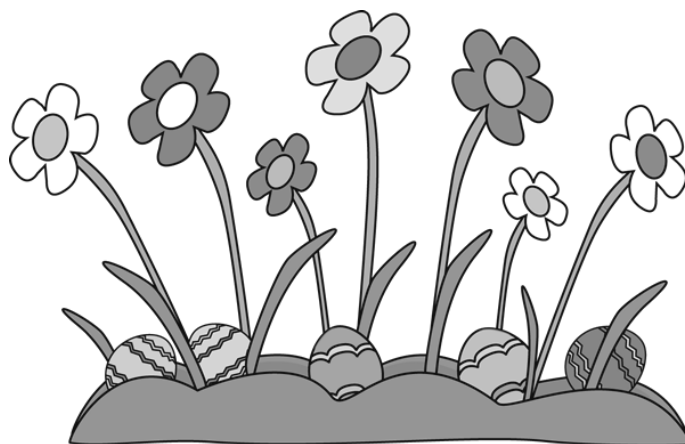
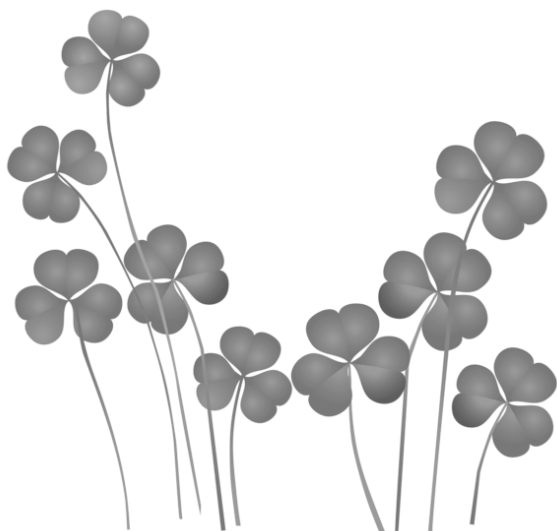


Willington Senior Center
20 Senior Way
Willington, CT 06279
(860) 429-8321

Button Shop Bugle

Monthly Newsletter
March 2024



HAPPY ST. PATRICK'S DAY! & Happy Easter!

***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 J. Piatek, Jr.
Assistant Treasurer: Norma Rondeau
Special Asst. to Treasurer: Claudia D'Agata
Secretary: Julie Engelke
Assistant Secretary: *Vacant*

Committees

Advisory and Suggestions: *Vacant*
Banquet: Burt Zenowitz, Joseph J. Piatek, Jr.
Building: *Vacant*
Fundraising: Julie Engelke
Kitchen: Claudia D'Agata
Membership: Shirley Beyor
Programs: Nan King
Publications: Nan King
Publicity/Website: Nan King
Technology/Computers: Edward D'Agata
Transportation: Joseph J. Piatek, Jr.
Trips: Nan King
Veterans: Joseph Rondeau

President's Message, March 2024

Hello Everyone,

I hope you've all been keeping warm the past month. I hope March brings us some less bitter weather, and that spring comes sooner rather than later this year!

We had a great Valentine Breakfast in February, with a record number of attendees. Thanks to all of our wonderful volunteers, who make our breakfasts and banquets possible! We've scheduled all the banquets and breakfasts for the year, so be sure to check out our upcoming events and programs on Page 4 of the Bugle.

Have a wonderful March,

Burt Zenowitz

President, Willington Seniors, Inc.



We extend our sincere sympathy and condolences to the families and friends of George Pippin and Dorothy Daley, who passed away recently.

IMPORTANT NOTICE!

If Willington Schools are closed all day on a Wednesday due to inclement weather, we will postpone the bread and pastry distribution to the next day (Thursday) from 10 am-11 am at the Willington Senior Center. You will need to park your vehicle and come inside the Center.

If **FoodShare** is normally scheduled for a Wednesday when the Willington Schools are closed due to weather, it will be cancelled and resume at its next regularly scheduled day and time.

A two-hour delay of school openings will not affect the regularly scheduled food distribution. Please watch for weather announcements and school closings on your TV, on news websites, or on the Town's website at www.willingtonct.gov.

