednesdays & Fridays at 10:00am. This class concentrates on lower body strengthening & stability. This class was started by Art Thibodeau, a Sport & Leisure Management major at ECSU who had a specific interest in exercise and nutrition for seniors. Stop in anytime to try it out!

 The Windham Recreation Department offers swimming for seniors at the Kramer School Pool! Call for more info on: Aqua Aerobics, Open Swim & Pool Time for Arthritis Sufferers. The Recreation Department can be reached by calling (860)465-3046.

Join our Walking Club!

Did you know the Windham Senior Center has a Walking Club? We meet at the senior center at 9:30am, board the van, and drive to different local walking trails. We walk from 2-4 miles depending on who and how many folks join us. The walks are dependent on the weather but we usually walk at the East Brook Mall rather than cancel.

Trails are generally flat and gravel. Call the center if you would like to join us at (860)423-4524.



Yoga with Carole Horwell ~ www.yogawithcarole.com

Kripalu Yoga is a creative and skillful blend of classical yoga postures, breathing practices, and meditation and relaxation techniques. Classes focus on the fundamentals of yoga postures, emphasizing safe alignment.

Kripalu's Mission... *to empower people and communities to realize their full potential through the transformative wisdom and practice of yoga.*

Classes are walk-in. Chair yoga \$6.00-Yoga class \$10.00

Tai Chi with Laddie Sacharko

Laddie Sacharko, founder and chief instructor of Starfarm Tai Chi & Qigong Center, has been teaching Tai Chi in Connecticut since 1998. In addition to teaching Tai Chi, Sacharko has provided insight and education to the medical community, community wellness groups and senior centers. He has also worked with the University of Connecticut Physical Therapy Program providing doctoral candidates with training and learning opportunities.

(Class meets for 12 weeks twice per week. Cost for 12 week session is \$120.00)

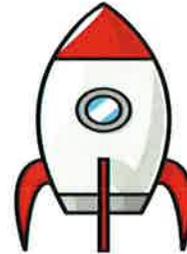


Joke of the Month

Four days a week Edith Pompei comes to the Windham Senior Center. Years ago she began heading upstairs during the break in the exercise class to read them jokes. She continues this tradition today and her jokes have become so popular that if she is not upstairs when their break begins someone will come downstairs to fetch her! She has agreed to share a joke each month with us in the newsletter!

It's Not Rocket Science.... Or is it??

When NASA first started sending up astronauts, they quickly discovered that ballpoint pens would not work in zero gravity. To combat the problem, NASA scientists spent a decade and \$12 billion to develop a pen that writes in zero gravity, upside down, underwater, on almost any surface including glass and at temperatures ranging from below freezing to 300 degrees Celsius. The Russians used a pencil.



THE MEANING OF LIFE IS TO FIND YOUR GIFT.

THE PURPOSE OF LIFE IS TO GIVE IT AWAY.

PABLO PICASSO

Attention Veterans and Spouses of Veterans

Did you know that if you or your spouse (surviving or deceased) are a veteran and served during certain time frames you may be eligible for benefits? To find out more be sure to attend Carlos Carrea from the Norwich Vet Center's presentation at the Windham Senior Center. The presentation will be on Thursday, November 17th from 10:45-11:30am. No registration necessary. Please invite anyone you think might be interested!



Important Phone Numbers

Dial-A-Ride (860)456-1462

Meals on Wheels (860)886-1720
ext.1006

Windham Senior Center Kitchen
(860)456-0224

We are graciously accepting donations of the following items:

Individually wrapped candy for the front desk

Small prizes for games—new and unused: coffee mugs, packages of candy, note pads, etc.

Thank you!

Come have lunch with us at the Windham Senior Center!

TVCCA Senior Nutrition Program

Where: Windham Senior Center- 47 Crescent Street, Willimantic CT 06226

When: Monday - Friday 11:30am

What: Delicious, nutritious lunches are served for those 60+ and their spouses. (Suggested donation is \$3.00.)

***Reservations must be made at least 24 hours in advance by 10:00am. Meal price for those under 60 years old is \$12.10. Please see the menu in this newsletter and call (860)456-0224 for reservations or if we can answer any questions for you!**



Hartford Home Health
Adult Health Screening

Monday, November 28th

Screenings can include blood glucose and/or blood pressure screenings, earwax removal, and foot care.

(Most services have a nominal charge.)

Please call Hartford Home Health for an appointment at (860)456-7288.

Douglas Manor's
Monthly Blood Pressure
Clinic

November's clinic will be **Wednesday, November 16th** from 11-11:30am.

Clinic held here in Health Room. (Walk-in)



Free Hearing Healthcare
Clinic

Tuesday, November 8th

9:30-11:00am

Clinic includes hearing screenings, earwax inspection & screening and hearing aide cleaning/maintenance services.

