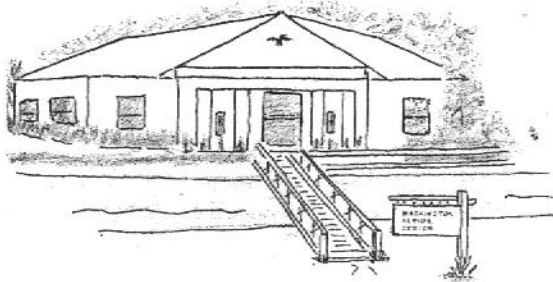


Washington Senior Center News



March-April 2012
Vol. 25 No.2

R.J. Curtis
Washington Depot,
Connecticut 06794

UPCOMING LUNCHEON

"THE ANNUAL CORNED BEEF



& CABBAGE
LUNCHEON"

courtesy of the American Legion on
Thursday, March 8 at Noon.

All Washington senior citizens are invited.
Suggested donation: \$6:00. Please call the
Senior Center by March 6 for reservations.

AARP DRIVER SAFETY COURSE **Now Only Four Hours!!**

Tuesday, April 17
9-1 P.M.

**Defensive Driving Techniques! Insurance
Discounts for those 60 and older! Call the
Center to register.**

**Cost: \$12 for AARP members and \$14 for
non-members. Make checks payable to AARP.**

Reminder:STRONG WOMEN/STRONG BONES

, Mondays and Wednesdays, March 5 thru April 18
from 2:00 – 3:15p.m. The cost is \$85 for each 7-
week session.

**Call the Senior Center at 860-868-0735 to sign
up.**

CHAIR MASSAGE

Wednesday, March 7 at 10a.m.

**Sponsored by Village Crest Center for Health
& Rehabilitation**

Treat yourself to a free relaxing chair massage by a
licensed massage therapist! More than just a
luxurious treat, massage can be an integral part of a
healthier, more balanced lifestyle. The therapist will
provide 10 minute chair massages. Reserve your
personalized session today as **appointments are
limited!**

POSTURE AND HEALTH **IS YOUR POSTURE RUINING YOUR HEALTH?**

Bad posture can cause many health issues
including backaches, respiratory problems,
digestive issues, problems with feet, vision and
dental problems, headaches, balance, stress and
even psychological issues. Learn to identify and
correct many common posture issues.

Presented by Joe Parrinello, Trainer & Instructor in
the Dept. of Health & Physical Education at the City
University of NY, the State University of NY and
owner of Millbrook Training Center. This
presentation will be held at the Center on
Thursday, April 12 at 10:30.

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The Washington Senior Center News is published bi-monthly and is mailed to all known seniors in the town of Washington. Call the Center at 868-0735 for additions to the mailing list.

Contributions of articles or items for publication may be sent to the Senior Center at PO Box 352, Washington Depot, CT. 06794

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Brigid Davidson	Mailing
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Holly Camp	Bob Hinckley
	Betty Hinckley

Alternates

Diane Locke	Nicholas Rimbochi
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Ex Officio

Pam Collins	Mark Lyons
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The Senior Center Advisory Board meets on the second Tuesday every other month. Attendance at the meetings is open to all. Please check the calendar in this newsletter for meeting dates.

2.

Municipal Agent Pam Collins is available to help with Medicare or for information on financial assistance programs. Office hours: 9:00 to 12:00 and 1:00 to 4:00 on Tuesdays at the Senior Center. Call for an appointment. Phone: 860-868-0735

CHORE SERVICE

The Litchfield Hills Chore Service is available to help elderly and handicapped residents to stay safely independent and at home in the community. Chore Service workers provide light and heavy housekeeping, shopping, laundry, cooking, yard maintenance and minor home repairs.

Suggested Client Contribution is based on a sliding scale of monthly income, ranging from 6.00 to \$11.00 per hour. (residents below the age of 60, may also utilize this service, but will be required to pay the full cost (\$25.00 per hour).

For more information on this service, call the Senior Center.

Property Tax Relief Program

Dates to apply: Homeowner: 2/1 - 5/16
Renter: 5/16/ - 9/15

Age: 65 or disabled
Couple: \$39,500
Single: \$32,300

Town of Washington tax relief program for income up to \$41,500. Apply in assessor's office.

*Homeowners who have been on the State program must reapply every two years and applications will be sent to them. Homeowners who are only eligible for the Town of Washington tax relief program, must apply annually.