Willington Seniors Fund Raising Committee

By Julie Engelke

The Committee put together beautiful Valentine's Day baskets for a two-for-one drawing at the Seniors' Valentine Breakfast along with the popular 50/50 drawing. We earned \$279.00 for our funds. Thank you to all the volunteers who donated goods for the baskets, and a special shout out to Dot Dot for the professional basket display. Our next meeting is on March 6, 2024, at 1:30 PM. Please note the change in time. The agenda will include planning for a tag sale for April so please bring your ideas and a willingness to help get the show on the road.

See you then,
Julie

Town of Willington Important Phone Numbers

In an emergency, call 911 for assistance.

| Department | Phone |
|----------------------------------|----------------|
| Animal Control _____ | (860) 428-4422 |
| Board of Selectmen _____ | (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 Services _____ | (860) 429-8321 |
| Tax Collector _____ | (860) 487-3111 |
| Town Clerk _____ | (860) 487-3121 |
| Treasurer _____ | (860) 487-3133 |
| Willington Assessor _____ | (860) 487-3122 |
| Email: Kfishman@willingtonct.gov | |
| Email: Nsnyder@willingtonct.gov | |
| Willington Senior Center _____ | (860) 429-8321 |
| Email: nking@willingtonct.gov | |

**HELP
WANTED**

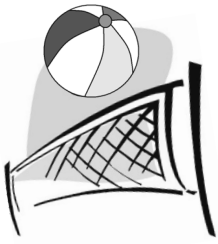
WANTED: Chair Yoga Instructor Exercise Class Instructor

The Willington Seniors are looking for instructors to lead our seniors in fun and energizing group classes one day a week.
Please call Nan at 860-429-8321 or email nking@willingtonct.gov for details.

MARCH EVENTS AND PROGRAMS

SPECIAL PROGRAMS

March 7: Learn to Play the Ukelele, 10-11 AM
March 12: Blood Pressure Screening, 11A M-12 PM
March 28: AARP Safe Driver Course, 9 AM-1 PM



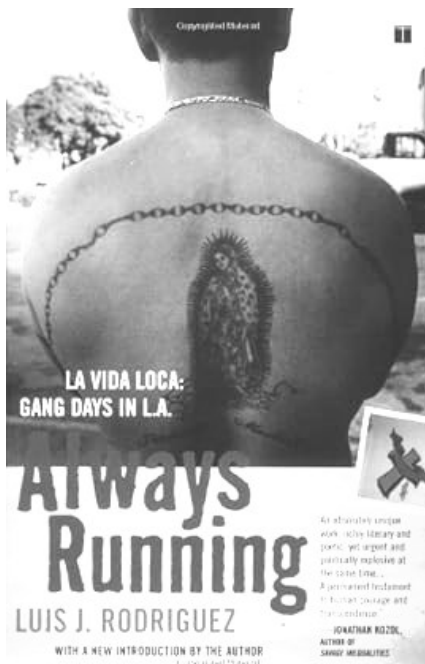
REGULAR PROGRAMMING

Mondays: 1 PM Line Dancing, 2 PM Cornhole
Tuesdays: 10 AM Tai Chi; 12:30 PM Craft Workshop
Wednesdays: 10-11 AM Bread Distribution at the Town Office Building,
Thursdays: 1 PM Setback; 1-3 PM Craft Social/Scrapbooking; 7 PM Men's Pool
Fridays: 10 AM Tai Chi; 11:15 AM Chair Volleyball

ADD THE FOLLOWING DATES TO YOUR 2024 calendar!



April 20, 2024: Spring Breakfast — open to the public — pay at the door
June 12, 2024: Annual Banquet (installation of officers) – sign up will be in the Bugle
July 17, 2024: Annual Ice Cream Social – no sign up necessary
August 21, 2024: Barbecue – sign up will be in the Bugle
October 12, 2024: Third Breakfast of the year - open to the public – pay at the door
December 11, 2024: Holiday Banquet – sign up will be in the Bugle



Lunch with a Good Book

Always Running by Luis J. Rodriguez

By age twelve, Luis Rodriguez was a veteran of East Los Angeles gang warfare. Lured by a seemingly invincible gang culture, he witnessed countless shootings, beatings, and arrests, and then watched with increasing fear as gang life claimed friends and family members. Before long, Rodriguez saw a way out of the barrio through education and the power of words and successfully broke free from years of violence and desperation. Achieving success as an award-winning poet, he was sure the streets would haunt him no more—until his young son joined a gang...

