



'THE SENIOR CONNECTION'

A Publication of the South Windsor Senior Center

860-648-6361

March 2012

From the Director~

The sleds and ice skates are rusting up....Frosty refuses to leave the Arctic Circle...the ice fishermen can only imagine a frozen lake...yet nobody's complaining. Things are hopping around here, however....Dancing With the Stars is sold out! I tried to stay under the radar but they need someone to do the Hokey Pokey....turns out, that IS what it's all about! We are close to our purchase of new card tables and we are moving ahead with the plan to design a new exit to the parking lot. **DDS**

BLUEBIRD NESTING BOX WORKSHOP

Super Sixty Sportsmen are providing a program "Introduction to The Eastern Bluebird" in a comprehensive Workshop being held on Friday March 30 at 7:00 PM at community center. The cost is \$15.00. Register and pay between 8 AM to 4:30 PM in the Human Services office. Included in the Workshop will be an educational talk about introducing bluebirds to your area. Please bring a hammer. All other materials will be provided. For info call Lionel at 860-289-1407.

SAINT PATRICK'S DAY LUNCHEON



Everyone is Irish on St. Patrick's Day. Put your green on and join us for a St. Patrick's Day Luncheon of corned beef and cabbage on **Thursday, March 15** at 12:00 noon. The Irish Step Dancers from the Golden Harp Dance School will be here at 12:30 PM to entertain us. Please register with Phyllis at the lunch desk, ext. 328 for this special luncheon (suggested donation \$2). If you have any questions, please call Mickey at ext. 339. Join us and we can celebrate together!

WALKING GROUP

It's walking time again! To kick-off the walking season, join us for **breakfast at the Senior Center on Monday, March 26 at 8:30 AM**. Get your walking shoes out and get ready. We will start the week of **April 9**. The afternoon group will walk on Mondays and Wednesdays at 4:00 PM and the morning group will walk on Tuesdays and Thursdays at 8:30 AM. We will meet at Nevers Road Park. Walking is one of the best forms of exercise. To RSVP for the breakfast, please call Mickey by 3/20.

OUTDOOR ADVENTURES LLC

Informational Session

On **Thursday, March 22 at 6:30 PM** join us for a short presentation by *Outdoor Adventures* leaders as they discuss the different types of activities and day trips they offer. All leaders are experienced hikers, cyclists and outdoors people who plan hiking, biking and outdoors trips in a safe and enjoyable manner so you can meet new friends with similar interests! **Free** but registration is required. Call 860-648-6361 ext. 335 to register. Any questions, call Tracy at ext. 340. www.outdoor-adventures-ct.com

Click here for more information —> [Outdoors Adventures flyer](#)



TOUR OF SAFETY SERVICES

The South Windsor Triad, a Senior Safety program in collaboration with police/fire/ambulance, Senior Services and the business community, is hosting a "Tour of Safety Services" on **Friday, March 23**. The bus leaves the community center at 9:45 AM to head to the new firehouse where you will get a tour of the facility including the ambulance area. Following we will go to the police department for a tour, get a mug shot and your finger prints and enjoy a lunch of grinders and pizza. Cost is \$2. Space is limited. Sign up begins March 1.

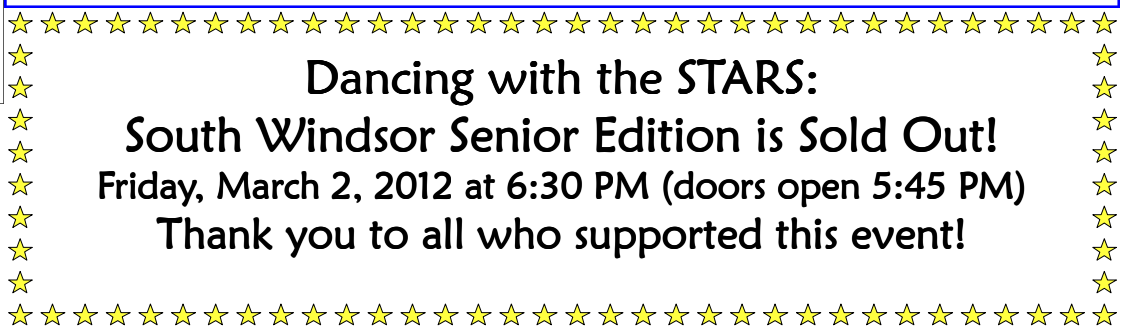


SIGN-UP DAY:

**Thursday,
March 1
8:30 AM**

Dancing with the STARS:

**South Windsor Senior Edition is Sold Out!
Friday, March 2, 2012 at 6:30 PM (doors open 5:45 PM)
Thank you to all who supported this event!**



State Representative Bill Aman

You may have noticed applications for Medicaid, a joint federal-state program that provides medical services to people with limited income, are taking an excruciatingly long time to process. A recent article written in the online publication ctmirror.org explains applications made to the Department of Social Services (DSS) have exploded in the last decade while the number of workers available has declined by 30 percent. In 2002, there were 800 eligibility workers, now there are just 558 on staff.

As you can expect, the staff downsizing did not go unnoticed. Earlier this year, a class action lawsuit was filed by legal aid attorneys who allege DSS has failed to process Medicaid applications in the 45 day timeframe generally required. DSS Commissioner Roderick Bremby has requested funding to hire 100 additional workers, is in the process of filling 52 positions vacated last year and says the department is working diligently to upgrade technology that will make the department more efficient.

Unfortunately, it could be some time before improvements at DSS make a noticeable difference. The computer system, a holdover from 1989, could take more than a year to be fully upgraded. Additionally, if the state's fiscal situation remains tenuous as the non-partisan Office of Fiscal Analysis predicts the budget will have a \$145 million deficit by the end of the fiscal year. That could make it difficult to find funding for DSS. Hopefully the attention given to this issue will encourage action and the problem will be addressed this legislative session.