VNA Northwest

Blood Pressure Clinic Schedule:
3rd Wednesday of each month 11:00-12:00 at Washington Senior Center.

CANCELLATIONS DUE TO WEATHER

Senior Center activities will be cancelled on days when Region 12 schools are closed due to hazardous travel conditions. School closings are announced on local radio and TV stations.

Heating Season Is Here Again.....

To apply or for eligibility information on the energy assistance program, call 868-0735.



Van Service for Seniors:

The van is available on Wednesdays and Thursdays; and for a monthly trip to the Danbury Mall. To reserve a seat, call the Senior Center at 860-868-0735, at least one day **ahead**. Upcoming trips to the Danbury Mall will be on Monday March 12 and April 9.

 **Phone Numbers Etc.**

Town Officials

Selectmen's Office 860-868-2259
Town Clerk 860-868-2786
Tax Collector 860-868-7796
Region 12
Superintendent of Schools 860-868-6100

Connecticut Legislators

State House:

69th Dist. Representative Arthur O'Neil (R)
House Democrats 1-800-842-1902
House Republican 1-800-842-1423

State Senate:

30th Dist. State Senator Andrew Roraback (R)
Democrats 1-800-842-1420
Republicans 1-800-842-1421

State Attorney General George Jepsen
1-860-808-5318

Web Site: www.cslib.orgattygenl

United States Congress Representative

Chris Murphy 5th Dist. 860-223-8412

Web Site: www.house.gov/write.rep

e-mail: chrismurphy.house.gov

United States Senators

Richard Blumenthal 1-860-258-6940

Joseph Lieberman 1-800-225-5605

Lieberman@Lieberman.senate.gov

CHOICES: help with Medicare and related insurance questions: 1-800-994-9422

Meetings of Town Boards and Commissions

Regular meetings of Town boards and commissions are open to the public. Meeting dates, times, agendas and minutes to meetings are listed on the Town Calendar which is posted on the bulletin board outside the Town Clerk's office and on the Town website (see column two, this page.)

Web Sites of Interest:

- ❖ Find benefits, financial assistance, programs & general information: www.ctseniorinfo.com
- ❖ Center for Medicare Advocacy: www.medicareadvocacy.org.
- ❖ Eldercare Locator (links consumers and their families to local aging services): www.eldercare.gov or call 1-800-677-1116.

Town of Washington web site:

Lists meeting dates of town boards and commissions as well as meeting minutes.

www.washingtonct.org



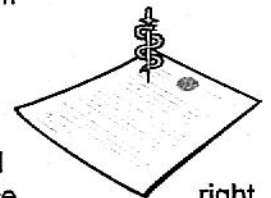
A Senior Center computer is available for Internet use and for individual instruction.... call to reserve a time.

Questions about using e-mail or the internet?

The Senior Center Computer Club meets on the third Wednesday of the month at 2:00 p.m. for informal discussion and problem solving. All are welcome.

PERSONAL MEDICAL INFORMATION FORM

Here is a way to keep your vital medical information in one place, at your fingertips for when it is needed.



Forms are available at the Senior Center.

Keep the form where it will be readily available (attach to refrigerator with magnet) for use in an emergency or for a doctor's visit.

PROGRAM NOTES

Computer Club will meet on Wednesday, March 21 & April 18 at 2:00 p.m.

Bridge meets on Tuesdays at 1:30 p.m. Tables are planned in advance. New players should call ahead to be included in future games. Substitutes needed, please call 868-0735.

Computer Instruction on Wednesday beginning at 1:00 p.m. Call to reserve a time slot, 868-0735, no fee.

Luncheons: Thursday, March 8 – Corned Beef & Cabbage. Cost: \$6.00.

Exercise (video) meets daily at 9:00 a.m. No fee. Come as often as you please.

Zumba Gold – Thursdays at 9:15. Cost: \$25 for six classes

SENIOR PILATES – The Senior Center is considering offering a once weekly/45 minute senior pilate class. The cost would be \$25 for six weeks or \$5 for walk ins. If you would be interested in participating in these classes, please call the Center.

Strong Women/Strong Bones – Mondays & Wednesdays from 2:00-3:15p.m, beginning March 5 thru April 18. Cost: \$85 for 7 weeks.

Needles & Things on Thursdays, 2:00 - 4:00 p.m. Bring any project and join us for a productive afternoon with "chat". No fee. All are welcome.