At times heartbreakingly sad and brutal, *Always Running* is ultimately an uplifting true story, filled with hope, insight, and a hard-earned lesson for the next generation.

SENIOR CENTER SPRING BREAKFAST!

SATURDAY, APRIL 20, 2024

8:30 AM-10:30 AM

Open to the public. \$7 per person to be paid at the door.

One lucky person will find a free voucher for the next breakfast in their sleeve of plasticware! 50-50 Drawing!

HOPE TO SEE YOU HERE!

MENU:

- BACON OR HAM OMELETS
- HASH BROWN POTATO PATTIES
- WITH CHEDDAR CHEESE,
- SAUSAGE LINKS
- PEPPERS, AND ONIONS
- REGULAR COFFEE, DECAF
- SCRAMBLED EGGS
- COFFEE, HOT TEA, ORANGE
- BLUEBERRY OR PLAIN PANCAKES
- JUICE, BOTTLED WATER.
- TEXAS TOAST OR RAISIN BREAD
- FRENCH TOAST

SAVE THE DATE

FOR THE 3RD ANNUAL

Spring Afternoon Tea

FRIDAY, MAY 10TH, 3-5 PM

WILLINGTON SENIOR CENTER

~ A little bit of England Here At Home ~

Party Attire Encouraged but Not Obligatory

Registration Required - Call the Senior Center at 860-429-8321 to register





Nan's News, March 2024

Hello everyone, and happy almost spring! Can you tell I can't wait for the seasons to change? Spring officially begins at the equinox, on March 19 this year, and I'm looking forward to longer days and more sunshine. Of course, we are in New England, and we can never tell when the last snowstorm will be! I'm keeping my fingers crossed that we really do only have a couple of weeks to go before spring is here.

Highlights for the month:

March brings some great activities and programs to the center. Our **Learn to Play the Ukulele** program is on March 7 from 10-11 AM. Be sure to register soon if you want to join us! Instructor Julie Stepanek is sure to provide a fun and engaging class.

The **FREE Blood Pressure Screening** is scheduled again for this month, since last month's was canceled because of snow. This one is scheduled for March 12 from 11 AM to 12 PM. Get your blood pressure taken, and learn how to use the Center's blood pressure cuffs. The cuffs will then be available for anyone's use during our normal hours.

The **AARP Safe Driver** course returns to the center on March 28. The class runs from 9 AM to 1 PM, and is taught by veteran instructor Judy Plantier. She will refresh your memory on the rules of the road, and with this course under your belt, you should be able to save money on car insurance. The class is \$20 for AARP members, and \$25 for non-members, payable by check or in cash on the day of the event.

Regular programming

Line Dancing and **Cornhole** continue on Mondays, at 1 PM and 2:15 PM respectively. Come and join us for some fun and games.

Tai chi is on Tuesdays and Fridays from 10 to 11 AM. Stretch your body and strengthen your core!

Tuesdays is also our craft workshop. We start with St. Patrick's Day Banners on March 5th, create Glass Gem Bottle Lights on March 12th, fashion Straw Hat Door Hangers on March 19th, and conclude with Scrapbooking on March 26th. All materials are provided, and the workshop is free.

Come play **Bingo** on the first and fourth Wednesday of the month, beginning at 12:30. Bring your pennies and ante up for some fun.

Thursday afternoon is our usual **Craft Social**, from 1 to 3 PM. Are you interested in **scrapbooking**? Come join us for a **weekly scrapbooking session** during that time! if there is enough interest, we can make this a year-round thing.

Also at 1 PM on Thursdays is **Setback**, now joined by **Cribbage**! If you don't know how to play, we'll teach you.

7 PM Thursdays is **Men's Pool**. If there is enough interest, we can restart **Ladies' Pool** as well!

Be sure to check out Page 4 for upcoming events!

