



88 East Albert St. Torrington, CT 06790 • (860) 489-2211

Hours: Center 8 am. - 5 pm. Office 9 am. - 4 pm. • Open Monday - Friday (Closing at 4 pm. on Friday)

Get Free Help with Your Tax Return

at the Sullivan Senior Center

You may call for an appointment with a certified Tax-Aide counselor beginning Monday, December 27th at 860.489.2211

Appointments will be scheduled Wednesdays, February 9—April 6

AARP Tax-Aide, a free program, provides income tax preparation assistance for low and middle-income taxpayers of all ages, with special attention to those 60 and older here at the Sullivan Senior Center. Tax-Aide volunteers are trained to assist with filing the 1040 Form and the more standard of the schedules, including Schedules A and B. **Taxpayers with complex returns, for example, real estate transactions and multiple financial transactions are advised to seek paid tax assistance.**

If married, both husband and wife should be present during an income tax counseling session. Taxpayers must have available during their meeting with the Tax-Aide counselor all information & documents that have been received that apply to their 2021 income taxes including:

- All 2021 income report forms that have been received:
 - SSA-1099, Social Security Benefit Statement
 - RRB-1099-R, US Railroad Retirement Board forms
 - All 1099 forms [(1099-G, 1099-INT, 1099-OID, 1099-DIV, 1099-R, 1099-B, 1099-S, 1099-MISC) *Form 1099-G is not mailed. If you received unemployment you will have to print out this form.*]
 - W-2, Wage and Tax Statement forms
 - W-2G, Certain Gambling Winnings forms
 - Form 1444, Economic Impact Notice for the \$1,400 (\$2,800 if married) received in 2021.
- Copy of 2020 income tax return.
- Proof of identity (picture or other documentation)
- Social Security or Individual Taxpayer ID numbers for all household members.
- A check book so that any refund due can be direct deposited.
- Documents that relate to deductible expenses.
- Form 1095-A—Health Insurance Marketplace Statement (only applies to people who purchased health insurance through the Health Insurance Marketplace “Affordable Care Act”)
- Original cost of assets sold during 2021
- Cost basis of stocks or bonds sold during 2021. If you do not have this information you should obtain it from your broker or other financial consultant.

AARP Tax-Aide is a program of the AARP Foundation, offered in conjunction with the IRS.

Harwinton residents please call the Harwinton Library 860.485.9113



Services for the Elderly Commission

Edward Wilmot, Chairperson • John Riggs, Vice-Chairperson
 Mary Ann Berlinski, Recording Secretary
 Raymond Aeschliman • Arthur Mattiello • Jeanne McGarrity • Gloria Novak
Alternates: Michael Gardinello • Dennis Pezze • Tina Vanini
 Candy Perez, Winsted Rep

Your Staff at the Sullivan Senior Center

Joel Sekorski, <i>Director</i>	MaryAnn Messenger, <i>Chore Program</i>
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Charlotte Friedland, <i>Office Assit. Per Diem</i>	Marie Wilusz, <i>Chore Program</i>
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Karen Bentley, <i>Thrift Shop</i>	Keith Hall, <i>Van Driver</i>
Don MacLeod, <i>Volunteer Trip Coord.</i>	Bruce Johnson, <i>Van Driver</i>
Evelyn Lukes, <i>Volunteer Coordinator</i>	David Lemieux, <i>Van Driver</i>
Rhonda Bascetta, <i>Chore Program</i>	Joe Quartiero, <i>Van Driver</i>
Lucy Field, <i>Chore Program</i>	James Quinn, <i>Van Driver</i>
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Sally Clark
Sandra Deneault
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Nikolay Vasilyev
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Helene Vierps

January 09

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Fay Gomes
Barbara Jansson
Helen Kelleher

January 10

Cheryl Dawson
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Dennis Frenette
Daniel Gerardi
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Ronald McNamee
Claire Roe
Marjorie Saunders

January 11

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Marion Newkirk
Bill Richards
Sandra Ross
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Emilia Smith
Allan Syrett
Beatrice Torsiello

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Jean Dziedzic
Gloria Franco
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Viola Molitor
Vernon Noad
Reginald Rose

