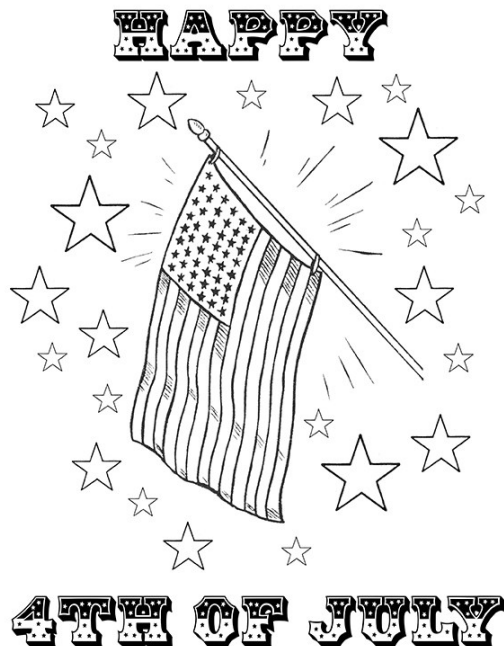


Willington Senior Center  
20 Senior Way  
Willington, CT 06279  
(860) 429-8321

# Button Shop Bugle

Monthly Newsletter  
July 2023



***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  
1<sup>st</sup> Vice President: Dottie Wittenzellner  
2<sup>nd</sup> Vice President: *Vacant*  
Treasurer: Joseph Piatek  
Assistant Treasurer: Claudia D'Agata  
Special Asst. to Treasurer: Norma Rondeau  
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: Nan King  
Publications: Nan King  
Publicity/Website: Nan King  
Technology/Computers: Edward D'Agata  
Transportation: Joseph Piatek  
Trips: Nan King  
Veterans: Joseph Rondeau

### **Willington Seniors, Inc. Annual Membership Renewal**

Thank you to everyone who so promptly returned their membership form and fee for this fiscal year (7/1/23 – 6/30/24).

The annual membership fee of \$10.00 includes free delivery of the *Bugle* to your home. If you have not already done so, please either mail your form (in the return envelope provided in last month's *Bugle*) or drop it off in the secure mail slot outside the front door or the mailbox inside next to the office. Membership cards will be mailed out by the end of July.

**Please note:** Members 90+ years old are granted Honorary status, which waives the annual membership fee. Honorary members do not need to fill out and submit the membership form, unless there have been changes to your mailing address, phone number, or emergency contact in the past year.

Please check out the calendar in the back of the *Bugle* to see all the exciting new programs and activities that the Center is offering. Stop by, get involved, or just relax and make new friends!

Thank you!

Shirley Beyor, Membership Chair

## Happy July!

Hello everyone, I wanted to wish you a Happy 4<sup>th</sup> of July! Thank you to everyone who came to our banquet and to those who helped to set up and break down. We hope everyone who came enjoyed it.

This month, we have a new Nutrition Program for Seniors starting on Thursday, July 6th, at 11 am. Come find out about easy meals, snacks, nutrition, and more!

Don't forget to join us for our Ice Cream Social on July 19<sup>th</sup>! Come eat delicious Dairy Bar ice cream and visit with friends. We're also preparing for our Annual Members' Barbeque, coming on August 16th. There are lots of opportunities to enjoy each others' company this summer — check out our Calendar to see what's happening, and call or drop by the Center for more information.

Burt H. Zenowitz

President, Willington Seniors, Inc.

## ENJOY DESSERT AT THE WILLINGTON SENIOR CENTER ICE CREAM SOCIAL!

**WEDNESDAY, JULY 19TH, 2023, 1 PM**

**LET'S COOL OFF FROM THE SUMMER HEAT!**



Come to a short Willington Seniors, Inc. General Meeting, enjoy a variety of delicious UConn Dairy Bar ice cream with assorted toppings (sugar-free ice cream available), and socialize with your friends!

## WILLINGTON SENIORS, INC. MEMBERS' FREE BARBEQUE

TO SHOW OUR APPRECIATION FOR OUR WILLINGTON SENIORS, INC.  
MEMBERS, PLEASE JOIN US FOR A *FREE* BARBEQUE!