If you, or someone you know, are experiencing unreasonable delays in your Medicaid application, contact my office by calling 860-240-8700 or emailing bill.aman@housegop.ct.gov and we will assist you.



TRIAD Tip of the Month by Sgt. Tom Field

Hello, since the Ground Hog did see his shadow (he couldn't get away from those reporters) he predicted that there would be only six more weeks of winter. Spring will arrive on March 20.

Hang Up - Don't Fall for Jury Duty Scam

The phone rings, you pick it up, and the caller identifies himself as an officer of the court. He says you failed to report for jury duty and that a warrant is out for your arrest. You say you never received a notice. To clear it up, the caller says he'll need some information for "verification purposes"-your birth date, social security number, maybe even a credit card number. This is when you should hang up the phone. It's a scam. Jury scams have been around for years, but have seen a resurgence in recent months. Communities in more than a dozen states have issued public warnings about cold calls from people claiming to be court officials seeking personal information. As a rule, court officers never ask for confidential information over the phone; they generally correspond with prospective jurors via mail, not email. Please remember that **"If it sounds too good to be true, then it is too good to be true!"**

The month of March has some good things to offer: on the 11th we will SPRING ahead, Day Light Savings Time. See yours truly march on Saturday, March 10 in the Hartford St. Patrick's Day parade. Also:

- ◆ March 2, Dancing with the STARS
- ◆ March 15, the Ides of March (Et tu, Brute!)
- ◆ March 17, St. Patrick's Day (*Éire go Brách*)
- ◆ March 20, Spring arrives



Have a wonderful journey and Be Safe! Tom

SOCIAL SERVICES:

860-648-6361

- Ext. 319 Lindsey Ravalese, Coordinator
- Ext. 318 Deanna Carter, Caseworker
- Ext. 325 Byron Kidd, Caseworker

ENERGY ASSISTANCE

We are taking applications for the 2011-2012 energy assistance program for all heating types. **Your income can not exceed \$31,863.52 (single) or \$41,667.68 (couple). The asset for renters is \$7,000 and homeowners is \$10,000.** You will need proof of the last 4 weeks of income and proof of assets (bank accounts, CDs, and any other investments) for everyone over the age of 18 in the household. You will also need your most recent electric bill and gas bill if applicable.

PROPERTY TAX RELIEF

Homeowners who qualify can apply for reduced property taxes on their homes between **Feb. 1-May 15, 2012** If you were on the program previously, call the office, 860-648-6361 and ask to speak with a social worker to see if you need to re-apply this year. This year's income limits are \$32,300 maximum for an individual and \$39,500*for a couple. After your taxes are done, you can make a quick calculation by adding your adjusted gross income and your social security to see if you might be eligible. Documents you will need to bring are: Signed 1040 Federal Tax form (if you file); Social Security Statement (SSA-1099); Pension Statement; Bank Interest Statement; Any other Income. For more information or to schedule an appointment, please call 860-648-6361. *Local option allows up to \$4,000 higher income than regular program.

For an appointment or for more information the above programs, please call 860-648-6361 and ask to speak to a caseworker.

New Trips, Outings and Special Events

SIGN UP POLICY: South Windsor residents can sign up for any of the trips on this page beginning **March 1**. You may sign up one other person when you register for yourself. Non residents can sign up the next day. After “sign-up day,” you may register any time between 8:00 AM and 4:30 PM in the office. **Sign up Day is March 1 at 8:30 AM.**



Breakfast Bunch

The **Breakfast Bunch** will venture to *TJ's* in East Windsor on **Tuesday, March 6**. The bus leaves the Center at 8:30 AM. Call to register 860-648-6361 ext. 335.

Dine Out

Our **Dine Out** Club will venture to *Silvia's Restaurant* in Enfield for lunch on **Wednesday, March 21**. The bus will leave the Center at 11:30 AM. Please register by calling 860-648-6361 ext. 335. Great opportunity to meet new friends. Call Mickey with questions.

Ceramics

On **Thursday, March 22**, we will provide transportation to a store in Old Wethersfield where you can purchase ceramics items. The bus leaves at 10:00 AM and returns around 12 noon. Ceramics is held every Thursday at 9:30 AM. To register, please call ext. 335.

Attention Wii Players

We have been invited for a friendly game of Wii at the Windsor Senior Center on **Wednesday, March 28**. Our bus leaves the Center at 12:30 PM and returns approx. 3:30 PM. Register by calling ext. 335. For more info, please call Mickey.

Vicki Lawrence at Foxwoods Casino

Emmy Award winning comedienne *Vicki Lawrence* is one of the most beloved TV personalities of her generation! Please join us on **Wednesday, May 2** for Reserved Red seating at **Fox Theatre** for a mixture of her stand-up comedy, music and her observations about real life! Our motorcoach bus departs from Geissler's at 8:00 AM and returns approx. 5:30 PM. **Cost is \$59.00** (payable to Tours of Distinction) and includes show, buffet lunch and casino bonus package. Any questions, call Tracy. Click here for trip flyer—>[Vicki Lawrence Flyer](#)

T.E. Dress Rehearsal for “Grease”

Please join us on **Wednesday, March 21** as we travel to Timothy Edwards Middle School and enjoy watching the *T.E. Entertainers* as they prepare for their production of a favorite musical classic, **Grease!** **Cost: Free.** Bus transportation is available. Bus leaves at **6:00 PM** and returns approximately 8:45 PM. You'll be amazed at the talent and creativity provided by our local youth! Please call ext. 335 to register.

Attention Scarlet O'Hatters

The next meeting of the **Red Hatters** will be **Tuesday, March 20 at 1:00 PM**. Chef Joe from White Oaks will be here at 1:30 PM to do a cooking demo. He will prepare a dish for us to enjoy. Please bring some sweets for dessert if you can. Registration required. For more information on how to become a Red Hatter please call Mickey.