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Edna DeAngelo
Joan Delayo
Donna Filous
Jim Jerram
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Donna Smith

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Salvacion Loyola
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Stephen Watson

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Andrew Cambo
Yelitza Hernandez
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Richard Walton

January 18

Gina Bergmann
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Patricia Marshall
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Carol Gee
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Sandra Silano
Irene Stolfi
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Vianna Currier
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Robert Lecko
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January 21

Theodora Bechard
Daniel Brownell
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Richard Jernigan
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MaryAnn Neagle
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Selma Scatena
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January 22

Richard Boisclair
Peter Bronzi
Iris Ferrero
Renate Higgins
Bernard Hughes
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Lucille Lynch
Sharyn Nickerson
Thomas Soja

January 23

Donna Broggi
Maria Russo Cote
Patricia Duong
William Gemetro
Joann Jeanfavre
Barbara Kowaleski
Chester Reis
Nancy Silvester
Patricia Wald
Jean Wallace

January 24

Doris Borzino
Ann DellaValle
Donna Devlin
Maureen Elmendorf
Emily Olson
Roland Orth
Madaline Pavlik
Thomas Welch

January 25

Judith Casper
Christina Cliff-Lataif
Phil Dzurmak
Linda Eastman
Linda Grieco
Martha Lecko
Lisabeth Milewski
Susan Pagel
Rosalie Strano

January 26

Janice Bacon
Laurette Ely
Mary Hieftje
Walter Kowalski
Elizabeth Lohnau
Jean Rochelt
Louise Spino
Joseph Zubrowski

January 27

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Shirley Carr
Marie Heerz
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Lois Myers

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Carol Washington
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Gordon Benedict
Shirley Birge
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Emil Gianni
Sandra Hunt
Stanley Jagora
Robert Kirschner
Joan Murphy
David Van Deusen

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Joan Battistoni
Marilyn Bernier
Ronald Blake
J. Arthur Coffill
William Creighton
Ann Harris
Tom Larmett
May Louchen
Robert McGill
Janet Thacker
Mary Lou Trivaudey

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GRAND TOTAL
282

New Members



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Pamela Green

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**2021 is your year to join our
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Play is easy to learn, fast paced and FUN! Remember the good time you had when you bowled at the alley? Join the league and make new memories. Even if you never bowled you can easily learn how to play.

Wii Bowling is played on the Nintendo Game System. The controller is easy to use. The experience is just like that of a real bowling alley! Our players will welcome you in and teach you all you need to know!

Call us to learn more—860.489.2211.

Beautiful Things Gold & Silver
in the Dining Room
January 13, 2022

Turn your gold & silver pieces into cash while raising funds for the Sullivan Senior Center!

Please call 860.489.2211 to schedule your appointment.

We are not allowing walk ins at this time.

Bring in all forms of gold or silver jewelry, flatware, tea sets, and coins (silver dollars, half dollars, quarters and dimes pre-1964). Be paid well above jeweler's prices and you will be paid cash on the spot!

The Senior Center will benefit too! The Senior Center will receive 10% of the total paid out at the end of the day.

Building Protocols

We must follow guidelines as directed to us from the officials of the City of Torrington.

"All visitors are required to wear a mask or other face covering that covers your mouth and nose while in City of Torrington Public Buildings. Remember to maintain Social Distancing of a least 6 feet while in the building."

We are following this rule at the Sullivan Senior Center. Please wear your mask at all times while in the Center.

Please remember:

- ⇒ No more than 3 people in the restrooms at one time
- ⇒ Enter the building through the door where your activity is held or the door closet to your activity
- ⇒ Beverages should be in a covered container, please do not bring food or candy to share

Curbside Pickup 11:30—12:00 If you are later than noon you can park your vehicle and come in to pick up your meal until noon (unless you make special arrangements for a later pickup).

We continue to follow the guidance of the CDC regarding Seniors. Thank you for your patience and support during this time.



We are so grateful for your support.

Thank you to all who purchased pies in support of our Chore and Transportation programs. To date the profit from the pie sale is an overwhelming **\$1,106.**

HAPPY NEW YEAR!

Movies at The Sullivan Senior Center

Reservations are required—Space is limited—Note reservation dates below.