Our next **Seniors' Breakfast** is set for April 20th, 8:30-10:30 AM, and our **3rd Annual Spring Afternoon Tea** will be held on Friday, May 10, from 3 to 5 PM.

Hope to see you all soon!

Nan King

Senior Center Coordinator

860-429-8321

nking@willingtonct.org

March Birthdays

Birthstone: Aquamarine

Flower: Daffodil and Jonquil

March 4 Lewis Strong
March 4 Loretta Carlson
March 17 Kathleen Bechta
March 18 Elsie Hlobik
March 19 Paul Janovicz
March 24 Betty Haddad
March 24 Cyndi Demers

March 25 Irene Hipsky
March 27 Shirley Beyor
March 29 Nancy Nowak
March 30 Margaret William
March 31 Kathleen Migliozi
March 31 Pamela LaMattina



March Anniversaries

| | |
|-------------------------|----------|
| Wayne & Gloria Passardi | March 10 |
| Lynn & Marjorie Brown | March 22 |
| James & Nancy Humphrey | March 31 |

FREE TABLE: MARCH

NEW THIS MONTH: INSPIRATION STATION!

All articles at the NEW Inspiration Station are FREE!

Everything on the Free Table is FREE! Greeting cards, puzzles, jewelry, wreaths, clothing, plants, yarn, paintings, floral arrangements — ALL FREE! Donations are always welcome. Stop by between 9:00 AM and 2:00 PM weekdays and take a look. Even if you have a lot of stuff at home, you may see something that would make a great gift!

Thank you and hope to see you soon!

LEARN TO PLAY THE UKELELE!

UKELELE CLASS WITH JULIE STEPANEK

Thursday, March 7th, 10-11 AM.

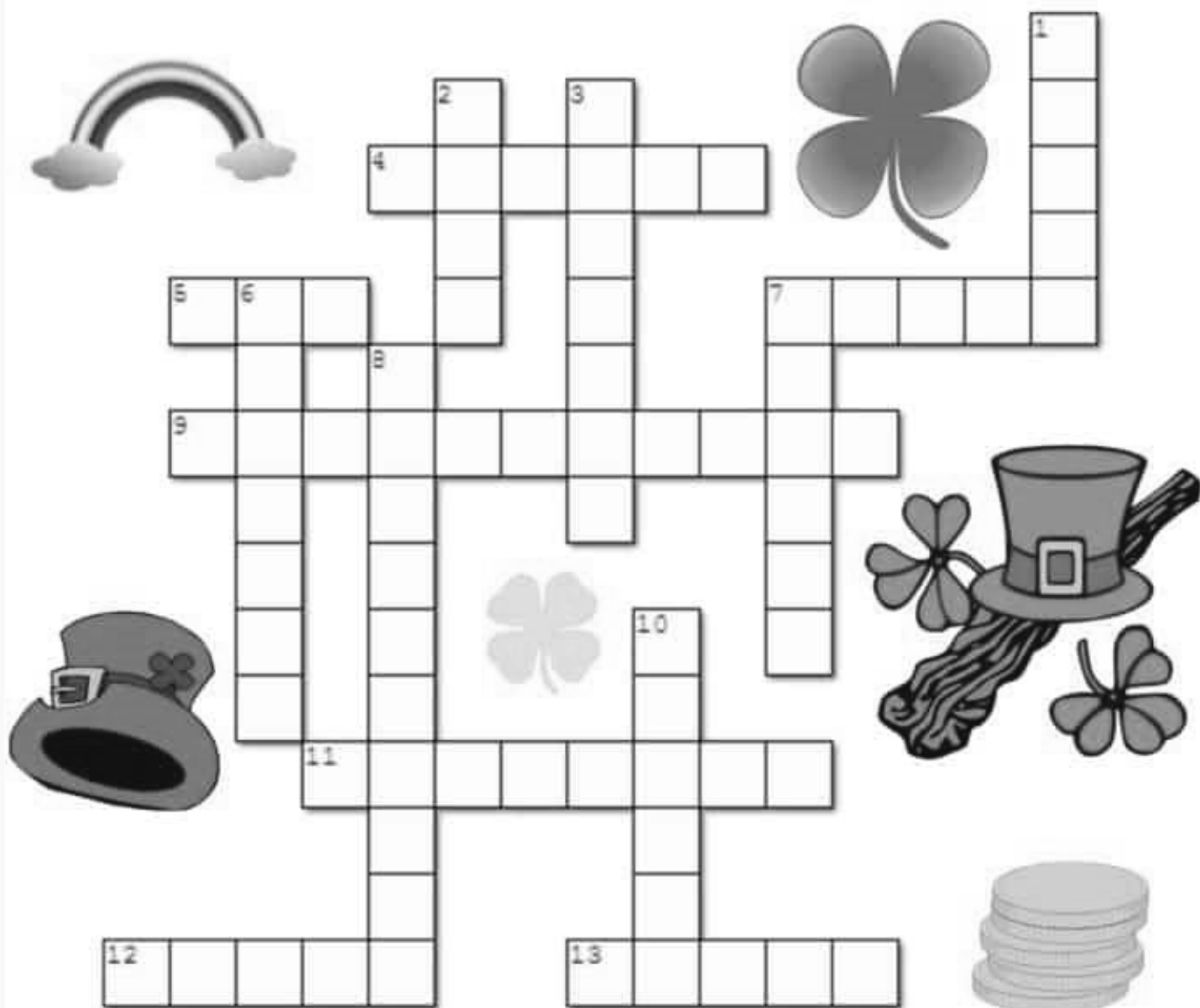
Ukeleles will be provided, or bring your own!

