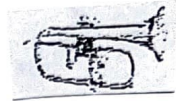


Willington Senior Center
20 Senior Way
Willington, Ct. 06279
860-429-8321

Button Shop Bugle



Monthly Newsletter
January 2023

Happy New Year

**Our Mission: to bring seniors together to provide and promote
needful social, educational, cultural and health programs.**

Willington Seniors, Inc. Executive Board Members

President: Burt Zenowitz

1st Vice President: Dottie Wittenzellner

2nd Vice President: *Vacant*

Treasurer: Joseph Piatek

Assistant Treasurer: Betty Robertson

Secretary: *Vacant*

Assistant Secretary: *Vacant*

Willington Seniors, Inc. Committees

Advisory and Suggestions: *Vacant*

Banquet: Burt Zenowitz, Joseph Piatek

Building: *Vacant*

Kitchen: Claudia D'Agata

Membership: Shirley Beyor

Programs: *Vacant*

Publications: Dorothy Wittenzellner, Roxanne Navratil, Shirley Beyor

Publicity/Website: Nan King

Technology/Computers: Edward D'Agata

Transportation: Joseph Piatek

Trips: Nan King

Veterans: Joseph Rondeau



We send our very best wishes to Joseph LaChappelle and Mary Goodrich.

Important Phone Numbers

In an Emergency.....9-1-1
Dept. of Emergency Services & Public Protection.....1-860-685-8190
CT Poison Center.....1-800-222-1222
United Way Information Line.....2-1-1
Red Cross.....1-877-287-3327

Happy New Year!

I hope the New Year finds you all healthy. Please take note that while we are still having bread from Big Y and Mobile Foodshare, it is still drive through. Please remain in your vehicles. We will help you get the food you would like. Thank you for your understanding, and for helping to keep our volunteers and the Foodshare staff safe!

We will keep you updated on the new programming at the Senior Center. Nan King has some great ideas and plans in this coming year.

Stay safe and healthy!

Burt H. Zenowitz,

President Willington Seniors, Inc



Lunch with a Good Book

January 10, 2023

11:00 AM

Bring a sandwich and something to share

We will discuss "Getting Rid of Matthew" by Jane Fallon

Celebrate Valentin's Day with a heartwarming book. February 14th we will discuss "Dewey the Library Cat" by Vicki Myron and Bret Witter, a true story about a stray cat that brought joy to a small town. This book is perfect for winter reading.

Need a copy to read? Call the Willington Public Library 860-429-3854

Hi Everyone!

Happy New Year!

Let me first inform you that the wonderful Nan King is now the new Senior Center Coordinator! Nan is available Monday through Friday 9-2 at the Center, and is diligently working on developing programming and assisting with needs of our senior community! We are so glad to have you in this new role!

I also wanted to thank our wonderful community for all of the hats and mittens and scarves that were donated on the Mitten Tree! We have 128 donations this year, which is the most EVER! Thanks to Laurel Millix and to Moe Stapleton for organizing this, setting it up, and getting the donations to my department to distribute.

I think I mentioned this before, but I have long since stopped having new year's resolutions. Instead of quitting something, I resolve every year to TRY something NEW! This year, I am going to try a few things:

- 1) Go somewhere I have never been
- 2) Learn a new recipe and perfect it
- 3) Try out a new hobby

I think this puts a positive spin on the new year, and makes me look forward to it. I will let you all know how it goes and what I end up doing!

Stay safe and warm this month, and I will see you all soon!

© Jennie

January Birthdays

Birthstone – *Garnet*

Flower – *Carnation*

January 1 Carol Caisse
January 2 Michael LaPierre
January 6 Robert Ogden
January 11 Bill Brousseau
January 14 Nancy Maguire
January 17 Jeanne Monty
January 25 Gerald Hall
January 26 Joseph LaChappelle



Last month's cake was delicious!

January Anniversaries

There are no anniversaries this month.

All members are invited to join us for cake and ice cream at the Senior Center on **Wednesday, January 4th at 12:30 PM** to celebrate the January birthdays. Don't miss out on this special treat and special time to socialize with other members. See you on the 4th!

FREE!

FREE!

FREE!



Please stop by the Senior Center and see what's on our free table! We switch things up frequently, so please stop in between 9:00 AM and 2:00 PM weekdays and take a look. Yes, these items are free, but we always welcome donations. Thank you, and hope to see you soon!



Hello everyone, and Happy New Year!

