

Washington Senior Center Newsletter



March/April 2026~ Vol. 39 No. 2

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,

This has been the LONGEST winter on record... right? The most snow since the blizzard of 1978. I remember that one well. My mom's yellow Vega couldn't make it up our steep hill, so we had to walk home. Uphill. Barefoot. You know the rest...

I can promise you this, spring **IS** coming and when it gets here, we'll be ready.

In the meantime, we do have a few things to look forward to. First up is our annual St. Patrick's corned beef and cabbage lunch. Pete Williams and the Legion Hall put together an amazing meal that sells out every year. Be sure to reserve your seat or place your takeout order early.

Are you frustrated by all the information out there about TV streaming services? If so, join us on March 23rd and be sure to bring a notebook. Marinka Natale will share her knowledge and help you sort through the options so you can find exactly what you're looking for, without the confusion.

We'd like to give a BIG shoutout to the Lions Club for their very generous donation in support of our BINGO events. We truly appreciate their continued support. Feel free to reach out if you are interested in sponsoring!

Kindly,
Jenn

Upcoming Events & Programs



Walking Club- INDOORS

Wednesdays at 9am.
At Town Hall

BINGO

March 6th at 1:30pm

Make your reservation in advance.

Prizes will be offered!

Sponsored by Washington Lions Club.

Corned Beef & Cabbage Luncheon!

March 19th 12:00

Courtesy of the American Legion

Suggested donation: \$8

Must call the center by March 17th
for reservations/takeout orders.

Please, no walk-ins.

Lunch & Learn

March 23rd at 12:30pm

Streamlining your Streaming

Call center to sign up.

Potluck Lunch

March 25th at 12pm

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

April



Spring Crafts

Gunn Memorial Library Makerspace

April 2nd at 2:30-4pm

Visit the Makerspace for an afternoon of crafting and conversation! Transform recycled egg cartons into beautiful paper flowers and make a wreath, garland, or sign to decorate for spring.

Call center to sign up.

National Scrabble Day!

April 13th at 1pm

Sign up to play scrabble!

Lunch Date!

April 14th

Leo's in Southbury

Bus leaves at 11:30am.

Call center to sign up.

Lunch & Learn

April 22nd at 11:30am

Trusts: Everything You Wanted to Know but Didn't Know to Ask

Call center to sign up.

BINGO

April 24th at 1:30pm

Make your reservation in advance.

Prizes will be offered!

Potluck Lunch

April 29th at 12pm

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

Farm to Table Breakfast & Agriscience Tour at Shepaug

April 30th at 9-11:30am

Call center to reserve your spot.

Senior Bus Shopping Trips

New Milford Shopping

Twice a month!

March 5th & 19th

April 2nd & 16th

Big Y, Stop & Shop, Walmart, ALDI

Bus leaves at 9am

Call the center to sign up!



Lunch & Learn

April 22nd at 11:30

Trusts: Everything You Wanted to Know but Didn't Know to Ask



Is having a trust in your estate plan the best option for you? In this session, Attorney Di Minno will demystify trusts and explain why a trust may - or may not - be suitable for you and why.

First, you'll learn about some of the most common types of trusts and the purpose and benefits of each, such as protecting assets, avoiding probate, minimizing taxes, and keeping public benefits for a loved one with special needs

Whether you are new to trusts or even understand them well, you'll walk away understanding how and when to use these powerful planning tools to your advantage.

Please call the 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

This class is free

Do you love to dance? Need a boost of energy or a way to shake off the winter blues? 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

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. **This class is free.**

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® choreography 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!

Lunch & Learn

March 23rd at 12:30

Streamlining with Streaming

Presented by Marinka Natale

Feeling overwhelmed by all the streaming options out there? You're not alone. *Streamlining Your Streaming* is a practical, easy-to-follow class that will help you make sense of today's TV streaming services.

We'll cover the basics, including the difference between cable and streaming, popular platforms, and how to choose services that fit your interests and budget. You'll also pick up simple tips to avoid paying for subscriptions you don't use.

There will be time for questions, so bring your notebook and pen, if you'd like, your device. You'll leave feeling more confident and in control of your streaming choices.

Marinka lives in New Preston and is the principal advisor at LynxIQ where she helps individuals and organizations navigate complex technology ecosystems with clarity and purpose. Her work focuses on helping others simplify, understand, and use technology in practical ways that support everyday life.
Call center to sign up.

Senior Center is looking for BINGO

Sponsors!

Our monthly BINGO is one of the most popular events at the Senior Center, bringing lots of laughter, connection, and friendly competition.

After more than five wonderful years, we recently lost our longtime sponsor, and we're now looking to build a new list of local sponsors right here in Washington.

Prizes are what make BINGO extra fun, and we've become great at curating ones our members truly enjoy. If you or your business would be interested in sponsoring a BINGO event or donating prizes, we'd love to hear from you. Please contact the Senior Center for more information.



**Farm to Table Breakfast & Tour
at Shepaug!**

April 30th 9-11:30am

Enjoy a student-led tour of the Agriscience Program at Shepaug followed by a delicious lunch prepared by students.

This wonderful opportunity is open to all Region 12 senior citizens.

Space is limited, call the center to reserve your spot!

**All participants must enter in the front of building and meet by the front office.



Van Service for Seniors

Available weekdays for medical appointments. Transportation is limited and availability is on a first come, first serve basis.

For the courtesy of all, please be ready at pick-up time.

To schedule, please call the Senior Center.

**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

**EXCITING NEWS!
Walking Club
Wednesdays at 9am**



During the month of March (and maybe part of April) join the walking club INSIDE the Town Hall meeting room and get your steps in!

Why brave the wind and freezing temps when you can walk the big room with friends and not have to bundle up.

Call the center to sign up!

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.

If school has a delayed opening or early dismissal, the senior center will hold its regular business hours. If the center should remain open in questionable weather, consider safety first and remain home.

**Does DMV frustrate you?
We can help!**



~ Driver's license expired?

~Need to schedule an appointment online?

Come into the Senior Center and we will help you with your DMV needs.

Websites of Interest

CT Department of Veterans' Affairs
<https://portal.ct.gov/dva>

Western CT Area Agency on Aging
<https://wcaaa.org> 1-800-994-9422

Locate Elder Care Resources
<https://cthelpnet.org>

Newsletters

If you prefer your newsletter to be emailed,
please call the center.

Also, you can pick up a copy at the senior
center, including monthly calendars.



Senior Center Hours

Monday- Friday 9-4pm
The Center will be closed:

April 3rd ~ Good Friday



Food Bank Trips

March 12th & 26th

April 9th & 23rd

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*

Hickory Stick Bookshop

Washington Art Association

Anonymous

Helen Hughes

Diane Stevens- Williams Pitt Sotheby's International Realty

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

Washington Senior Center

6 Bryan Hall Plaza, Washington Depot, CT 06794
860-868-0735

jpote@washingtonct.org
cbensley@washingtonct.org

Jennifer Pote- Director
Carolyn Bensley- Associate
Jim Babiyan- 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.

"I'm sorry for the things I said when it was Winter."
-Unknown

Box 352
Washington Depot
CT 06794
CHANGE SERVICE
REQUESTED