**DATE: AUGUST 16, 2023—TIME: 12 NOON**

### MENU

**BARBEQUE CHICKEN, SOUTHERN-STYLE PULLED PORK, SEASONAL MIXED VEGETABLES, SMOKEHOUSE BAKED BEANS, PASTA SALAD, COLESLAW, CORNBREAD AND ROLLS, WATERMELON AND CANTALOUPE**

**Drinks: Coffee, Lemonade, Iced Tea, Bottled Water**

Please sign up below **by AUGUST 9, 2023**, and send to Willington Seniors, Inc., 20 Senior Way, Willington, CT 06279 OR put in one of our Senior Center drop boxes. This will assure there will be plenty for everyone to eat!

MEMBERS' NAMES: \_\_\_\_\_, \_\_\_\_\_



## Nan's News

Hello everyone, and welcome to the heat of summer! June was muggy and rainy; I wonder what July will bring? Hopefully it will bring me some tomatoes!

We have a lot of programs to offer this summer. We're continuing with many of our regular programs, such as Tai Chi and Craft Workshop. Some programs, like Line Dancing and Cornhole, are suspended for July — however, feel free to come by and practice or play.

**SNAP-ed for Seniors:** A new program for July is the **UCONN SNAP-ed for Seniors nutrition classes!** Beginning July 6th at 11 AM and continuing each Thursday in July (7/13, 7/20, & 7/27), our friend and UCONN Community Nutrition Outreach Educator Krissy Anderson will be here to talk nutrition, including meals for one or two, healthy snack options, eating well on a budget, and much more! She'll be bringing recipe ingredients to demonstrate and taste test. The program is **FREE** to all Seniors, so come on by! **Please register** by stopping by the Center or calling me at 860-429-8321.

**Tuesdays** beginning at 10 AM is our regular **Tai Chi** practice with Leslie and Bob Letendre, Join for easy stretches and movement to strengthen your core and help your balance. Tai Chi is also held on Fridays from 10-11 AM.

**Craft Workshop** in July will begin with Easy Aprons on **Tuesday**, July 11th. Then, we move on to Jewelry Making! We will be making Soda Can Earrings on July 18th, and end with Easy Beadwork on July 25th. All materials are provided, and no registration is necessary, so pop in and see what we're all about!

**Wednesdays**, our **Bread Distribution** is now at the Senior Center on a drive-through only basis from 9:30-10:30 AM. Residents of Button Hill and Willington Woods may walk in after 10:30 for a choice selection of items.

**Bingo** continues in July on the first and fourth **Wednesdays** of the month, at 2 PM and 12:30 PM respectively.

**Thursdays** begin on July 6th with our **SNAP-ed Nutrition for Seniors** at 11 AM. The well-known **Craft Social** begins at 1 pm — stop by with a craft, grab a beverage, and stay for some chit-chat. **Men's Pool has moved to Thursdays at 7 pm** — don't miss it!

Our very popular **Chair Volleyball** continues on **Fridays** at 11:15 AM, right after **Tai Chi**. This program is fun for everyone — the trick is to NOT leave your chair! Come check it out! **Wii Bowling** is also set for **Fridays** at 1 pm — if you love to bowl, swing by and see if you can beat our champions' high scores!

Please note that the Senior Center will be **CLOSED** on Monday, July 3rd, and Tuesday, July 4th, for the Independence Day holiday.

Have a wonderful month, stay cool, and stop in to say hello!

Nan King  
Senior Center Coordinator

## **July Birthdays**

Birthstone—Ruby  
Flower—Larkspur

July 3 Joseph Rondeau  
July 5 John LaMattina  
July 6 Claudia D'Agata  
July 12 Sophie Parizek  
July 13 Lieselotte Provost

July 16 Lynn Grimason  
July 21 Christine Swenson  
July 30 Barbara Smith  
July 31 Leslie Letendre  
July 31 Claudia Nunn



## **July Anniversaries**

July 7 Joseph & Norma Rondeau  
July 14 Robert & Leslie Letendre  
July 30 David & Barbara Dion

Please join us for cake and ice cream at the Senior Center on  
**Wednesday, July 5th at 1 PM**  
to celebrate the July birthdays and anniversaries!



