

Washington Senior Center Newsletter



November/December 2026~ Vol. 39 No. 6

Mission Statement: The Washington Senior Center serves as a community anchor providing programs, services, and friendship to our Senior residents with a warm and welcoming environment where they may gather in social and educational activities to enhance independent living and support mental, physical and social well-being.

Director's Corner

Friends,

As we head into the holiday season, we're excited to carry on some of our favorite traditions. Our **Thanksgiving Luncheon at Washington Primary School (November 23rd)** is always a highlight, a time to share good food, laughter, and connection with friends, old and new. Of course, we'll be wrapping up the year in festive style with our **Holiday Party at Spring Hill Vineyards (December 15th sponsored by Williams Pitt Sotheby's International Realty)** a joyful gathering that captures the best of the season.

A friendly reminder that if you are hosting Thanksgiving and have room at your table, please let us know. If you'll be spending Thanksgiving alone and would like to share the holiday with others, we'd love to hear from you too. Our goal is simple: **to bring people together so that no one has to be alone on Thanksgiving.** Let's share a meal, make new connections, and celebrate the spirit of gratitude together

Carolyn and I want to wish you and your loved ones a very happy, healthy, and peaceful holiday. We're so grateful to be part of this wonderful community and look forward to sharing more fun, friendship, and special moments with you in the new year. Wishing you all the best this holiday season!

Kindly,
Jenn

November

Lunch & Learn

November 4th at 11:30am

Healthy Smiles for Healthy Aging

Presented by CT Oral Health

Call center to sign up.

Tech Class with Lindsey Burke

November 9th at 1pm

*How to do your holiday shopping
and payments easier*

Call center to sign up.

Wreath Making

November 16th at 1pm

Call center to sign up.

Christmas Spectacular at Radio City Hall

November 18th

Call center to sign up.

Thanksgiving Senior Luncheon

November 23rd at 11:45am

Please join us for the annual Thanksgiving luncheon at Washington Primary School.

All Washington seniors are invited!

Reservations required

Please call the center by November 18th.

Crafternoon at Gunn Library

November 24th at 2pm

Greeting Cards

Call center to sign up.

Lunch & Learn

AI Presentation

November 25th at 11:30am

Call center to sign up.

December



Holiday Gift Tag Making

December 7th at 1pm

Call the center to sign up.

Holiday in the Depot

December 11th at 5:45pm

Be sure to stop by the Senior Center
to buy your raffle tickets!

The Senior Center Holiday Party

Tuesday, December 15th ~ 12-2pm

at Spring Hill Vineyards

292 Bee Brook Rd, New Preston

Join us for a catered lunch sponsored by
Williams Pitt Sotheby's International Realty.

Live music, and holiday fun!

Call center to sign up.

Lunch & Learn

December 16th at 12pm

Elder Fraud

Presented by the Division of Criminal Justice

Call center to sign up.

Holiday BINGO

December 18th at 1:30pm.

Sponsored by Marty's Cafe

Make your reservation in advance.

Prizes will be offered!

Crafternoon at Gunn Library

December 22nd at 2pm

Weaving mug rugs

Call center to sign up.

Holiday Toast Open House

December 23rd 2-4pm

Stop by while you're in town and toast the
holidays with Jenn and Carolyn.

Potluck Lunch

Build Your Own Salad

December 30th at 12pm

Call to sign up and let us know what
you will be bringing.

Wreath Making with Jenn

November 16th at 1pm

Join us for our 2nd Annual Wreath Making with
Jenn! Create your own beautiful holiday wreath
using fresh greens and a variety of fun, festive
embellishments. Enjoy a little creativity and time
spent together as we celebrate the season!

Call the center to sign up.

Holiday Trip to Radio City Music Hall to see

Christmas Spectacular!

November 18th



SEATS STILL AVAILABLE

Kick off the season in style with a holiday coach bus
trip to New York City!

Depart ~ Washington Senior Center, 7am

Return ~ Washington Senior Center, 5pm

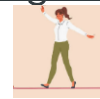
Cost ~ \$130 (includes roundtrip coach bus & show ticket!)