Please call the Senior Center for an appointment.

Don't Wait to feel Better!

Tired feet? Diabetes or Neuropathy? Neck, shoulder or back stiffness?

Don't wait for your discomfort to get worse.

Affordable prevention and therapy is offered here on the last Monday of each month by Deb Turner, LMT of Harmony Massage.



\$15.00 Massage or Reflexology appointments for seniors.

Call now for your appointment!

Appointments are 25 minutes each.

Call (860)423-4524 to schedule your appointment.

She is presently accepting appointments for

Monday, October 31st and Monday, November 28th.

November Trips & Activities

Trip to the William Benton Museum of Art and lunch at Willington Pizza

Friday November 4th—10:45am

We will leave the center at 10:45am and head up Spring Hill to the University of Connecticut! We will be visiting the William Benton Museum's "Presidential Campaigning Over the Decades: The Mark and Rosalind Shenkman Collection of American Political Flags and Textiles" exhibition. When we are done we will stop for lunch at Willington Pizza before returning to the center. Call or sign up in the Dining Room!

Trip to Nita's Restaurant

Tuesday, November 8th—10:00am

We will leave the center at 10:00am to eat at one of our favorite local spots. Have breakfast or lunch! Call the center or sign up in the dining room!

Trip to Blondie's Diner

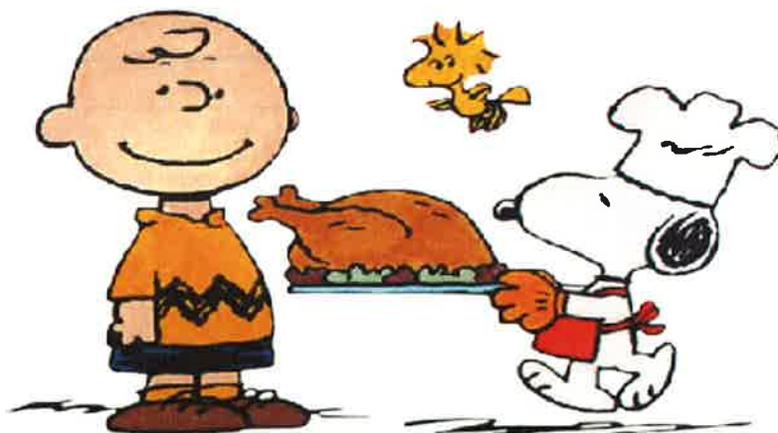
Friday, November 18th—10:45am

We plan to leave the center at 10:45am to have breakfast/lunch at this diner on West Main Street. The word from many of you is that it's a great place to eat so whether you've been before or this is your first time, come join us!

ECSU's Day of Giving

Wednesday, November 23rd—12:00-2:00pm

Eastern Connecticut State University's annual "Day of Giving" is being held on Wednesday, November 23rd from 12:00-2:00pm at ECSU's Hurley Hall. If you have never attended this amazing event, you are missing out! The student's volunteer their time, ECSU donates, vendors donate, students solicit donations from local businesses, etc., etc., etc. Together with the Covenant Soup Kitchen they put on a royal Thanksgiving feast for all to enjoy. You are welcome to drive yourself there anytime between 12:00 and 2:00pm or you can sign up to ride the van with us for door to door service! We will leave here at 11:45 sharp! THIS IS A FREE EVENT!!!!



Medicare Open Enrollment Period - October 15th – December 7th

The Medicare Open Enrollment Period is an annual period of time (October 15th-December 7th) when current Medicare users can choose to re-evaluate part of their Medicare coverage and/or a Part D plan and compare it against all other plans on the market. After re-evaluating, if you find a plan that is a better fit for your needs, you can then switch to, drop or add a Medicare Advantage or Part D plan. Medicare Advantage is also known as a “Part C Plan”

Need help re-evaluating your plan? Go to www.medicare.gov or call Cindy St. Martin, Certified CHOICES (*CT's program for Health insurance assistance, Outreach Information & referral, Counseling, Eligibility & Screening*) counselor at the Windham Senior Center at (860)465-3065.

Windham, Beckish (Columbia), Andover and Chaplin

Senior Centers

(in collaboration with Landmark Tours & Cruises)

have planned the following trips together

Thursday, December 18th - Christmas Around the World



The Abletones are a full 18 piece Big Band, including a female vocalist, specializing in authentic Big Band sound thanks to a high level of musicianship and an almost limitless repertoire. The band is under the leadership of Dan Gabel who recently toured with the world famous Glenn Miller Orchestra as trombone player, soloist and arranger. The Abletones are the real deal - a Big Band that looks and sounds just like the 30's and 40's. We'll dine at the region's premier banquet facility, Chez Josef. \$77 pp.