Gourmet Lunch at MCC

Each semester, Culinary Arts students from *Manchester Community College* prepare meals that are open to the public. On **Thursday, March 29** we will enjoy a gourmet lunch at noon. **Cost is \$8.00** payable to Town of SW. Bus departs the Center at **11:15 AM** and returns approx. 2:30 PM. Call Tracy with questions.

DancEnlight “The Way”

On **Friday, March 30**, join us for an evening dance performance by our own *Lorelei Chang* and her company of dancers as they delve into the cultural roots and beauty of *The Way* through traditional Chinese tea ceremony, martial arts and Chinese choreography! We will leave the Center at **4:30 PM** to have dinner at *Vito's by the Park* in Hartford prior to attending this **7:30 PM** performance at the *Charter Oak Cultural Center* in Hartford. Return time: approx. 9:00 PM. **Cost: \$34.00** (payable to Town of SW) **includes show ticket and dinner** (salad, dinner entrée, dessert, tax/tip). Any questions, call Tracy.

New Trips, Outings and Special Events

Fiddler on the Roof

Join us on **Saturday, April 14** for a 2:00 PM matinee at the Bushnell of this Tony Award winning musical! Our bus leaves the Center at 11:15 AM for lunch at *Stone & Paddle Restaurant* in Manchester. **Bring money for lunch. Cost: \$71.00 Section D – Orchestra seats!** Checks payable to Town of SW. Any questions, call Tracy. This trip has been previously advertised – **you do NOT have to wait to register!**

Michael Jackson The IMMORTAL World Tour, Cirque du Soleil at XL Center

Join us on **Thursday, May 3** for a 8:00 PM world premiere kick-off show that is selling out everywhere! Our bus leaves the Community Center at 7:00 PM and will return approx. 10:00 PM. **Cost: \$78.00** payable to Town of SW. Any questions, call Tracy.

Dr. Maya Angelou at Bushnell

Acclaimed American poet and autobiographer, Maya Angelou's words have been a source of inspiration, comfort, encouragement and strength for millions of people around the world! You won't want to miss this! Join us on **Thursday, May 10** for a 7:30 PM event! Our bus leaves the Community Center at 6:30 PM and will return approx. 9:30 PM. **Cost: \$74.00** payable to Town of SW. Any questions, call Tracy. **TRIP CAPTAIN needed; call Andrea ext 316 by Feb 29 if interested.**

"Gypsy" at Warner Theatre

A Tony-award winning musical of a stage mother who pushes her daughters to achieve the fame and fortune that eluded her. Join us on **Sunday, May 20** ~ We'll leave the Center at 10:30 AM to travel to Yankee Pedlar Inn for lunch prior to the 2 PM matinee and we'll return approx. 5:30 PM. **Cost: \$49.00** (payable to Town of SW) includes ticket, lunch and bus transportation. See [flyer](#) for lunch choices. Any questions, call Tracy. **TRIP CAPTAIN needed; call Andrea ext. 316 by Feb 29 in interested.**

Sweet Dreams ~ Patsy Cline Tribute

Wyckoff Country Club, Holyoke, MA

Join us on **Wednesday, April 11** for a luncheon and a show as Janice Dee pays tribute to Patsy Cline. The bus will leave the Center at 10:30 AM. Lunch of walnut chicken and haddock will be served at 12 noon with show time at 1:30. Cost is **\$49** (payable to Town of SW) per person for everything. Any questions, call Mickey.

Tour of South Main Street

Many of us have lived in South Windsor for many years but so few of us know the history of Main Street. Join us on **Thursday, April 26** for a tour of Main Street and the Pleasant Valley District 5 School House. The bus will leave the Center at 12:30 PM. Our first stop will be the Wood Library where we will meet our guide and proceed from there. Join us for an informative afternoon. Any questions, call Mickey. Free

Mame at Goodspeed Opera House

Come along for the madcap adventures of Auntie Mame and her adoring nephew. Surrounded by an eccentric cast of characters, she celebrates the Roaring 20's, overcomes tragedy and sails through life without missing a fad or a dance step. Join us on **Wednesday, May 16** for this Musical Sensation. We will leave the Center at 12:30 PM for the 2 PM performance. On the way home we will be stopping for supper so please bring money. Cost of ticket and transportation is \$59 (payable to Town of SW). Questions? call Mickey.

Narragansett Lighthouse Cruise

We'll start with brunch at the *Quidnessett Country Club* in North Kingston, RI followed by a 90-min. narrated boat cruise of Narragansett Bay. Next we'll stop in *Wickford Village* for shopping at quaint shops or to relax on a park bench! You won't want to miss this! Join us on **Sunday, June 10**. Motorcoach bus leaves Geissler's at 8:00 AM and returns approx. 6:30 PM. **Cost is \$87.00** payable to Tours of Distinction. Click here for ---> [trip flyer](#).

Exercise and Active Programs



The Senior Center has many exercise classes to help you get into shape or stay in shape! Come on down and try one or try them all. All new enrollees are welcome to try one free class. You can join any class in the middle of a session with the charge being pro-rated. In order for classes to run, there is a minimum number of participants required. If we do not have enough to run the class **prior to the first day of the class**, the class may be cancelled. Sign up for all exercise classes any time Monday through Friday from 8-4:30, no need to wait for Sign-Up day. Please call 860-648-6361 for fees or more info.

