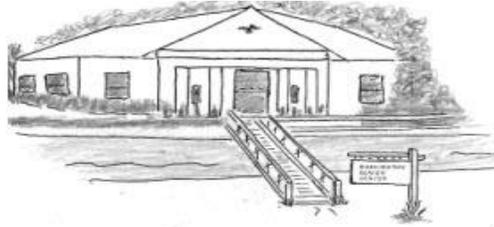


# Washington Senior Center News



November-December 2016  
Vol. 29 No. 6

Washington Depot,  
Connecticut 06794

R.J. Curtis

## UPCOMING

*Happy Thanksgiving*

### **Thanksgiving Luncheon for Seniors at Washington Primary School**

*All Washington senior citizens are invited to attend the annual Thanksgiving luncheon sponsored by the Washington Primary PTO.*

The luncheon will take place at the Primary School cafeteria on Monday November 21 at 11:45. There is no charge.

**Please call the Senior Center no later than November 15 for a reservation.**



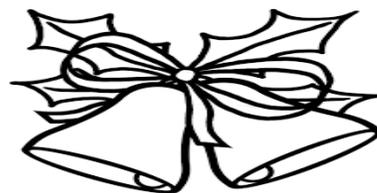
### **WASHINGTON VETERANS!!**

The Senior Center invites you and a guest to a lunch in your honor. It will be held at the Senior Center on Friday, November 11 at noon.

Please call 860-868-0735 to sign up.

**Reservations are required no later than Thursday, November 8.**

## LUNCHEONS



## HAPPY HOLIDAYS!

**The Washington Senior Center will hold its Holiday Party at the Curtis House on Wednesday, December 7 at noon.**

You may choose from the following menu selections: *Grilled Salmon/Rice Pilaf & Roasted Vegetables, Roast Chicken/Mashed Potatoes & Roasted Vegetables or Braised Short Rib Yankee Pot Roast/Pan Gravy, Mashed Potatoes, Carrot & Celery.* Cost: \$25

*\*Price includes appetizer, dessert, tax and tip.*

Call the Senior Center by November 28 to make a reservation.

**\*\*\*Please bring a wrapped grab bag gift valued at no more than \$1.00.**

**DON'T FORGET TO VOTE  
NOVEMBER 8<sup>th</sup>!!!**

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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 860-868-0735 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, or emailed to seniors@washingtonct.org

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Senior Center Advisory Board

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Iona Douskey	Hugh Fitzpatrick
Holly Camp	Anthony Bedini
Kathy Johnson	

Alternates

Joan Stevens	John Gueniat
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Ex Officio

Pam Collins	Mark Lyon
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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.**

**Municipal Agent Pam Collins is available to help with Medicare or for information on financial assistance programs. Call for an appointment. Phone: 860-868-0735**

**Litchfield Hills Chore Service**  
**Could you use help with:**

- **Transportation to shopping and doctor's appointments**
- **Housekeeping, laundry or cooking**
- **Odd jobs around the house or yard**

Call the Chore Service – an affordable way to get the help you need. We will supply a Chore Worker for up to 4 1/2 hours per week. This service is available to people age 60 and over and individuals with disabilities. A 501(c)(3) organization, we appreciate your donations: P.O. Box 294, Litchfield, CT 06759.

**Coordinator, Sally Irwin – 860-567-6121**

**\*Gift Certificates now available!!!**

**Website: ChoreServiceLH.org**

**Heating Season Is Here Again.....**

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

**“HELPING HANDS”**- The Senior Center Advisory Board has established a fund to offer financial assistance to Washington residents in emergency situations to pay for fuel delivery, medical or other bills, through funds raised and donations, in a confidential manner. In addition, referrals will be made to an appropriate agency when necessary. If you know of someone in need of help, contact the Senior Center.



**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 Tuesday, November 15 and Monday, December 12.**

**CANCELLATIONS DUE TO WEATHER**

All Senior Center activities will be cancelled on days when Region 12 schools are closed due to hazardous travel conditions. School Delays = No A.M. Activities  
 Early Dismissals = No P.M. Activities  
 School closings, delays and early dismissals are announced on local radio and TV stations.

  
**Phone Numbers Etc.**  
**Town Officials**

Selectmen's Office	860-868-2259
Town Clerk	860-868-2786
Tax Collector	860-868-7796
Community Services Specialist Region 12	860-868-0058
Superintendent of Schools	860-868-6100

**Connecticut Legislators**  
**State House:**

69<sup>th</sup> Dist. Representative Arthur O'Neil (R)  
 House Democrats 1-800-842-1902  
 House Republicans 1-800-842-1423

**State Senate:**

32<sup>th</sup> Dist. State Senator Robert Kane (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](http://www.cslib.orgattygenl)

**United States Congress Representative**

Elizabeth Esty 5<sup>th</sup> Dist. 202-223-8412  
 Web Site: <http://esty.house.gov/>

**United States Senators**

Richard Blumenthal 202-224-2823  
 Website: [www.blumenthal.Senate.gov/contact/](http://www.blumenthal.Senate.gov/contact/)  
 Chris Murphy 202-224-4041  
 Website: [www.murphy.Senate.gov/contact](http://www.murphy.Senate.gov/contact)

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



**Senior Center Computer**

A computer is available for Internet use - please call to reserve a time.