Registration required. The class will be capped at 24,
so be sure to register early!

Sign up at the Senior Center or call Nan at 860-429-8321 to register.



ST. PATRICK'S DAY CROSSWORD PUZZLE





Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____

March 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|---|-----|
| 31 | Feb 26 1 PM Line Dancing 2:15 PM Cornhole | Feb 27 10 AM Tai Chi 12:30 Craft Workshop: Scrapbooking | Feb 28 10 AM Bread & Pastry 11 AM FoodShare | Feb 29 1 PM Setback 1-3 PM Craft Social 7 PM Men's Pool | 1 10 AM Tai Chi 11:15 Chair Volleyball | 2 |
| 3 | 4 1 PM Line Dancing 2:15 PM Cornhole | 5 10 AM Tai Chi 11 AM Lunch w/a Good Book 12:30 Craft Workshop: St. Patrick's Day Banners | 6 10 AM Bread & Pastry 12:30 Bingo 1:30 Fundraising | 7 10-11 am Learn the Ukelele 1 PM Setback 1-3 PM Craft Social 7 PM Men's Pool | 8 10 AM Tai Chi 11:15 Chair Volleyball | 9 |
| 10 | 11 1 PM Line Dancing 2:15 PM Cornhole | 12 9:30 AM Walmart & Savers 10 AM Tai Chi 11AM Blood Pressure Screening 12:30 Craft Workshop: Bottle Gem Lights | 13 10 AM Bread & Pastry 11 AM FoodShare 1 PM Executive Board | 14 1 PM Setback 1-3 PM Craft Social 7 PM Men's Pool | 15 10 AM Tai Chi 11:15 Chair Volleyball | 16 |
| 17 St. Patrick's Day  | 18 1 PM Line Dancing 2:15 PM Cornhole | 19 10 AM Tai Chi 12:30 Lunch Bunch: To Be Determined 12:30 Craft Workshop: Straw Hat Door Hangers | 20 10 AM Bread & Pastry <u>1 PM GENERAL MEETING</u> | 21 1 PM Setback 1-3 PM Craft Social 7 PM Men's Pool | 22 10 AM Tai Chi 11:15 Chair Volleyball | 23 |
| 24 | 25 1 PM Line Dancing 2:15 PM Cornhole | 26 10 AM Tai Chi 12:30 Craft Workshop: Scrapbooking | 27 10 AM Bread & Pastry 11 AM FoodShare 12:30 Bingo | 28 9-1 AARP Safe Driver 1 PM Setback 1-3 PM Craft Social 7 PM Men's Pool | 29 CLOSED for Spring Holiday | 30 |
| 31  Easter Sunday | | | | | | |