We extend our sincere sympathy and condolences to the family and friends of Wilbur Gangaway, who passed away recently. Wilbur served for many years as President of the Willington Seniors, Inc., and will be missed by everyone who knew him.

## **FREE TABLE**

There are lots of goodies, including jewelry, knick-knacks, and candles, on our FREE TABLE at the Senior Center. We also have many houseplants still available. Please stop by and take one home!



**TAG  
SALE**

# Tag Sale

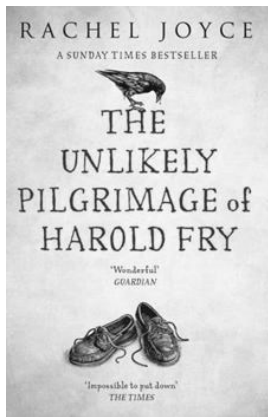
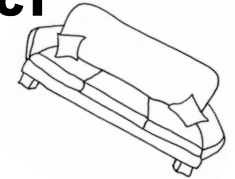
**Friday, July 7th, & Saturday, July 8th  
8 AM-3 PM**

**Betty Robertson**

**Button Hill Housing, 16F Senior Way, Willington, CT**

**Phone: 860-429-3451**

**Bedroom Furniture — Cedar Chest — Couch  
Recliner — And More Items!**



## Lunch with a Good Book

A simple man with a good heart walks the length of England in order to visit a failing friend.

At the same time, both he and his wife individually review the journey of their life together.

The people he meets and the decisions he makes reveal his strength of character.

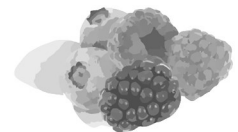
Tuesday, July 11, 2023 — 11 AM

Bring a lunch and something to share....

UConn College of Agriculture, Health and Natural Resources Presents



## SNAP-ed for Seniors



### LESSONS IN

- Eating well for seniors
- Heart healthy meals for 1 or 2
- Savory soups
- Cooking and seasoning with herbs
- All-star senior snacks
- Eating well on a budget
- Fitness fun
- Evaluating dietary supplements