Seats are limited:

Reserve yours today & get in the holiday spirit!

Call the center for more info!

Connecting with Balance



Thursdays at 12:30pm

No class Nov. 26, Dec. 24 & 31

This class is FREE

It's Back! Created by the dance company Pilobolus,
Connecting with Balance is a one-hour workshop
tailored to help people of any age reconnect with
their bodies and environment. This class is open to
all levels of ability - even those who remain seated
throughout.

No previous experience is required, and no special
equipment needed.

This progressive exercise program promotes the
balance behind everything we do: from working
around the house to keeping up with grandkids.

Give it a try!

Call center to sign up!

Tai Chi with Sasha Chalif

Tuesdays 10-11am

\$10 per class

Tai Chi is designed to promote balance, health, strength, and flexibility. The slow breathing techniques and movements are designed to increase strength, agility, and promote calm.

Dancercise with Jenn

Wednesdays 2-3pm

(No Class on Nov. 18th, 25th, Dec. 23rd & 30th)

This class is free

Do you love to dance? Need a boost of energy?

We have just the thing. **Dancercise** is a fun, upbeat class that gets you moving to the music you love. Each class, participants are invited to bring three of their favorite songs. We'll build a shared playlist, press play, and dance!

This class is all about enjoying music, movement, and good company. It's a great way to stay active, lift your mood, and have fun at the same time. No dance experience needed and no pressure to do anything "right." If you can move, you can dance.

Gentle Yoga (Chair & Mat) with Jenn

This class is free.

Fridays at 10am

Be guided through gentle yoga moves that are perfect for all levels. Learn breathing and relaxation techniques to take off the mat and out into the real world. Enjoy some stretching and leave class feeling calm and rejuvenated.

Modifications (including chair) are offered during all classes.

Zumba with Emp Ochoa

Fridays at 11:30am

\$5 per class

Zumba Gold® is a class for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

The design of the class introduces easy-to-follow Zumba® that focuses on balance, range of motion and coordination.

Come ready to sweat and prepare to leave empowered and feeling strong.

Come join us, you will have a blast!

ESSETRICS with Megan Lutz

Thursdays at 10:30am

\$10 per class

ESSETRICS is a 45-minute, low-impact class combining flowing movements and stretching to improve mobility, flexibility, balance, posture, and strength. Suitable for all ages and fitness levels, this gentle class helps release tension, increase circulation, and leaves you feeling energized & refreshed.

Lunch & Learn

November 25th at 11:30am

Artificial Intelligence Scams

Artificial intelligence is making scams more convincing than ever!

From fake phone calls and text messages to impersonation scams that target our finances and loved ones. Join author **Giovanna Clash** for an informative, and easy to understand presentation on recognizing today's AI-powered scams and learning practical ways to protect yourself and your family.

Guests will learn three simple steps to stay safer: Pause, Verify, Report. Walk away feeling more informed, confident, and prepared to spot suspicious activity before it's too late.

Call center to sign up.

Lunch & Learn

December 16th at 12pm

Elder Fraud



PROTECT YOURSELF FROM SCAMMERS! Scams targeting elderly adults are on the rise!

Come join members of the **Division of Criminal Justice** for a talk about Elder Financial Fraud. The discussion will cover different types of scams that are commonly used, how to stay safe from these scams, and what to do if you find yourself involved in a scam.

Call the center to sign up.

Tech Time with Lindsey Burk

November 9th at 1pm

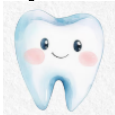
How to do Holiday Shopping (& paying) Easier

Make holiday shopping simpler and less stressful! Learn how to shop safely and conveniently online, navigate popular shopping websites, and use payment apps like Venmo and PayPal. We'll cover helpful tips for making purchases, sending and receiving money, avoiding scams, and making the most of technology during the busy holiday season. Call center to sign up.