- ◆ **Tai Chi** Thursdays at 4:00 PM
- ◆ **Tai Chi on Chairs** Thursdays at 2:45 PM
- ◆ **Chair Yoga:** Mondays OR Wednesdays at 11:00 AM
- ◆ **Mat Yoga** Fridays at 3:00 PM
- ◆ **Pilates** Wednesdays at 10:15 AM
- ◆ **Zumba** Fridays at 10:00 AM OR Tuesdays at 1:00 PM
- ◆ **Strength Training** Mondays at 3:00 PM OR Wednesdays at 2:00 PM
- ◆ **International Folk & Line Dance** Mondays at 10 AM \$3 per class, drop-in.
- ◆ **“Move to Music”** Tuesdays 2:15 PM
- ◆ **Light Aerobics/Exercise** Mondays and Wednesdays 9:00 AM. Fee \$2.00 per class. Drop-in.
- ◆ **Dance Party Workout**—Thursday, March 22 at 1:00 PM
- ◆ **Pickle Ball** Fridays at 1:00 PM —Note: Play at Ellsworth School—March 2

Dance....Dance...Dance....New Dance Party Workout Classes will be starting on **Thursday, March 22** at 1:00 PM. Be a dancing queen at this fun workout to all types of music from Glen Miller to Michael Jackson.....You too can be a “star”. This is a 6–week session for only \$24. Lynn Grossi, owner of the Grossi Dance Academy is the instructor. Dancing is good for the body and soul.



CAREGIVERS SUPPORT GROUP

Are you caring for a loved one or a friend? Join our Caregivers Group on the 2nd Friday of each month at 10:30 AM at the Community Center. The next meeting is **March 9** for information on “**Respite Care Funds**” with Maureen McIntyre from the North Central Area Agency on Aging. A free lunch is available following the meeting. To RSVP by 3/7, please call 860-648-6357.

Volunteer Corner

Community Service Group

The newly formed **Community Service Group** needs you! Meetings are held the 3rd Wednesday of each month from 1:00 to 2:00 PM. Some of the projects of the group are making sandwiches for an area shelter, adopting a family for the holidays, and more. Make a difference in your community...join us at our next meeting on **Wednesday, March 21**. Call Andrea or Tracy for more info at 860-648-6361.

Reading at Pleasant Valley



The Senior Advisory Council, a group of volunteers who represent different activities offered at the Senior Center, is reading to all children at Pleasant Valley School on **Friday, March 30**. If you're interested in reading to a classroom, call Andrea at 860-648-6357. Books are provided. *Thank you to all who read at Eli Terry!*

CLASSES

Mature Driving Classes



The next Mature Driving Class is scheduled for **Thursday and Friday, March 15 and 16 from 8 AM to 12 noon; and Monday and Tuesday, April 16 and 17 from 1 to 5 PM**. Classes are free and held at the Police Department. Please register by calling 860-648-6361 ext. 335 **Note: Call on or after March 1st to register.**

Computer Classes



Computer classes will be held at Timothy Edwards Middle School from **3:15-5:15 PM**. Beginner Class begins on **Tuesday, March 6** and Advanced Class will start on **Friday, March 9**. The Prerequisite for the advanced class is completion of the beginners class. To register, call **860-648-6361 ext. 335**. The fee for 7 weeks is **\$40** for residents and **\$50** for non residents.

Display Items Needed!

Do you have a collection of something you would like to show off? We are looking for people to show off their items in our display cabinet in the banquet hall. This is a locked cabinet. Please call Andrea at 860-648-6357 if interested.

Health and Wellness

ASK THE NURSE ~ Free

Thursday, March 1 ~9:30-10:30 AM

Ask a nurse questions about your health, medication or nutrition. No appointment needed.

ASK THE DIETICIAN ~ Free

Monday, March 12 11:00 AM -12:00 noon

Every other month with Ruth Rempt, Registered Dietician. No appointment needed.

ELDER WELLNESS ~ Free

**Thursdays, March 1, 8, 15, 22, 29
9:00 to 11:00 AM**

A nurse will take your blood pressure and check your blood sugar. No appointment needed.

FOOT CARE ~\$28.00

Monday, March 5 by appointment.

Call 860-648-6361 ext. 335

ELDER WELLNESS AT HOUSING SITES

Blood pressure and blood sugar screening from
10:00 to 11:00 AM ~ Free

Flax Hill Community Hall: Tues. March 13

Mews Community Hall: Tues. March 6

TABLE MASSAGES

\$15 per 30 minutes or \$30 for an hour

Tues/Fri by appointment. Call Gary Tyler, Massage Therapist, at 860-794-3430

Fun and Games

Bingo ~ Mondays at 1:00

Setback ~ Mon at 1:00 & Wed at 6:00

Samba ~ Tuesdays at 12:30

Knitters ~ Tuesdays at 10:30

Cribbage ~ Tuesdays at 6:00

Wii ~ Wednesdays at 9:30

Rummykub ~ Wednesdays at 12:30

Hand, Knee & Foot ~ Wednesdays at 12:30

Shanghai ~ Thursdays at 12:30

Evening Bingo ~ Thursdays March 1 and March 15 at 6:30 PM (Transportation available-648-6361 x 335)

Poker ~ Thursdays at 5:00

Mexican Train Dominoes ~ Fridays at 12:45

Mahjong ~ Thursdays at 9:30

Men's Bridge ~ Mondays at 9:00

Duplicate Bridge ~ Wednesdays at 1:00

Bridge ~ Fridays at 9:00

Ceramics ~ Thursdays at 9:00



Center Cinema

**Thursday at 12:30 ~ Free
March 1- Bridesmaids—R**

FLAGS

Old Flags (US or POW) of *any* size are collected at the South Windsor Library in the main entrance. The flags are then disposed of properly.

Educational Programs

Learn about Transportation Options

Monday, March 19 at 11:00 AM

Imagine that you can ride whenever you want and go wherever you want. Now you can. The Independent Transportation Network provides portal to portal service 7 days a week from South Windsor, Bloomfield, East Windsor and surrounding towns. Their volunteers can even earn transportation credits for their own future rides. Come and learn about this alternative transportation program and the charges that apply.

Dinner with the Doctor!

Monday, March 5, 2012

4:30 PM

Join Dr. Nargarkatti, Orthopedic Surgeon, as he talks about Trends in Orthopedic Care. Enjoy a pasta dinner with Caesar salad, garlic bread and dessert, compliments of Paradigm Healthcare. Transportation is available if we have enough interest. Please call 860-648-6361 ext. 335 to register for this FREE program by 3/2/12.