**2016 Curbside Recycling Schedule**

**South of Rt. 109: November 14, 28 and December 12 & 26.**  
**North of Rt. 109: November 7, 21 and December 5 & 19.**

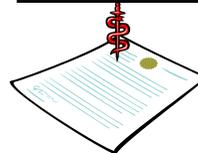
**Web Sites of Interest:**

- ❖ **Online Living Will Forms:** [ctelderlaw.org](http://ctelderlaw.org).
- ❖ **CT Housing Investment Fund/offers several lending programs designed to meet the affordable housing needs of low and moderate income individuals:** [chif.org](http://chif.org).
- ❖ **Consumer Credit Counseling Services:** [moneymangement.org](http://moneymangement.org)
- ❖ **Locate Elder Care Resources:** [CtHelpNet.org](http://CtHelpNet.org).
- ❖ **Eliminate Pre-Screen Offers or Credit & Insurance Card Mailings:** [optoutprescreen.com](http://optoutprescreen.com) or call 1-888-567-8688.
- ❖ **Washington Senior Center Web Site:** [washingtonct.org](http://washingtonct.org)

**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: [www.washingtonct.org](http://www.washingtonct.org)

**PERSONAL MEDICAL INFORMATION FORM**



*Here is a way to keep your vital medical information 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

**Exercise (video)** meets **Monday, Wednesday and Friday at 9:00 a.m.** No fee. Come as often as you please.

**CHAIR YOGA – Tuesdays, at 10:00 & 11:15.** New students welcome for the 11:15 class **only.** Cost: \$30 for 6 weeks.

***Zumba (fast paced cardio workout)*** – **Thursdays at 8:30.** Cost: \$25 for six classes or \$5 for walk-ins.

**SENIOR PILATES – Thursdays at 10:30.** Cost: \$30 for 6 weeks.

**Technology Help for Seniors.** Tuesday afternoons by **appointment only.**

***Needles & Things*** on **Thursdays, 1:00 - 3:00 p.m.** Bring any project and join us for a productive afternoon with “chat”. No fee. All are welcome.

**Luncheons:** Monday, November 21 – Thanksgiving Luncheon at the Washington Primary School. Cost: Free. Wednesday, December 7– Holiday Party at the Curtis House. Cost: \$25.00. Please call the Center as reservations are required

**From the Archives of the Gunn Historical Museum** – The first Monday of the months of, **January 2 and April 3 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.

**Please note: there is an alternating schedule between the Museum Readings and the History Group meetings.**

**WASHINGTON HISTORY CLUB** – The meetings are held on the third Monday of the months of **December 19, March 20 and June 19 at 10:00 a.m.** It discusses the history of Washington, Washington Depot, Marble Dale, New Preston and Woodville. Share your stories with the group or just listen to the fascinating conversation about our town’s past. Bring your photos and objects for show and tell! The club welcomes everyone interested in the history of the town and its villages.

**\*Holiday in the Depot – Friday, December 9.** Donations are needed for the Senior Center sale. Items can be brought in thru the week of December 5. Suggestions: Hand-made craft items, unused gift items, jams, jellies, etc.

Please note this is not a bake sale, but cookies, cupcakes, and muffins would be appreciated. Also there will be raffle of a wreath, poinsettia & Town of Washington remembrance rug from Appletree Design. Hot dogs and Chili **will be** sold at the Legion. Items can be brought in thru the week of December 5.

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

November				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 Chair Yoga 11:15 Chair Yoga 2:00 Technology	2 9:00 Exercise	3 8:30 Zumba 10:30 Senior Pilates 2:00 Needles & Things	4 9:00 Exercise
7 9:00 Exercise	8 10:00 Chair Yoga 11:15 Chair Yoga 2:30 Technology	9 9:00 Exercise 10:00 Lifeline Program	10 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things	11 9:00 Exercise 12:00 Veterans Lunch
14 9:00 Exercise 10:00 Aqua Turf	15 9:00 Van to Mall 10:00 Chair Yoga 11:15 Chair Yoga 2:00 Technology	16 9:00 Exercise	17 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things	18 9:00 Exercise
21 9:00 Exercise <b>11:45 Thanksgiving Luncheon</b>	22 10:00 Chair Yoga 11:15 Chair Yoga 2:30 Technology	23 9:00 Exercise	24 Closed for Thanksgiving	25 Closed for Thanksgiving
28 9:00 Exercise	29 10:00 Chair Yoga 11:15 Chair Yoga 2:00 Technology	30 9:00 Exercise		