I'm thrilled to be here as your new Senior Center Coordinator. In this new position, I hope to be a help to all Willington seniors and a liaison to the greater community. I am still part of the Willington Department of Human Services, and I can answer many questions about Human Services programs such as FoodShare, the Food Pantry, Renter's Rebate, and Energy Assistance. Stop by the Senior Center and say hello!

My primary goal for this year is to draw in our current Willington Seniors and to grow the membership of the Willington Seniors, Inc. I will be holding at least one Open House this year, starting in early spring, and I'm certain that we will see some new faces along with some familiar ones.

I'm also planning many new programs and events that will roll out this year. I hope to bring back a few favorites, such as Chair Yoga and computer classes. I'd like to start a weekly blood pressure screening, and I'm also working on finding a podiatrist for monthly foot care. Programs like Board Game Break, Coffee Klatsch, Stitch Niche, and other social times are also in the works. If there are programs you'd love to see, leave a note in our lobby suggestion box or let me know!

Our first new program will be Weekly Wellness, a series dedicated to health and wellness for seniors, Fridays at 11:30 AM in the Senior Center. Our first meeting will be on Friday, January 13th, and our topic will be arthritis. We'll talk about the most common forms of arthritis, typical arthritis treatments, and how to self-advocate with your doctor's office.

Have a wonderful month, and I look forward to seeing you all this year!

Nan King
Senior Center Coordinator

Changes to Note:

Movie time is now the Morning Movie, Thursdays at 10 am.

Craft activity is now Craft Workshop, Tuesdays at 12:30 pm.

TRIPS are suspended until further notice.

If you have an idea for a future trip, drop it in our suggestion box or let Nan know.

Weekly Wellness, Friday 11:30 AM	Morning Movie, Thursday 10 AM	Craft Workshop, Tuesday 12:30 PM
Jan. 13 Arthritis	Jan. 12 <u>The Secret of Roan Inish</u>	Jan. 10 Suncatchers
Jan. 20 Foot Care	Jan. 19 <u>Pride and Prejudice</u>	Jan. 17 Scrap Fabric Magnets
Jan. 27 Healthy Sleep Habits	Jan. 26 <u>The Electrical Life of Louis Wain</u>	Jan 24 Easy Flower Baskets
		Jan 31 Zentangle 2



Willington Seniors, Inc. needs YOU!

UPCOMING CALL FOR OFFICERS

Ballots to nominate officers for all Willington Seniors, Inc. Executive Board positions for the next fiscal year will be included in the March Bugle. We are also in need of committee chairpersons. Volunteering is a great way to connect with your community. Come to our General Meetings, on the 3rd Wednesday of the month, to learn about these and more volunteer opportunities.

RECIPE OF THE MONTH

Apricot Walnut Bread From the kitchen of Jeanne Monty

2 cups Bisquick
1 cup quick cooking oatmeal
 $\frac{3}{4}$ cup sugar
1 tsp. baking powder

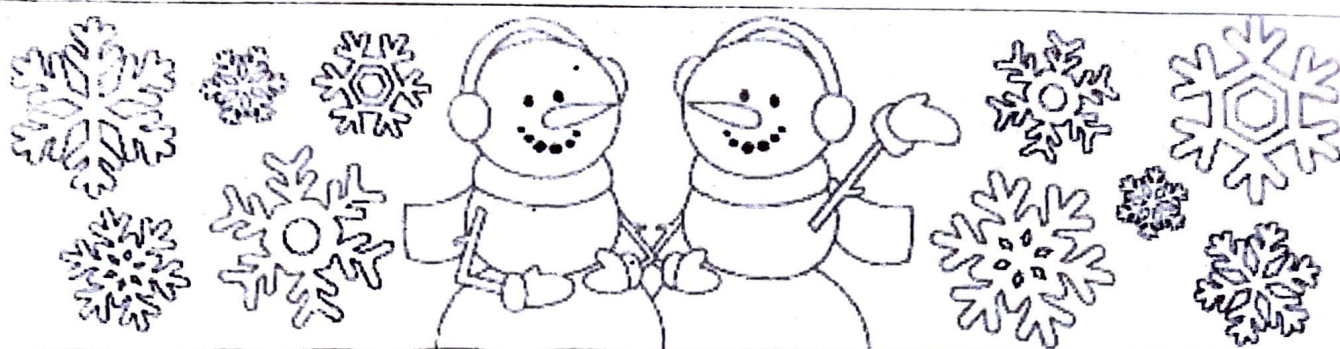
1 cup snipped dried apricots
1 cup chopped walnuts
1 well-beaten egg
1 $\frac{1}{4}$ cups milk

Stir together first 4 ingredients. Mix in apricots and walnuts. Combine egg and milk and add to dry ingredients. Beat 30 seconds. Bake for 1 hour at 350 degrees in a 9x5x3 pan. This is so delicious!