C.A.R.E.S. Group

The South Windsor "CARES" group provides Center Activity, Recreation, Exercise and Socialization for South Windsor residents over sixty, which meets three times a week from 9:30-12:30 at the Community Center.

The "CARES" Group offers a wide variety of activities including music, crafts, games, reminiscence, current events, exercise and stretching and holiday celebrations; morning coffee and conversation; lunch and transportation (if needed). If you have limitations or disabilities, but do not need medical or self-care assistance while in the group, you may qualify to attend this program. The cost is only \$3 a day and \$2 for lunch. Please call Andrea at 860-648-6357 for more information.

SERVICES OFFERED

at the Community Center

Notary Public: To make an appointment for notary services, call Andrea at 860-648-6357.

Stamps: Stamps are sold in the lunch room with Phyllis Monday through Friday from 10:30 AM to 12:30 PM.

Do Not Call List

To get your phone number removed from telemarketers lists, call 1-888-382-1222. You must be calling from the number you want to register. OR, you can register up to THREE numbers, including your cell phone, on-line at www.donotcall.gov

Teen Center Tag Sale: Items Needed!

We are accepting for donations of the following items, in good condition: household items, toys, yard and garden items, and exercise equipment, etc. We are **NOT** accepting clothes, books, computers or monitors. This is a fundraiser and monies raised will be used to enhance the programs at the Teen Center. Please support us by donating items that you no longer need or want. For more information, please call 860-648-6460.

Informational Session for South Windsor Senior Citizens

Town Councilor Dr. Saud Anwar will be sharing the results of a recent study of South Windsor senior citizens on **Thursday, March 15 at 6:30 PM at Town Hall, Council Chambers.** In addition to Dr. Anwar, other invited speakers will discuss the needs of senior citizens. Audience members will have the opportunity to participate in the program. It is suggested that people arrive early, since space is limited. Dr. Anwar is a practicing pulmonologist and intensivist in the South Windsor area. He is Associate Clinical Professor with the University Of New England College Of Osteopathic Medicine and is also affiliated with the University of Connecticut.

Get this Newsletter FREE!

This newsletter is FREE to South Windsor residents 55 and up by email, regular mail or by picking it up at the Community Center. Please call 860-648-6361 ext. 335 to be added to the mailing list! You may also find the senior newsletter on our town website: www.southwindsor.org

MARK YOUR CALENDARS!

Sign-up Day for new trips:

Thursday, March 1 at 8:30 AM

Senior Advisory Council:

Tuesday, March 13 at 10:00 AM

Community Service Group:

Wednesday, March 21 at 1 PM

Birthday Lunch:

Thursday, March 29 at 12:00 noon

Super Sixty's:

Thursdays, March 8 and 22 at 1 PM



The Teen Center continues to collect cans and bottles! Please bring them in between 8-4:30.

TRANSPORTATION SERVICES OFFERED TO SOUTH WINDSOR RESIDENTS

Aged 60 or over, or those on disability : 860-648-6361 ext. 335

Our service is curb to curb. Passengers must be able to reach the bus independently.
Drivers are not allowed to go into homes or apartments. There is no fee.

Our regular hours for scheduling transportation are from 8:00 AM to 1:00 PM Monday-Friday. All transportation requests must be made by 1:00 PM the day prior to your ride request. Medical transportation reservations must be made 48 hours prior to your appointment. Please provide the following information when making a transportation reservation.

- ◆ Full name of passenger ; Passenger's address and phone number; Date and time of appointment; If doctor's appointment, give doctor's name, address, and phone number

If you are traveling in a wheelchair or other mobility device you must be able to manage independently or bring an adult companion along to assist you.

When scheduling transportation, you will be given an *approximate* pick-up/drop-off time. When you are ready to be transported home please call **(860) 648-6361 Ext. 335**.

Medical Transportation

Medical transportation is provided for routine medical appointments **only**. Special procedures such as colonoscopies, stress tests, etc. do not qualify as routine medical appointments. Medical transportation is available in the following towns and appointments must be made between the times specified below:

Manchester and South Windsor

Monday 9:30 AM to 3:00 PM

Tuesday through Friday 9:30 AM to 11:00 AM

Wednesday 1:00 PM to 3:00 PM

Vernon

Wednesday 1:00 PM to 3:00 PM

Hartford

Monday 9:30 AM to 11:30 AM

Medical appointments have top priority in the daily scheduling. Transportation to the Senior Center for programs or any appointments are second, while all other destinations are scheduled thereafter.



Local Transportation

Our buses make regular trips to the Senior Center Monday through Friday.

EARLY RUN: Pick-ups begin at **8:30 AM** and arrives at the center around **9:30 AM**

LUNCH RUN: Pick-ups begin at **10:00 AM** and arrives at the center around **11:00 AM**

AFTERNOON RUN: The driver leaves the center after lunch at **12:30 PM**. The last ride home is no later than **3:00 PM**.

SENIOR CENTER TRANSPORTATION is provided each **Wednesday** evening for Setback and the 1st and 3rd **Thursday** for Bingo (please see the newsletter for dates). Call at least 24 hours in advance to schedule a ride.

ERRANDS

Tuesday, Wednesday, and Thursday: Each errand consists of one destination. You will be dropped off and picked up at that designated spot only; multiple destinations are not allowed. Pick-ups begin at **9:00 AM**.

Errands include trips to the bank, library, hairdresser, post office, pharmacy, etc. If your errand requires an appointment please do not make it for later than **10:30 AM**. The errand runs **do not** include doctor's appointments or trips to the grocery store. **The driver will give you an approximate time of pickup for the return ride home.**

IN TOWN GROCERY SHOPPING

Wednesday: Pick-ups begin at **9:00 AM**. Return trip scheduled for **11:30 AM**.