*** Reserve your spot by calling us at 860.489.2211 ***

“Apache Junction”

Mon., January 10 at 1:30 p.m.

Reservations open 01/03



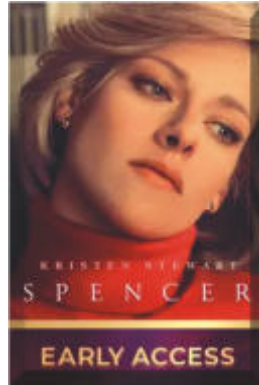
A big city reporter arrives to write an article on the town and becomes a target, when a notorious gunslinger comes to her aid. She has to entrust her future to a man with a deadly past

Stuart Townsend, Thomas Jane, Trace Adkins, Victoria Pratt
NR 1h 35m.

“Spencer”

Mon., January 31 at 1:30 p.m.

Reservations open 01/17



The marriage of Princess Diana and Prince Charles has long since grown cold. Peace is ordained for the Christmas festivities at the Queen's Estate. But this year, things will be profoundly different. This movie is an imagining of what might have happened during those few fateful days.

Kristen Stewart, Timothy Spall
R 1h 57m.

Movies will be shown in the All Purpose Room. No food please.

Dear Bowman Gardeners,

Do not discard your gently used unwanted items. In the Spring of 2022 a tag sale will be held at the Gardens.

Although we have been very fortunate to have received donations from the community both monetary and with materials, we could also raise funds for the enhancements we enjoy. Items such as mulch, electricity and hanging flower baskets for the pavilion. The Gardens require maintenance as well, such as replacing the boards of the Garden beds as the boards age.

Any suggestions or help putting this together is welcome. Please leave your name and number with the front office staff at the Senior Center 860.489.2211, and I will get in touch with you.

Thank you!
Rose DeMaria

P.S. I still have note cards left if interested.



Thank You



We cannot be more grateful to Big Y World Class Market

for surprising us with a donation of hand sanitizer. Dozens of pump bottles that we can distribute to our members and clients.

Thank you Big Y for thinking of the members of your community with this generous gift!

2022

ENERGY ASSISTANCE PROGRAM

Assistance is available for eligible people who need help paying winter heating bills. Applications will be processed at the Sullivan Senior Center for people age 60 and over. When applying **copies** of the following must be provided and **will not be returned**:

- Proof of all **CURRENT** income, last **4 weeks** pay stubs if employed, interest & dividends, pensions & social security (Please bring your **2021** benefit letter from Social Security)
- Latest Eversource electric bill
- Latest Eversource gas bill or latest fuel vendor statement or delivery receipt
- Latest rent receipt if heat is included with rent payment.

Income Guidelines

Single—\$39,025 / Couple \$51,035

Call the Center at 860-489-2211
to schedule your appointment.

If you are under age 60, call
(860) 496-0622 for an appointment.

Applicants are
not required to
disclose liquid
assets this year.



Hartford HealthCare
at Home

Presents a **Veterans Social**

at **George's Restaurant**

1203 East Main Street, Torrington

Held the 4th Wed. of each month at 10:30 a.m.

Each month will host a guest speaker.

Menu items will be available for you purchase.

Reservations are not required.

Masks are encouraged.

Grief Support Group

Friday mornings, 9:30 a.m.—11:00 a.m.

For info Call Eileen L. Epperson 860.605.6576

1st & 3rd Wednesday of the month

6:00—7:30 p.m.

For info Call Catherine Vlasto, 860.309.2350

*Meeting on Zoom and in person
Group does not meet at the Sullivan Senior Center*

This is a free gift to the Community from
Friends of Hospice, Inc.

WEATHER CLOSINGS & CANCELLATIONS

This winter season, when a forecast calls for snow that could make roads and sidewalks unsafe, the Senior Center will not rely solely on school closings and delays to make the decision to cancel services.