From the Archives of the Gunn Historical Museum – The first Monday of the month at 10:00a.m. Museum curator, Stephen Bartkus, will be reading research papers from the museum's archives, sharing photos, stories and reminiscing about Washington's history. The topics for March and April were unavailable at press time

Acupressure Clinic – Wednesday, March 14. Carol O'Toole, a licensed acupuncturist and massage therapist will conduct a 20 minute seated acupressure massage. This is for those who have received a treatment before or have yet to experience it's rejuvenating benefits. Please call the Center for an appointment. The cost will be a minimum donation of \$5.00. Please be generous because it benefits charities such as the American Cancer Society, Heart Association, etc.

Four Brothers Restaurant (Senior van) – Wednesday, April 25. Reservation required as seating is limited. Van departs at 11:15.

***IMPORTANT! When you see a program that interests you, please call to register, whether the program is being offered for free or for a fee. Some programs fill quickly and others may unfortunately be cancelled if minimum enrollments are not met.**

March

Monday	Tuesday	Wednesday	Thursday	Friday
			1 9:15 <i>Zumba Gold</i> 2:00 Needles & Things 2:00 Free Tax Advice	2 9:00 Exercise
5 9:00 Exercise 10:00 <i>Gunn Museum</i> 2:00 <i>Strong Woman</i>	6 9:00 Exercise 11:00 <i>Washington History Discussion</i> 1:30 Bridge	7 9:00 Exercise 10:00 <i>Chair Massage</i> 1:00 Computer Instruction 2:00 <i>Strong Woman</i>	8 9:15 <i>Zumba Gold</i> 12:00 <i>Corned Beef</i> 2:00 Free Tax Advice 2:00 Needles & Things	9 9:00 Exercise
12 9:00 Exercise 9:00 <i>Van to Mall</i> 2:00 <i>Strong Woman</i>	13 9:00 Exercise 1:30 Bridge 4:00 Advisory Board	14 9:00 Exercise 1:00 <i>Acupressure Clinic</i> 1:00 Computer Instruction 2:00 <i>Strong Woman</i>	15 9:15 <i>Zumba Gold</i> 2:00 Needles & Things	16 9:00 Exercise
19 9:00 Exercise 2:00 <i>Strong Woman</i>	20 9:00 Exercise 1:30 Bridge	21 9:00 Exercise 11:00 Blood Pressure 2:00 Computer Club 2:00 <i>Strong Woman</i>	22 9:15 <i>Zumba Gold</i> 2:00 Needles & Things	23 9:00 Exercise
26 9:00 Exercise 2:00 <i>Strong Woman</i>	27 9:00 Exercise 1:30 Bridge	28 9:00 Exercise 1:00 Computer Instruction 2:00 <i>Strong Woman</i>	29 9:15 <i>Zumba Gold</i> 2:00 Needles & Things	30 9:00 Exercise

April

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Exercise 10:00 <i>Gunn Museum</i> 2:00 <i>Strong Woman</i>	3 9:00 Exercise 1:30 Bridge	4 9:00 Exercise 1:00 Computer Instruction 2:00 <i>Strong Woman</i>	5 9:15 <i>Zumba Gold</i> 2:00 Needles & Things	6 <i>Closed for Good Friday</i>
9 9:00 Exercise 9:00 <i>Van to Mall</i> 2:00 <i>Strong Woman</i>	10 9:00 Exercise 1:30 Bridge	11 9:00 Exercise 1:00 Computer Instruction 2:00 <i>Strong Woman</i>	12 9:15 <i>Zumba Gold</i> 10:30 <i>Posture & Health</i> 2:00 Needles & Things	13 9:00 Exercise
16 9:00 Exercise 2:00 <i>Strong Woman</i>	17 9:00 <i>AARP Drive Course</i> 1:30 Bridge	18 9:00 Exercise 11:00 Blood Pressure 2:00 Computer Club 2:00 <i>Strong Woman</i>	19 9:15 <i>Zumba Gold</i> 2:00 Needles & Things	20 9:00 Exercise
23 9:00 Exercise 2:00 <i>Strong Woman</i>	24 9:00 Exercise 1:30 Bridge	25 9:00 Exercise 11:15 <i>Four Brothers</i> 1:00 Computer Instruction 2:00 <i>Strong Woman</i>	26 9:15 <i>Zumba Gold</i> 2:00 Needles & Things	27 9:00 Exercise
30 9:00 Exercise 2:00 <i>Strong Woman</i>				

