

EW Senior Center Newsletter

Volume 3

May, 2012



EAST WINDSOR SENIOR CENTER WII BOWLING TEAM!!!

The East Windsor Wii Bowling Team has been competing with surrounding senior centers in Wii Bowling tournaments. The East Windsor Seniors are 2-1 against Vernon and 1-0 against Windsor. The next tournament is scheduled against Windsor on Thursday, June 14, 2012 at 12:30 at the East Windsor Senior Center! Come and join the fun and cheer for the hometown team!!! GO EAST WINDSOR!!



Tri-Town Travelers

Joining forces East Windsor Senior Services is very pleased to announce that we have formed an informal partnership with both Windsor Locks and Ellington to provide our community with some exciting and interesting travel opportunities. All three towns will work together in a uniformed effort to offer a series of one-day trips beginning in September with a trip to Long Island Wine country, including a lobster dinner overlooking Long Island Sound. With this new Tri-Town Travelers alliance each of the three towns will only need just a handful of residents, 10 -16, in order to fill the bus and have a successful trip. Every trip that is offered through the Tri-Town Travelers will provide convenient and easy departures from each of the participating towns. For more information, contact the senior center at 860-292-8262!!

TRANSPORTATION CORNER



TRANSPORATION REMINDERS!

- **Call Teresa at 860-292-8261 at least 7 Days in advance for your medical appointments.**
- **Make sure you have the doctor's name, address and general information before you call.**
- **All other transportation needs please call at least by noon the previous day.**
- **If you need an ADA lift for wheelchairs, please let her know at the time you make your arrangements.**



Our transportation program continues to be a much needed and very successful service here in East Windsor. We provide transportation to senior citizens 60 years of age and older and also to residents who are 18 years of age and currently on Social Security Disability. Our clients rely on us to transport them to their medical appointments, to go grocery shopping, to pick up prescriptions, to go to hair appointments, to their bank, and to the senior center for lunch and activities at the center. We also transport to museums, restaurants, shopping malls, shows and other places of interest to the seniors. Many of our clients have expressed to the staff at the senior center that they don't know what they would do without the transportation service. Not only does the service supply their transportation needs but it also helps with their social needs bringing them to the senior center and out on trips where they can interact with their peers. We feel very much like a family here at the senior center and it is important to us as staff to see the seniors happy and having a strong sense of belonging. Many seniors live alone and often have family that live out of state so they often tell us that we are their "second family".

On an exciting note we received a new vehicle in November 2011 which was awarded to us through a grant we had applied for through the Department Of Transportation in 2010. We were fortunate to be awarded this grant as it keeps our fleet in a rotation that helps keep our maintenance costs down. A new vehicle has many of its repairs covered under warranty.

We do our very best to serve our client's needs for transportation knowing how much they rely on us. They have often expressed their appreciation and it means so much to the transportation staff to know that we help to make their lives easier.

**EAST WINDSOR
SENIOR CENTER**

**Located at
125 Main Street
Broad Brook, CT
06016**

Phone Numbers:

Office:

(860)292-8262

**Transportation
(Teresa):**

860-292-8261

Nutrition (Janet):

860-292-8279

Email senior center:

dpiotrowicz@gmail.com

**ROBERTA WALKS FOR MARIE PARKER'S TEAM
AND ITN\NORTHERN CONNECTICUT**

On Saturday, April 25, 2012, Roberta participated in a walk-a-thon for Marie Parker's Team and ITN\Northern Connecticut. Her team raised \$193.00 in donations in support of the 4th Annual Walk for Rides. This walk provides needed funding to keep the program affordable. One third of the income is from fares, one third from grants, and one third from community support including Walk for Rides. ITN\Northern Connecticut announced that over \$13,000 was raised!

We would like to thank Roberta for her participation and all of her sponsors! Great job Roberta!



HEALTH SCREENINGS

Every month health screenings are scheduled at the center. The next health screening will take place on June 1, 2012, June 7, 2012, July 5, 2012, July 6, 2012, August 2, 2012 and August 3, 2012. Foot care, blood pressure, and sugar screenings are available. If interested, contact Dee or Roberta to register.

Requesting Attendance!

The first Tuesday of **EVERY** month, a Focus Group meets at the Senior Center to discuss what events, activities, or trips are of interest to you. If you have any ideas or suggestions, please join the Focus Group! The upcoming meetings are scheduled for June 5, 2012, July 3, 2012, and August 7, 2012.

**Senior Center Closed for
Observance of Holidays:**

**May 28, 2012 – Memorial Day
July 4, 2012 – Independence Day**

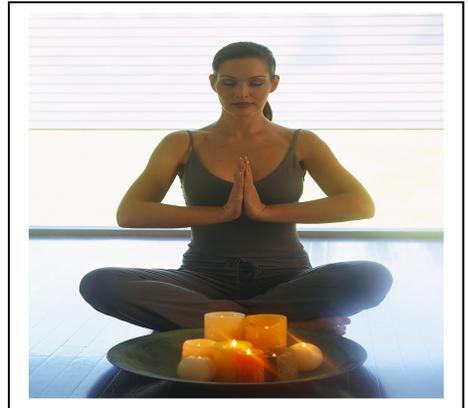
Exercise Classes Offered:

The East Windsor Senior Center offers different types of exercise classes.

- Monday and Wednesday mornings, the ACTIVE Classes are scheduled from 10:30 a.m. to 11:15 a.m. The class is taught by Dee Abrams who is from North Central District Health Department. There is a \$55.00 fee for 22 classes. If interested in attending the next session, which begins in July, please call 860-745-0383.
- Thursday mornings Tai Chi for Better Balance is taught by our own Roberta. The class is scheduled for 10:30 a.m. to 11:30 a.m. This class is FREE!
- Wednesday afternoons Wii Fitness with Melissa is taught from 12:30 p.m. to 1:30 p.m. Please note that this class was recently taught on Monday afternoons, but over the summer months will be held on Wednesdays! This class is FREE!
- Tuesday afternoons at 12:30 p.m. Bob Slate instructs the chair yoga classes. This class is FREE!

If you are interested in attending any of the classes, please contact Dee or Roberta at the Senior Center or stop by and observe a class or two!!

The Center is hoping to offer different exercise classes and is in the process to offer new exercise activities in the future! We will keep you posted!!



IN HOUSE MOVIES

The Center will be showing movies over the summer months! The movies which are scheduled to be shown are:

Money Ball
Iron Lady
We Bought a Zoo
War Horse

Popcorn and refreshments will be served. Please see the monthly calendars for dates and show times! We hope you can join us!

If you have any suggestions, please let us know!

UPCOMING ACTIVITIES:

May 17, 2012 Anniversary Celebration
May 24, 2012 Monthly Social
May 25, 2012 BINGO
June 6, 2012 EWHS Concert
June 14, 2012 Wii Tournament vs. Windsor
June 28, 2012 Monthly Social
July 25, 2012 Rockcats Game
July 26, 2012 Monthly Social

There will be more activities scheduled in the future, we will keep you informed. Updates will be made on the calendars and on the website!

Again, if anyone has any suggestions, they are always welcome! Just stop in, call, or email us!