Lunch & Learn

November 4th at 11:30am

Healthy Smiles for Healthy Aging Presented by CT Oral Health



"Healthy Smiles for Healthy Aging" is a comprehensive oral health program led by COHI for older adults. This interactive program focuses on oral health workshop sessions that include resource navigation, oral health kits, and take-home materials. It also equips caregivers and staff with education and training and provides a partner toolkit so community organizations can continue supporting older adults long-term. Call Center to sign up.

Terry Keith- Municipal Agent
860-868-0058

tkeith@washingtonct.org

Terry can help with applications for Medicare and financial/fuel assistance programs. Her office is on the bottom floor of the town hall.

Please call or email for an appointment.

Bounce Back:

Mastering the Art of Falling

Nov. 10th, 17th, & 24th

Dec. 1st, 8th, 22nd, & 29th

12:30 at Town Hall

This program is free



A movement class for older adults focused on safety, strength, and confidence. Fear of falling doesn't have to hold you back! In this fun, supportive series of classes, you'll learn practical techniques to help you fall safely and get up with ease.

Designed for seniors of all mobility levels, Bounce Back combines gentle movement, balance exercises, and practical skills to help you move with greater confidence and peace of mind.

Come join us and discover the tools you need to move safely and live more freely.

No experience required!

Call center to sign up.



Van Service for Seniors

Available weekdays for medical appointments. Transportation is limited and availability is on a first come, first serve basis. To schedule, please contact the Senior Center.

Resources

CT Department of Veterans' Affairs

<https://portal.ct.gov/dva> 860-616-3600

Locate Elder Care Resources

<https://cthelpnet.org>

Western CT Area Agency on Aging

<https://wcaaa.org> 800-994-9422

RVNAHealth 203-438-5555

Alzheimer's Association 800-272-3900

Veteran's, Suicide and Crisis Line: Dial 988

Senior Center Hours

Monday- Friday 9-4pm

The Center will be closed:

Wednesday, Nov. 11th - Veterans Day

Thursday & Friday, Nov. 26th & 27th

Thanksgiving Break

Thursday & Friday, Dec. 24th & 25th

Christmas Break

Thursday & Friday, Dec. 31st & Jan. 1st

New Years Break

Food Bank Trips

Nov. 12th

Dec. 10th

Call the center to sign up.

Senior Bus Shopping Trips

New Milford Shopping

Twice a month!!

November 5th & 19th

December 3rd & 17th

Big Y, Stop & Shop, Walmart

Bus leaves at 9am

Call the center to sign up!



Thank you to our wonderful sponsors who support our senior community!



Senior Partners

CT Gold & Silver

Good Company...*Neighbors Visiting Neighbors*

Helen Hughes

Hickory Stick Bookshop

Marty's

Washington Art Association

Anonymous

Friendly Neighbors

Aspetuck Animal Hospital

Washington Market & Liquors

Five Janes

Gunn Memorial Library

William Raveis Lifestyle Realty

Anonymous

Stephen and Nancy Lasar

Ken Cornet Memorial Scholarship

Jean Suddaby

Green Acres Lawn Service

Diane Stevens- Williams Pitt Sotheby's International Realty

Washington Senior Center

6 Bryan Hall Plaza, Washington Depot, CT 06794

860-868-0735

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cbensley@washingtonct.org

Jennifer Pote- Director
Carolyn Bensley- Associate
Jane Swigart- Driver
Nancy Obregon- Driver
Terry Keith- Social Services & Municipal Agent

Board:

Betty Hinckley- Chairman
Jane Moore - Vice Chair
Diane Stevens- Secretary
Stacie Perachi- Treasurer
Vimala Balendra
Clarinda Deitz

Be a Sponsor!

Please help to support the senior
newsletter that reaches almost 1000
community friends.
~ 6 Newsletters a year ~

Friendly Neighbor- \$125

Senior Partner- \$225

Call Jenn at the center to support.

"Enjoy yourself-it's later than you think."
Socrates

**Box 352
Washington Depot
CT 06794
CHANGE SERVICE
REQUESTED**