Friday: Pick-ups begin at **10:00 AM**. Return trip scheduled for **12:15 PM**.

Please limit the number of shopping bags to no more than three bags.

OUT OF TOWN SHOPPING

Manchester Parkade: Tuesdays

Participation requires taking the lunch run to the center with the bus leaving from the center at **12:30 PM**. Return trip scheduled for **3:00 PM**.

Vernon Tri-City Plaza: Tuesdays

Pick-ups begin 9 AM; Return trips at 3:00 PM.

Buckland Hills Mall: Fridays

Pick-ups begin 9 AM; Return trips 12:15 PM.

AARP TAX AIDE

AARP Tax-Aide is a free program for low and middle income taxpayers with special focus on taxpayers age 60 and over. Tax-Aide workers will be available at the Community Center Thursday and Friday mornings from 9-12 noon, in the Lounge through Thursday, April 5. **This year taxes will be done on an appointment basis.** Please call 860-648-6361 ext. 335.

Married couples, filing jointly, should both be present during the income tax preparation session. No return will be filed until all necessary signatures have been entered on the forms.

Please be sure to bring the following:

- ◆ Personal Identification to include Social Security Card, etc.
- ◆ A copy of 2010 Income Tax Return and all applicable Forms
- ◆ All applicable 2011 Forms which show taxes paid, withheld or 'not determined'
 - all W-2 Forms for wages earned
 - all 1099 Forms
 - INT for interest accounts
 - Div for dividend accounts
 - R for retirement funds and IRAs
- ◆ Any State refund statements for last year's Connecticut tax
- ◆ Social Security Annual Statements
- ◆ A blank check with a routing number for direct deposit refund request
- ◆ All personal documents that relate to deductible expenses (Medical expenses, including mileage to the medical facility), Prescription expenses, Sales tax expenses for major purchases, Mortgage interest paid, Contributions to charities, churches, etc.
- ◆ Home improvements that conserved Energy (Replacement windows doors, furnace)
- ◆ Property Tax Statements from the Town from your home and automobile(s)



The Human Services Department provides services to South Windsor residents of all ages. The division of *Adult and Senior Services* is specifically responsive to anyone age 18 and older. Staff is available to meet with you to provide additional information or to answer any questions.

SENIOR/ADULT SERVICES

- Case Management Services
- CARES Program– Social Day Program
- Counseling referrals for adults, seniors and families
- Information and referral
- Home management grant funds
- Energy Assistance Applications
- Medicare/Insurance Counseling (Choices)
- Property Tax Relief
- Renter's Rebate
- Food and Fuel Bank
- Special Needs Fund
- Community Restitution
- Caregiver's Support Services/Group
- Weekly Wellness Clinics
- Income Tax Assistance
- Flu Clinic/Safety Fair
- Intergenerational Projects
- Friendly Shoppers
- Meals on Wheels
- Holiday Food/Gift Baskets

Important Phone Numbers: 860-648-6361

Transportation: Cindy Malone ext. 335

Lunch Reservations: Phyllis Frank ext. 328

Program Coordinators: Mickey Kozikowski ext. 339
and Tracy Conery ext. 340

Caseworkers: Deanna Carter, ext. 318 and
Byron Kidd, ext. 325

Social Services Coordinator:
Lindsey Ravalese, ext. 319

Senior Services Coordinator:
Andrea Cofrancesco, ext. 316

South Windsor Senior Center Calendar

March 2012

*Program Sign-ups
Telephone Number
(860) 648-6361, Ext. 335*

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Sign-Up Day 8:30 AM Blood Pressure/Sugar 9:00 AM Errands 9:00 AM Ceramics 9:00 AM Ask The Nurse 9:30 AM Mah Jong 9:30 AM Lunch 12:00 PM Shanghai 12:30 PM Movie 12:30 PM Tai Chi Chairs 2:45 PM Tai Chi 4:00 PM Poker 5:00 PM Bingo 6:30 PM	Mall 9:00 AM Bridge 9:00 AM Local Shopping 10:00 AM Zumba 10:00 AM Lunch 12:00 PM Mexican Train Dominoes 12:45 PM Pickleball Game 1:00 PM Mat Yoga 3:00 PM Dancing With The Stars 6:30 PM
5	6	7	8	9
Men's Bridge 9:00 AM Light Aerobics/Exercise 9:00 AM Bowling-Vernon 9:30 AM Int'l Folk & Line Dancing 10:00 AM Chair Yoga 11:00 AM Lunch 12:00 PM Bingo 1:00 PM Setback 1:00 PM Strength Training 3:00 PM Dinner with the Doctor 4:30 PM	Breakfast Bunch 8:30 AM Errands 9:00 AM Vernon Tri-City Plaza 9:00 AM Sit & Knit Group 10:30 AM Lunch 12:00 PM Samba 12:30 PM Manchester S & S 12:30 PM Zumba 1:00 PM Move to Music 2:15 PM Computer Class 3:15 PM Cribbage 6:00 PM	Errands 9:00 AM Light Aerobics/Exercise 9:00 AM Local Shopping 9:00 AM Wii Bowling 9:30 AM Pilates 10:15 AM Chair Yoga 11:00 AM Lunch 12:00 PM Rummykub 12:30 PM Hand, Foot & Knee 12:30 PM Duplicate Bridge 1:00 PM Strength Training 2:00 PM Setback 6:00 PM	Blood Pressure/Sugar 9:00 AM Errands 9:00 AM Ceramics 9:00 AM Mah Jong 9:30 AM Lunch 12:00 PM Shanghai 12:30 PM Super Sixty's Meeting 1:00 PM Tai Chi Chairs 2:45 PM Tai Chi 4:00 PM Poker 5:00 PM Les Miserables 6:30 PM	Mall 9:00 AM Bridge 9:00 AM Local Shopping 10:00 AM Zumba 10:00 AM Caregiver's Support Grp 10:30 AM Lunch 12:00 PM Mexican Train Dominoes 12:45 PM Pickleball Game 1:00 PM Mat Yoga 3:00 PM Computer Class 3:15 PM
12	13	14	15	16
Men's Bridge 9:00 AM Light Aerobics/Exercise 9:00 AM Bowling-Vernon 9:30 AM Int'l Folk & Line Dancing 10:00 AM Chair Yoga 11:00 AM Ask The Dietician 11:00 AM Lunch 12:00 PM Bingo 1:00 PM Setback 1:00 PM Strength Training 3:00 PM	Errands 9:00 AM Vernon Tri-City Plaza 9:00 AM Sit & Knit Group 10:30 AM Lunch 12:00 PM Samba 12:30 PM Manchester S & S 12:30 PM Zumba 1:00 PM Move to Music 2:15 PM Computer Class 3:15 PM Cribbage 6:00 PM	Errands 9:00 AM Light Aerobics/Exercise 9:00 AM Local Shopping 9:00 AM Wii Bowling 9:30 AM Pilates 10:15 AM Chair Yoga 11:00 AM Lunch 12:00 PM Rummykub 12:30 PM Hand, Foot & Knee 12:30 PM Duplicate Bridge 1:00 PM Strength Training 2:00 PM Setback 6:00 PM	Mature Driving Course 8:00 AM Blood Pressure/Sugar 9:00 AM Errands 9:00 AM Ceramics 9:00 AM Mah Jong 9:30 AM Luck of the Irish 11:15 AM St. Patrick's Day Lunch 12:00 PM Shanghai 12:30 PM Tai Chi Chairs 2:45 PM Tai Chi 4:00 PM Poker 5:00 PM Bingo 6:30 PM Info. Session Town Hall 6:30 PM	Mature Driving Course 8:00 AM Mall 9:00 AM Bridge 9:00 AM Local Shopping 10:00 AM Zumba 10:00 AM Lunch 12:00 PM Mexican Train Dominoes 12:45 PM Pickleball Game 1:00 PM Mat Yoga 3:00 PM Computer Class 3:15 PM