ACCESS Agency is now taking applications for

Energy Assistance.

If you are in need of energy assistance you can contact ACCESS at (860)450-7400 during the agency's normal business hours of 8:00am-4:00pm. Households that have received assistance in the past must reapply for each new heating season.

FREE copies of the Thread City Flyer are available each month at the Windham Senior Center, the Windham Town Hall, the Willimantic Public Library, the South Windham Library, the Windham Center Post Office, the Windham Free Library, St. Joseph Living Center, Douglas Manor and Vanderman Place.

Find us online at: www.windhamseniorcenter.org



The power to make it better.®

Join us at the Windham Senior Center for our next

AARP Smart Driver Course

Thursday, December 15th 12:30-4:30pm

The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers aged 50 and older. Most drivers benefit from a discount on their auto insurance premium upon completing the course (check with your individual insurer). And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned.

The AARP Smart Driver course covers:

- * Research based safe driving strategies.**
- * Information on the effects of medication and driving.**
- * Preventative measure to reduce driver distractions.**
- * Proper use of safety belts, air bags, anti-lock breaks and new technology found in today's vehicles.**
- * Techniques for handling left turns, right-of-way, and round a bouts.**
- * State-specific rules and regulations in 19 key areas, including construction zones, child safety seats, school buses, cellphone use and more.**

Class is \$15.00 for AARP members and \$20.00 for non-members. Bring cash or check payable to the instructor. Call the Windham Senior Center at (860)423-4524 to register!



REMINDER: If you forgot to change your smoke detector batteries last month put it at the top of your "to do" list for this month!



Plan to join Windham, Columbia, Chaplin and Andover

Seniors on a Day Trip in 2017!



Meet new people...

See new places...

Travel with us and Landmark Tours!

These are the trips we are confirming for 2017 right now:

Sail Boston- June 2017-The tall ships are returning in all their glory to Boston and the event promises to be spectacular! The 2017 show will feature 50 ships from more than 20 countries. The best way to see the Tall Ships is on a leisurely 90 minute cruise through Boston Harbor. Our vessel is specifically designed for sightseeing and departs from Rowe's Wharf. Dining will be at Phillips Old Colony House.

The Spirit of Johnny Cash - July 2017 - Harold Ford's voice and physical resemblance to Johnny Cash are unmistakable, making him a natural as a Johnny Cash tribute artist. Quidnessett Country Club in Kingston, RI overlooks Narragansett Bay. Attached to the ballroom is a beautiful deck with great views of the bay and golf course. It is the perfect setting for a lobster bash!

"The Naugy" - October 2017- All aboard! Our ride through history begins at the beautiful Victorian Thomaston Station, a historic landmark in the upper Naugatuck Valley. We'll board the vintage train coach and prepare to see a side of the Naugatuck Valley that cannot be seen from a car. Our journey includes a view from the spectacular Thomaston Dam, the only railroad in North America that crosses the face of a dam. Our ride ends at Fascia's for a Chocolate Experience and Tour. We'll dine at San Marino's Ristorante Italiano.

Germanfest at the Williams Inn - November 2017 - On our way to the Bershires, we'll see a panorama of rolling hills, valleys, farms and villages along the Mohawk Trail as we wind through the stunningly beautiful "Up Country". Once in the elegant village of Williamstown, we will be stopping on Spring Street. A bustling center of activity, the shoppers in your group are sure to be enticed. Next we'll arrive at Williams Inn for a great, old fashioned German Fest. Enjoy German food, story and song!

There will be more trips added! When exact dates are reserved they will be listed here!

TVCCA's Senior Nutrition Program is supported by Senior Resources-Area Agency on Aging with Title III funds made available under the Older Americans Act. This menu meets 1/3 RDA and conforms to U.S. Dietary Guidelines. Certified by Lindsay D'Amato, MPH, RD.