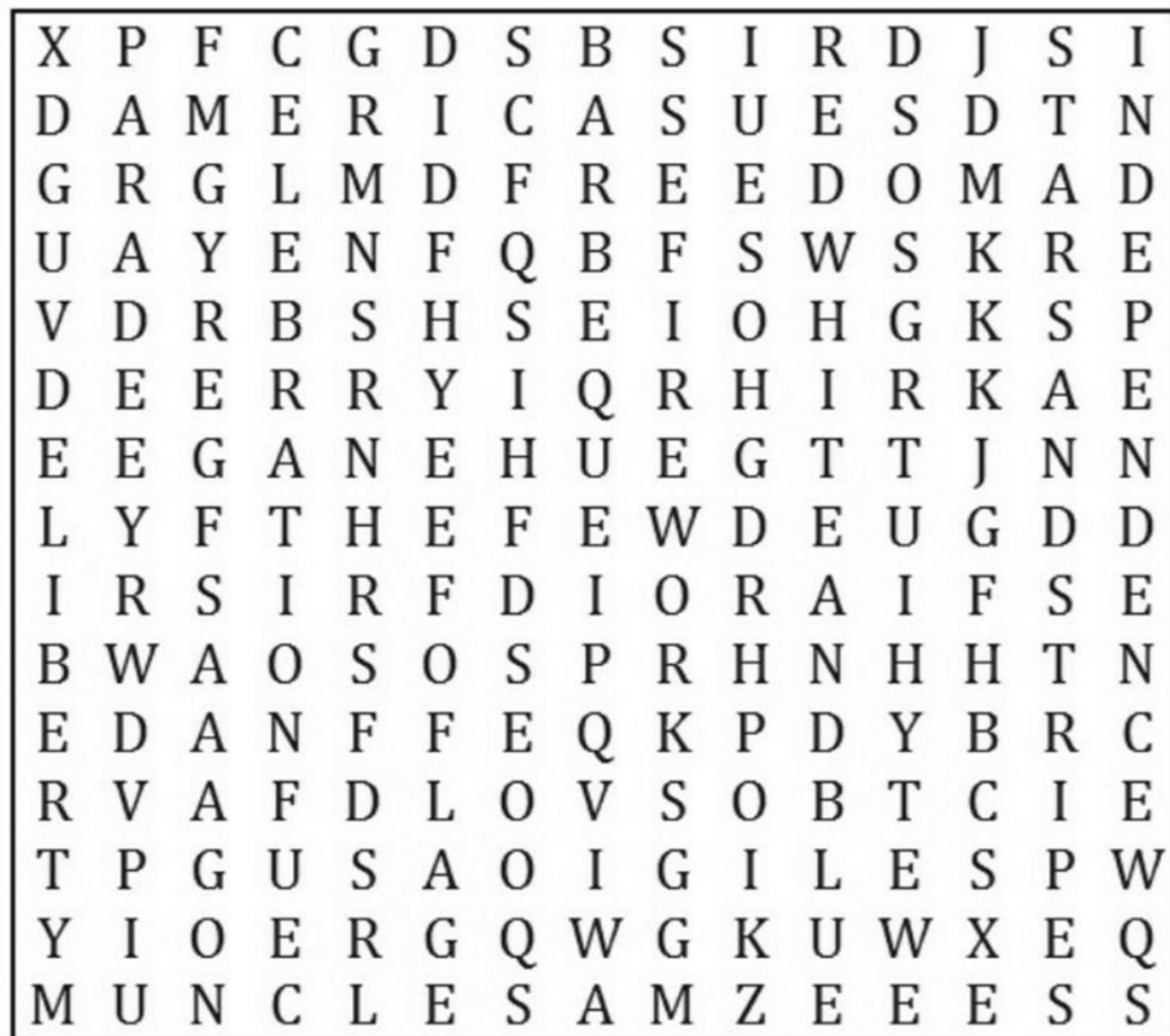
*Willington Senior Center*

**Thursdays in July — July 6th, 13th, 20th, & 27th, 11 AM**



# 4th of July

Word Search



America  
Barbeque  
Celebration  
Fireworks  
Flag  
Freedom  
Independence

Liberty  
Parade  
Red White and Blue  
Stars and Stripes  
Uncle Sam  
USA

# July 2023

# Happy 4th of July!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 CLOSED for the 4th of July Holiday	4 CLOSED for the 4th of July Holiday	5 9:30 Bread & Pastry 11 AM FoodShare 1 pm Birthdays and Anniversaries 2 PM Bingo	6 11 AM SNAP-ed Nutrition for Seniors 7 PM Men's Pool	7 10 AM Tai Chi 11:15 Chair Volleyball 1 PM Wii Bowling	8
9	10	11 9:30 AM Wal-Mart 10 AM Tai Chi 12:30 Craft Workshop: Easy Aprons	12 9:30 Bread & Pastry 1 PM Executive Board	13 11 AM SNAP-ed 7 PM Men's Pool	14 10 AM Tai Chi 11:15 Chair Volleyball 1 PM Wii Bowling	15
16	17	18 10 AM Tai Chi 12:30 Craft Workshop: Pop Can Earrings	19 9:30 Bread & Pastry 11 AM FoodShare 1 PM General Meeting & <u>Ice Cream Social</u>	20 11 AM SNAP-ed 11:30 Lunch Bunch: Sophia's 7 PM Men's Pool	21 10 AM Tai Chi 11:15 Chair Volleyball 1 PM Wii Bowling	22
23	24	25 10 AM Tai Chi 12:30 Craft Workshop: Easy Beadwork	26 12:30 PM Bingo	27 11 AM SNAP-ed 7 PM Men's Pool	28 10 AM Tai Chi 11:15 Chair Volleyball 1 PM Wii Bowling	29
30	31					