December				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things	2 9:00 Exercise
5 9:00 Exercise	6 10:00 Chair Yoga 11:15 Chair Yoga 2:30 Technology	7 9:00 Exercise 12:00 Holiday Party at Curtis House	8 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things	9 9:00 Exercise 5:00 Holiday in the Depot
12 9:00 Exercise 9:00 Van to Mall	13 10:00 Chair Yoga 11:15 Chair Yoga 2:30 Technology	14 9:00 Exercise	15 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things	16 9:00 Exercise
19 9:00 Exercise 10:00 Washington History Group	20 10:00 Chair Yoga 11:15 Chair Yoga 2:30 Technology	21 9:00 Exercise	22 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things	23 9:00 Exercise
26 Closed for Holiday	27 10:00 Chair Yoga 11:15 Chair Yoga 2:00 Technology	28 9:00 Exercise	29 8:30 Zumba 10:30 Senior Pilates 1:00 Needles & Things	30 9:00 Exercise

## ***TRIPS FOR 2017***

### **Thursday, February 18 – The 36<sup>th</sup> Annual CT Flower & Garden Show**

Today we will travel to Hartford, CT. First we will make a lunch stop at the Chowder Pot where you will enjoy a choice of Prime Rib, Baked Stuffed Scrod or Chicken Marsala served complete with all the trimmings.

After lunch we will head over to the CT Convention Center for the show. The theme this year is “Woodland Enchantment” and the Center will be transformed into a breathtaking event for floral & garden enthusiasts alike! Over the past three decades, the CT Flower Show has grown into one of the premier Flower & Garden shows on the East Coast. Connecticut’s flower show boasts over 300 booths and 12,000 feet of spectacular landscaped gardens, design & horticulture competition by the Federated Garden Clubs of CT. This show will be sure to brighten your day and lift those winter doldrums! Cost: \$83 per person and includes transportation, lunch, admission to the show, and driver gratuity.

### **Saturday, December 10 @ 12 Noon – “Holiday Wishes” at The Spinning Wheel Inn/Redding, CT**

“Holiday Wishes” is a lively musical holiday card to our friends and family. It features a gourmet three-course menu followed by a high energy holiday-themed show of music, magic & comedy for holiday revelers of all ages!!! Cost: \$69. **Reservations must be made by November 7.**



## **Feel Great!**



## **HONOR AMERICA’S SOLDIERS BY...**

...volunteering! You can care for pets of deployed or wounded soldiers (go to [guardianangelsforsoldierspet.org](http://guardianangelsforsoldierspet.org)), donate your time-share or vacation home to a vet (at [vacationsforveterans.org](http://vacationsforveterans.org)), or send personal letters to soldiers through Operation Gratitude ([operationgratitude.com](http://operationgratitude.com)) or Operation Paperback lets you donate books to troops ([createthegood.org/books](http://createthegood.org/books)). Also, in your search engine type in: resources for military families or resources for veterans where you will find several different sites and services.

**\*Please continue to save the box top coupons (Box Tops for Education) that are found on many items and bring them to the Senior Center. Thank you for participating!!!**



### **RECEIVE THE SENIOR CENTER NEWSLETTER VIA EMAIL**

In order to reduce cost and save paper, the Senior Center would like to send as many newsletters electronically as possible. Please help us to achieve this goal by calling the Center and providing your email address. It will be greatly appreciated!!!! Thank you in advance!!

*Please patronize our Supporters, who are in part responsible for our publications*

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 Shawn Campbell

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 November 25<sup>th</sup>, 2016

Henry Ference      (860) 868-2743  
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 Annuals • Vegetables • Hay • Christmas Products



**PHILIPS LIFELINE & MEDICAL ALERT PROGRAM**

**Wednesday, November 9 at 10a.m.**

Philips Lifeline developed the first personal medical alert system in 1974, and has been evolving the technology ever since. Their commitment to innovation has led to today's light, comfortable, waterproof help buttons, quick system setup, and their AutoAlert automatic fall detection with 95% reliability.

Patti Garland, Program Manager, New Milford VNA Lifeline will discuss and also demonstrate the two different, flexible systems to meet your individual needs. Light refreshments will be served. Reservations Required.



**Working  
SMOKE ALARMS  
SAVE LIVES**

Washington Fire Marshall, Tom Osborne has free smoke & co detectors available for anyone who needs one. Please call at 860-868-7212 for more information.

**ANY INTEREST IN PLAYING DARTS?? – CALL THE SENOR CENTER**

Please note: Any senior interested in submitting his/her name to run for a position on the Advisory Board during our October election period?? Please contact the Senior Center.

**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](mailto:seniors@washingtonct.org)**

**Please visit the Senior Center web site at: [washingtonct.org](http://washingtonct.org)**

Box 352

Washington Depot

CT 06794

**CHANGE SERVICE REQUESTED**