- **Assisted Medical Transportation:** If a decision is made to cancel Medical Transportation you will be notified with a phone call.
- **Chore Services:** The Chore Worker will use their own judgement
- **Senior Center Activities:**
 - ◇ **School Closings:** If schools are closed the activities at the Sullivan Senior Center are cancelled.
 - ◇ **School Delays:** If school is delayed, only **Chair Exercise**, the **Arthritis Foundation Exercise Program** and the **Parkinson's Exercise Class** will be **CANCELLED**. All other activities, including lunch, will be held as scheduled.
- **Curbside Meals and Meals on Wheels:** Please see the information on Page 16.

Staff reports to work unless conditions warrant the Mayor
to close all City Buildings.

Please listen to WZBG 97.3 FM or watch Channel 3 WFSB TV
for up to date information.

Blood Pressure Screening

With Visiting Nurse & Hospice
of Litchfield County

Held the 3rd Thurs. of each
month 10:30 –11:30 a.m.

Appointment required!

No walk ins please.

Call 860.489.2211

**If calling the Center for
the Chore Program or the
Assisted Medical
Transportation Program
please call 860.489.2580**



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MONDAY	TUESDAY	WEDNESDAY
<p style="text-align: right;">3</p> <p>8:20 ... Chair Exercise with DVD's 9:00 ... Cribbage 9:30 & 10:45 Arthritis Found. Ex. Prog— call 860-496-6660 1:15 ... 6-Handed Pinochle</p>	<p style="text-align: right;">4</p> <p>8:30 ... Foot Clinic—Foothills VNA <i>Call 860.379.8561 for appt.</i> 9:30 ... Craft Group 11:15 & 12:30 Parkinson's Exercise Class—860.496.6660 12:30 ... Stamping & Embossing 1:15 ... Pinochle 2:30 ... Yoga with Wendy (860) 459-8537 Reg. Required: bendywendy100@gmail.com 5:00 ... Tai Chi</p>	<p>9:00 ... Wii Bowling 9:30 ... Silver Belles & Bea 12:30 ... Computer Lessons 1:00 ... Quilting 1:30 ... Golden Groove w/F</p>
<p style="text-align: right;">10</p> <p>8:20 ... Chair Exercise with DVD's 9:00 ... Cribbage 9:30 & 10:45 Arthritis Found. Ex. Prog— call 860-496-6660 1:15 ... 6-Handed Pinochle 1:30 ... Movie: "Apache Junction" Reservation required—See Page 5</p>	<p style="text-align: right;">11</p> <p>8:30 ... Foot Clinic—Foothills VNA <i>Call 860.379.8561 for appt.</i> 9:30 ... Craft Group 11:15 & 12:30 Parkinson's Exercise Class—860.496.6660 12:30 ... Stamping & Embossing 1:15 ... Pinochle 2:30 ... Yoga with Wendy (860) 459-8537 Reg. Required: bendywendy100@gmail.com 5:00 ... Tai Chi</p>	<p>9:00 ... Wii Bowling 9:30 ... Silver Belles & Bea 12:30 ... Computer Lessons 1:00 ... Quilting 1:30 ... Golden Groove w/F</p>
<p style="text-align: right;">17</p> <p style="text-align: center;">Closed <i>in observance of</i> Martin Luther King, Jr. Day</p>	<p style="text-align: right;">18</p> <p>8:30 ... Foot Clinic—Foothills VNA <i>Call 860.379.8561 for appt.</i> 9:30 ... Craft Group 11:15 & 12:30 Parkinson's Exercise Class—860.496.6660 12:30 ... Stamping & Embossing 1:15 ... Pinochle 2:30 ... Yoga with Wendy (860) 459-8537 Reg. Required: bendywendy100@gmail.com 5:00 ... Tai Chi</p>	<p>9:00 ... Wii Bowling 9:30 ... Silver Belles & Bea 1:00 ... Quilting 1:30 ... Golden Groove w/F</p>
<p style="text-align: right;">24</p> <p>8:20 ... Chair Exercise with DVD's 9:00 ... Cribbage 9:30 & 10:45 Arthritis Found. Ex. Prog— call 860-496-6660 1:00 ... Srvs for the Eld. Comm Mtg—Main Room 1:15 ... 6-Handed Pinochle</p>	<p style="text-align: right;">25</p> <p>8:30 ... Foot Clinic—Foothills VNA <i>Call 860.379.8561 for appt.</i> 9:30 ... Craft Group 11:15 & 12:30 Parkinson's Exercise Class—860.496.6660 12:30 ... Stamping & Embossing 1:15 ... Pinochle 2:30 ... Yoga with Wendy (860) 459-8537 Reg. Required: bendywendy100@gmail.com 5:00 ... Tai Chi</p>	<p>9:00 ... Wii Bowling 9:30 ... Silver Belles & Bea 1:00 ... Quilting 1:30 ... Golden Groove w/F</p>
<p style="text-align: right;">31</p> <p>8:20 ... Chair Exercise with DVD's 9:00 ... Cribbage 9:30 & 10:45 Arthritis Found. Ex. Prog— call 860-496-6660 1:15 ... 6-Handed Pinochle 1:30 ... Movie: "Spencer" Reservation required—See Page 5</p>	<p style="text-align: center;"><i>Whatever the new year has in store we'll be in it together. Happy New Year to our Members & Clients!</i></p>	<p> There are world so w brated first fireworks o Harbour in Sydney, New Smaller nations, such as also claim to have the first</p>