TVCCA SENIOR CAFE NOVEMBER 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>Swedish Meatballs Buttered Noodles Green Beans & Diced Tomatoes Fresh Fruit</p>	<p>2</p> <p>Chicken Stew Garlic Roasted Potatoes Long Bean Medley Fruit Cocktail</p>	<p>3</p> <p>BBQ Pulled Pork w/ roll Baked Beans Mixed Vegetables Applesauce Cup</p>	<p>4</p> <p>Meatloaf w/ gravy Garlic Mashed Potatoes Chuck Wagon Vegetables Dessert Cranberry juice</p>
<p>7</p> <p>Salisbury Steak w/ gravy Mashed Potatoes Stewed Tomatoes Fruit Cocktail</p>	<p>8</p> <p>Chicken Teriyaki Steamed Rice Oriental Mix Birthday Sweet Grape Juice BirthDay Celebration</p>	<p>9</p> <p>Beef Stroganoff Buttered Noodles Chuck Wagon Vegetables Fresh Orange</p>	<p>10</p> <p>Mexican Cod Spanish Rice Capri Vegetable Medley Applesauce Cup Ethnic Celebration</p>	<p>11</p> <p>Veterans Day Holiday </p> <p>Senior Nutrition Program Closed</p>
<p>14</p> <p>Chicken Cacciatore Penne Pasta Scandinavian Vegetable Blend Pineapple Cup</p>	<p>15</p> <p>Beef Hot Dog w/ bun Roasted Potatoes Italian Vegetable Medley Applesauce Cup </p>	<p>16</p> <p>Thanksgiving Celebration Roast Turkey w/ Gravy Stuffing Mashed Potatoes Green Beans & Diced Tomatoes Cranberry Sauce Sugar Cookie</p>	<p>17</p> <p>Beef Stew Buttered Noodles Winter Vegetable Medley Peach Cup</p>	<p>18</p> <p>Chicken Cordon Blue Rice Pilaf Stewed Tomatoes Fresh Fruit</p>
<p>21</p> <p>Glazed Ham Scalloped Potatoes Green Beans Dessert Orange Juice</p>	<p>22</p> <p>Cheeseburger Noodle Casserole Peas Carrot Coins Pears w/ mandarin oranges</p>	<p>23</p> <p>Western Omelet Hash Brown Potatoes Mixed Vegetables Applesauce Cup</p>	<p>24</p> <p>Happy Thanksgiving </p> <p>Senior Nutrition Program Closed</p>	<p>25</p> <p>Senior Nutrition Program Closed</p>
<p>28</p> <p>Stuffed Shells w/ marinara Peas Diced Carrots Fresh Orange</p>	<p>29</p> <p>Cuban Braised Pork Loin Yellow Rice & black beans Chuck Wagon Vegetables Pineapple Cup</p>	<p>30</p> <p>Lemon Garlic Chicken Rice Pilaf Capri Vegetable Medley Pears w/ mandarin oranges </p>	<p>1% milk and whole grain bread are served with each meal. Menu is subject to change without notice.</p>	

Weekly activities:

November 2016

Mondays

9:30am Scrabble
12:30pm Setback



Wednesdays

10:45 Knit & Crochet
12:30pm Setback

Thursdays

12:15pm BINGO
1:00pm Mahjongg



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>1</p> <p>Wii Bowling! 10:00am</p> 	<p>2</p>  <p>Knitting & Crocheting 10:45am</p>	<p>3</p> <p>Douglas Manor Therapists talk about Fall Prevention 10:45am</p>	<p>4</p> <p><u>Trip to the William Benton Museum of Art & lunch</u> (See pg. 5)</p>
<p>7</p> <p>Scrabble 9:30am</p>  <p>Setback 12:00pm</p>	<p>8</p> <p><u>Hearing Clinic with Bob Sawyer 9:30am</u> <u>Trip to Nita's Restaurant</u> <u>10:00am</u></p>	<p>9</p> <p>Knitting & Crocheting 10:45am</p> <p><u>Douglas Manor free BP Clinic-Health Rm 11-11:30am</u></p>	<p>10</p> <p>Superintendent Patricia Garcia And WHS Jazz Band!!! 10:45</p>	<p>11</p> <p>Senior Center Closed in honor of Veteran's Day</p> 
<p>14</p> <p>Scrabble—9:30am</p> <p>Walking Club- 9:30am</p> <p>Setback 12:00pm</p>	<p>15</p> <p><u>BINGO with Kate</u> <u>10:45am</u> Haircuts with Peg</p> 	<p>16</p> <p>Don DeLorme 10:30-11:30</p> <p>TVCCA Turkey Dinner celebration</p>	<p>17</p> <p><u>Information for Veterans</u> Carlos Carrea from Norwich Vet Center will be here 10:45am</p>	<p>18</p> <p>Trip to Blondies Diner 10:45am</p> 
<p>21</p> <p>Scrabble—9:30am BINGO with Lynn! 10:45am Setback ~ 12:30pm</p>	<p>22</p> <p>Wii Bowling 10:00am</p> 	<p>23</p> <p><u>ECSU's Day of Giving</u> Sign up in Dining Room if you want to ride with us!</p>	<p>24</p> <p>Happy  Thanksgiving</p>	<p>25</p> <p>Center Closed for Thanksgiving holiday</p>
<p>28</p> <p>Scrabble-9:30am <u>Massage & Reflexology appointments With Deb Turner from Harmony Mas- sage (Call the center- for an appt)</u> Setback ~ 12:30pm</p>	<p>29</p> <p>Wii Bowling 10:00am</p> 	<p>30</p>  <p>Knitting & Crocheting 10:45am</p>		