TRIPS FOR 2012

WEDNESDAY, MAY 23 – THIMBLE ISLANDS & The Connecticut Shoreline

This morning we'll travel to the Connecticut shoreline to board the M.V. Sea Mist and explore the charm of the Thimble Islands, relax and enjoy the Captain's narration on points of interest and the colorful history of the area. After our cruise, we'll enjoy lunch at the Chowder Pot 111 where your entrée choices will include: Baked Stuffed Shrimp, North Atlantic Salmon or Chicken Marsala, served complete with all the trimmings. This afternoon, you will ride the trolleys at the museum in motion, the Shoreline Trolley Museum. The trolleys here are operated by the Branford Electric Railway Association, which boasts the oldest suburban trolley line in continuous operation in the United States and has earned a place on the National Register of Historic Places. You'll be sure to enjoy a wonderful feeling of nostalgia at reliving the past!!

Cost: \$81.00 per person. This price includes deluxe motorcoach transportation, sightseeing cruise, luncheon, admission to the trolley museum and driver gratuity.

MATINEE AT 2:00 P.M.

**** Warner Theater**

March 18 – Witness for the Prosecution(\$22) June 10 - The Taffetas

July 29 – Annie

****These trips require payment at the time of reservation**

To secure your reservation, payment must be received thirty days prior to trip.

Several European tours and cruises are available! Inquire at the Senior Center.

FYI

MILITARY ONESOURCE

Military OneSource is a free 24 hour, 7 days a week information and referral telephone service provided by the Dept. of Defense for service members and their families. They can provide help with education, relocation, financial and legal concerns, health and fitness, addiction and recovery, adult or child special needs, military life, work concerns, crisis support, eldercare, TRICARE and much more. They can be reached at 1-800-342-9647 or TTY/TDD at 1-866-607-6794 or online at www.militaryonesource.com.

TSA HELPLINE FOR TRAVELERS WITH DISABILITIES

The Transportation Security Administration announced the launch of TSA Cares, a new helpline number designed to assist travelers with disabilities and medical conditions, prior to getting to the airport. Travelers may call TSA Cares toll free at 1-855-787-2227 prior to traveling with questions about screening policies, procedures and what to expect at the security checkpoint.

SIGHT FOR STUDENTS

Sight for Students is a VSP charity that provides free vision exams and glasses to low-income, uninsured children. The program operates nationally through a network of community partners who identify children in need and VSP network doctors who provide eye care services. For more information on eligibility and finding a service provider go to the website at sightforstudents.org.

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Web: www.Lcurve.com

Washington Supply Company Outdoor Living Center

2 Calhoun Street ♦ Washington Depot, Connecticut
860-868-7395 ♦ www.washingtonsupply.com

and Gifts...

Washington Food Market



Hours:

Mon - Sat

8:30AM - 6PM

Sun 8:30AM - 2PM

Bryan Memorial Plaza

Washington Depot, CT

(860) 868-7351

WASHINGTON HISTORY DISCUSSION GROUP

An organizational meeting will be held on Tuesday, March 6 at 11:00 at the Senior Center. In this meeting we will talk about what we would like to do. Possibilities include sharing memories, discussing specific topics, and presenting and discussing papers. We should also decide how often to meet and when. This meeting will be hosted by William Smith.

CRIS RADIO

CRIS Radio is available to individuals who, because of vision loss, learning disability or physical handicap, are unable to read printed material. This program features a wide variety of articles from national and Connecticut newspapers, magazines, as well as book reading and interview programs. The live programming is provided free of charge and is available on specially tuned radios (provided free), cable providers, your telephone and online. CRIS broadcasts 24 hours a day, 7 days a week. To receive an application or for more information call (860)527-8000 or go to the website: crisradio.org.

The Senior Center is conducting an informal survey and would appreciate your feedback regarding a new Senior Center for Washington. Please call or stop in and let us know what you think??

Do you know someone who would like to receive a copy of this newsletter?

Please call the Senior Center to have that address added to our mailing list.

UNLESS OTHERWISE STATED, ALL INTERESTED PARTIES ARE WELCOME AND ENCOURAGED TO ATTEND ANY PROGRAMS AND ACTIVITIES AT THE WASHINGTON SENIOR CENTER.

THE WASHINGTON SENIOR CENTER

**Hours: 9:00-12:00 and 1:00-4:30 Monday through Thursday
9:00-12:00 on Friday**

Phone & fax: 860-868-0735 e-mail: seniors@washingtonct.org

Please visit the Senior Center web site at: <http://seniors.w.tripod.com>

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