19		20		21		22		23	
Men's Bridge	9:00 AM	Errands	9:00 AM	Errands	9:00 AM	Blood Pressure/Sugar	9:00 AM	Mall	9:00 AM
Light Aerobics/Exercise	9:00 AM	Vernon Tri-City Plaza	9:00 AM	Light Aerobics/Exercise	9:00 AM	Errands	9:00 AM	Bridge	9:00 AM
Bowling-Vernon	9:30 AM	Sit & Knit Group	10:30 AM	Local Shopping	9:00 AM	Ceramics	9:00 AM	Safety Services Tour	9:45 AM
Int'l Folk & Line Dancing	10:00 AM	Lunch	12:00 PM	Wii Bowling	9:30 AM	Mah Jong	9:30 AM	Local Shopping	10:00 AM
Transportation Options	11:00 AM	Samba	12:30 PM	Pilates	10:15 AM	Lunch	12:00 PM	Zumba	10:00 AM
Chair Yoga	11:00 AM	Manchester S & S	12:30 PM	Chair Yoga	11:00 AM	Shanghai	12:30 PM	Lunch	12:00 PM
Lunch	12:00 PM	Zumba	1:00 PM	Dine-Out Club	11:30 AM	Dance Party Workout	1:00 PM	Mexican Train Dominoes	12:45 PM
Bingo	1:00 PM	Scarlett O'Hatters	1:00 PM	Lunch	12:00 PM	Super Sixty's Meeting	1:00 PM	Pickleball Game	1:00 PM
Setback	1:00 PM	Move to Music	2:15 PM	Rummykub	12:30 PM	Tai Chi Chairs	2:45 PM	Mat Yoga	3:00 PM
Strength Training	3:00 PM	Computer Class	3:15 PM	Hand, Foot & Knee	12:30 PM	Tai Chi	4:00 PM	Computer Class	3:15 PM
		Cribbage	6:00 PM	Duplicate Bridge	1:00 PM	Poker	5:00 PM		
				Strength Training	2:00 PM	Outdoor Adventure	6:30 PM		
				Setback	6:00 PM	Presentation			
26		27		28		29		30	
Walker's Breakfast	8:30 AM	Errands	9:00 AM	Errands	9:00 AM	Blood Pressure/Sugar	9:00 AM	Mall	9:00 AM
Men's Bridge	9:00 AM	Vernon Tri-City Plaza	9:00 AM	Light Aerobics/Exercise	9:00 AM	Errands	9:00 AM	Bridge	9:00 AM
Light Aerobics/Exercise	9:00 AM	Sit & Knit Group	10:30 AM	Local Shopping	9:00 AM	Ceramics	9:00 AM	Local Shopping	10:00 AM
Bowling-Vernon	9:30 AM	Lunch	12:00 PM	Wii Bowling	9:30 AM	Mah Jong	9:30 AM	Zumba	10:00 AM
Int'l Folk & Line Dancing	10:00 AM	Samba	12:30 PM	Pilates	10:15 AM	Gourmet Lunch MCC	11:15 AM	Lunch	12:00 PM
Chair Yoga	11:00 AM	Manchester S & S	12:30 PM	Chair Yoga	11:00 AM	Birthday Lunch	12:00 PM	Mexican Train Dominoes	12:45 PM
Lunch	12:00 PM	Zumba	1:00 PM	Lunch	12:00 PM	Shanghai	12:30 PM	Pickleball Game	1:00 PM
Bingo	1:00 PM	Move to Music	2:15 PM	Rummykub	12:30 PM	Dance Party Workout	1:00 PM	Mat Yoga	3:00 PM
Setback	1:00 PM	Computer Class	3:15 PM	Hand, Foot & Knee	12:30 PM	Super Sixty's Meeting	1:00 PM	Computer Class	3:15 PM
Strength Training	3:00 PM	Cribbage	6:00 PM	Wii Windsor Senior's	12:30 PM	Tai Chi Chairs	2:45 PM	DancEnlight "The Way"	4:30 PM
						Tai Chi	4:00 PM	Blue Bird Workshop	7:00 PM
						Poker	5:00 PM		
UPCOMING ACTIVITIES				Other Transportation Options					
<p align="center">March</p> <p>Sat. March 3 - Learn to Hike with Outdoor Adventures</p> <p>Sat. March 10 - Greater Hartford St. Patrick's Day Parade</p> <p align="center">April</p> <p>Wed. April 11 - Sweet Dreams Patsy Cline Tribute</p> <p>Sat. April 14 - <i>Fiddler on the Roof</i> at the Bushnell</p> <p>Thurs. April 26 - Tour of South Main Street</p> <p align="center">May and June</p> <p>Wed. May 2 - Vicki Lawrence at Foxwoods</p> <p>Thurs. May 3 - Michael Jackson, The IMMORTAL World</p> <p>Thurs. May 10 - Dr. Maya Angelou at the Bushnell</p> <p>Wed. May 16 - <i>Mame</i> at Goodspeed Opera</p> <p>Sunday May 20 - <i>Gypsy</i> at the Warner Theatre</p> <p>Sunday June 10 - Narragansett Lighthouse Cruise</p>				<p>The local volunteer organization known as F.I.S.H. (860) 647-3609 is able to provide transportation to medical appointments in the Greater Hartford Area. All rides are dependent upon a volunteer being available. Please note that F.I.S.H. is not able to accommodate wheelchairs.</p> <p>ADA (Americans with Disabilities Act) transportation is available for people with disabilities who live within 3/4 of a mile of a bus stop but are unable to use the regular public transportation system. Call (860) 724-5340 for info or an application. Cost is \$2.50 each way.</p> <p>ITN-The Independent Transportation Network is a membership riding program available throughout South Windsor and surrounding towns 24 hours a day, 7 days a week.</p> <p>For information, call (860) 758-7833.</p> <p>American Cancer Society offers transportation to cancer related medical appointments (minimum 3 days notice required). Call 1-800-227-2345</p> <p>Title 19 Medical Transportation is available for those on Medicaid. Call (888) 743-3112, 24 hours in advance to schedule a ride.</p>					



SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE MARCH 2012



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Meals are served at 12 noon Monday through Friday at the Charles N. Enes Community Center 150 Nevers Road		Call to reserve your lunch by 12 noon the day before by calling 860-648-6361 ext. 328		You (or your spouse) needs to be 60 years of age or older. \$2 donation	1	Veal Picatta Parslied Bowties California Blend Vegetables Wheat Dinner Roll Peaches	2	Minestrone Soup Tony's Individual Cheese Pizza Garden Salad w/Ranch Dress. Oyster Crackers Fresh Fruit
5	Swedish Meatballs w/Gravy Egg Noodles Peas & Baby Carrots 100% Whole Wheat Bread Fresh Fruit	6	Chicken Vegetable Soup Oven Fried Chicken Baked Beans Garden Salad w/Dressing Wheat Dinner Roll Cherry Apple Crisp	7	Roast Pork A La Orange Sweet Potatoes & Apples Collard Greens Pumpnickel Bread Apricots	8	Catch of the Day White Rice Blend Broccoli Normandy Tartar Sauce Rye Bread Fruit Festiavl	9	White Bean & Escarole Soup Manicotti w/Italian Sauce Spinach Salad w/Mandarin Oranges & Almonds Raspberry Vinegarette Dressing Italian Bread Tropical Fruit
12	Chicken Stew Garden Salad w/Tom/Cucumber w/Dressing Buttermilk Biscuit Baby Carrots Sliced Peaches	13	Roast Beef Baked Potato w/Sour Cream Scandinavian Blend Vegetables Wheat Dinner Roll Sliced Pears	14	Country Style Soup Chicken Jubilee Fluffy White Rice Broccoli Florets Oatnut Bread Pineapple and Mandarin Oranges	15	HAPPY ST. PARTICK'S DAY Orange Juice Corned Beef Cabbage Parslied Baby Carrots Boiled Potatoes Rye Bread Special Dessert	16	Clam Chowder Buttercrumb Fish Filet On Multigrain Roll Potato Wedges Hawaiian Coleslaw Tartar Sauce Fresh Fruit
19	Cranapple Juice Breaded Chicken Cutlet on Sandwich Roll Sweet Potato Fries Leaf Lettuce Sliced Tomato Fresh Fruit	20	Lentil Soup Grande Cheese Ravioli Prince Edward Vegetables Tossed Salad w/Italian Dressing French Bread Stick Chocolate Pudding w/Marshmellows	21	Beef Liver w/Onion Gravy Whipped Potatoes Mixed Vegetables Pumpnickel Bread Tropical Fruit	22	Roast Turkey w/Gravy Winter Squash Cornbread Stuffing Wheat Dinner Roll Apricots	23	Grape Juice Kielbasa Pierogis w/Onion Butter Sauce Red Cabbage Rye Bread Sliced Peaches & Pears6
26	Chicken Noodle Soup Salisbury Steak w/Vegetable Gravy Parslied Egg Noodles Baby Carrots Oatnut Bread Fresh Fruit	27	Chicken Barley Soup Herbed Seasoned Baked Chicken w/Broth Mashed Sweet Potatoes Spinach 100% Whole Wheat Bread Apricots	28	Baked Ham w/Pineapple Glaze Rice Medley Green & Wax Beans 12-Grain Bread Fruit Festival	29	NATIONAL ORANGES & LEMONS DAY Grape Juice Chicken Oriental w/Orange Sauce Over Fluffy White Rice Oriental Vegetables Wheat Dinner Roll Orange Sherbet	30	Pier 17 Fish Parslied Boiled Potatoes Broccoli Normandy Dinner Roll Fruit Cocktail