IMPORTANT TOWN OF WILLINGTON PHONE NUMBERS

Animal Control	(860) 428-4422
Assessor's Office	(860) 487-3122
Board of Selectmen and First Selectwoman	(860) 487-3100
Building Department	(860) 487-3123
Burning Official	(959) 929-4181
Elections Department	(860) 487-3120
Financial Office	(860) 487-3139
Fire Marshal	(959) 929-4181
Human Services	(860) 487-3118
Land Use Department	(860) 487-3123
Parks and Recreation	(860) 487-3108
Public Works	(860) 684-9313
Senior Center	(860) 429-8321
Tax Collector	(860) 487-3111
Town Clerk	(860) 487-3121
Treasurer	(860) 487-3133



WINTER

WORD SEARCH

M I X P B E D Z Q T D D W M R Z R L T F
 S N V O L U X K N E V N E Q T N S P E N
 N K O C M E L T K Z B O N C F Y Q B K S
 P T I J V L G A U P M K U N E C V G N W
 S C D I N B L I Z Z A R D E B M P H A I
 I X Q P N F P G U S Q A Q A R B B O L N
 T U V L W G L R I J L M X U U S O E B T
 E Q F O L Z L E D W A E V F A S M W R E
 G C N M X A U H F D U F D T R X R I S R
 M S A A S H B O B Z M H F H Y W H T E S
 F U X L S N O W I N G T O V C J G W T W
 S I S L P E F W O D M T S H O V E L A E
 R N W E V E Y R L N C L I I Z P X V K A
 E I O Y V R R O A O S L N E Z O R F S T
 T C U W A O C I C C L P G Q A Z A P E E
 A E O U M O L O F Y S T X I D N G U C R
 E T N C N A A G G A V A F Z N D W E I P
 H A L O P F N C F E W O O J W N J A G U
 J L E P M O Q G V Z F C E E T S S X X S
 Y R E P P I L S T S O R F M K C B P S M

BLANKET
 BLIZZARD
 BOOTS
 CHILLY
 COAT
 COLD
 DECEMBER
 FEBRUARY
 FIREPLACE
 FROST
 FROZEN
 GLOVES
 HEATER
 HOT COCOA
 ICE
 ICE SKATES
 ICICLE
 JANUARY
 MELT
 SCARF
 SHOVEL
 SKIING
 SLED
 SLIPPERY
 SNOWING
 SNOW BALL
 SNOWFLAKE
 SNOWMAN
 SWEATER
 WINTER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2 (NO line dancing)	3 10:00 Tai Chi	4 10 to 12 Ladies Pool 11:00 Food Share 12:30 Birthday/Anniv 1:30 Bingo 7:00 Men's Pool	5 1 to 3 Craft Social	6 10:00 Tai Chi 1:00 Wii Bowling	7 7:00 Setback
8	9 1:00 Line Dancing	10 10:00 Tai Chi 11:00 Lunch with a Good Book 12:30 Craft Workshop (Suncatchers)	11 10 to 12 Ladies Pool 12:30 Exec. Bd. 7:00 Men's Pool	12 10:00 Morning Movie (The Secret of Roan Inish) 1 to 3 Craft Social	13 10:00 Tai Chi 11:30 Weekly Wellness (Arthritis) 1:00 Wii Bowling	14 7:00 Setback
15	16	17 10:00 Tai Chi 12:30 Craft Workshop (Scrap Fabric Magnets)	18 10 to 12 Ladies Pool 11:00 Food Share 12:30 Gen. Meeting 7:00 Men's Pool	19 10:00 Morning Movie (Pride + Prejudice) 1 to 3 Craft Social	20 10:00 Tai Chi 11:30 Weekly Wellness (Foot Care) 1:00 Wii Bowling	21 7:00 Setback
22	23 1:00 Line Dancing	24 10:00 Tai Chi 12:30 Craft Workshop (Easy Flower Baskets)	25 10 to 12 Ladies Pool 11:00 Food Share 12:30 Bingo 7:00 Men's Pool	26 10:00 Morning Movie (Electrical Life Louis Wain) 1 to 3 Craft Social	27 10:00 Tai Chi 11:30 Weekly Wellness (Healthy Sleep Habits) 1:00 Wii Bowling	28 7:00 Setback
29	30 1:00 Line Dancing	31 10:00 Tai Chi 12:30 Craft Workshop (Zentangle 2)	Happy New Year			