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WEDNESDAY	THURSDAY	FRIDAY
<p>5</p> <p>lux —by Appt., Call</p> <p>Robyn—\$4</p>	<p>6</p> <p>8:30 ... Chair Exercise with DVD's 9:00 ... Bridge ... Wood Carving 9:30 ... Line Dancing with Joan 11:15 & 12:30 Parkinson's Exercise Class—860.496.6660 1:15 ... BINGO, \$1 for 2 Cards, Register @ 860.489.2211 1:30 ... Art Club 2:30 ... Chair Exercise with DVD's</p>	<p>7</p> <p>9:00 ... Chess 9:15 ... Canasta 9:15 ... <i>Advanced Italian—1/14</i> 9:30 & 10:45 Arthritis Found. Ex. Prog— call 860-496-6660 1:15 ... Mexican Train 1:15 ... 9/5</p>
<p>12</p> <p>lux —by Appt., Call</p> <p>Robyn—\$4</p>	<p>13</p> <p>8:30 ... Chair Exercise with DVD's 9:00 ... Bridge ... Wood Carving 9:15 ... <i>Conversational Italian—1/12</i> 9:30 ... Line Dancing with Joan 11:15 & 12:30 Parkinson's Exercise Class—860.496.6660 1:15 ... BINGO, \$1 for 2 Cards, Register @ 860.489.2211 1:30 ... Art Club 2:30 ... Chair Exercise with DVD's</p>	<p>14</p> <p>9:00 ... Chess 9:15 ... <i>Advanced Italian—2/14</i> 9:15 ... Canasta 9:30 & 10:45 Arthritis Found. Ex. Prog— call 860-496-6660 1:15 ... Mexican Train 1:15 ... 9/5</p>
<p>19</p> <p>lux Robyn—\$4</p>	<p>20</p> <p>8:30 ... Chair Exercise with DVD's 9:00 ... Bridge ... Wood Carving 9:15 ... <i>Conversational Italian—2/12</i> 9:30 ... Line Dancing with Joan 10:30 ... BP Screening Appointment Required 11:15 & 12:30 Parkinson's Exercise Class—860.496.6660 1:15 ... BINGO, \$1 for 2 Cards, Register @ 860.489.2211 1:30 ... Art Club 2:30 ... Chair Exercise with DVD's</p>	<p>21</p> <p>9:00 ... Chess 9:15 ... <i>Advanced Italian—3/14</i> 9:15 ... Canasta 9:30 & 10:45 Arthritis Found. Ex. Prog— call 860-496-6660 1:15 ... Mexican Train 1:15 ... 9/5</p>
<p>26</p> <p>lux Robyn—\$4</p>	<p>13</p> <p>8:30 ... Chair Exercise with DVD's 9:00 ... Bridge ... Wood Carving 9:15 ... <i>Conversational Italian—3/12</i> 9:30 ... Line Dancing with Joan 11:15 & 12:30 Parkinson's Exercise Class—860.496.6660 1:15 ... BINGO, \$1 for 2 Cards, Register @ 860.489.2211 1:30 ... Art Club 2:30 ... Chair Exercise with DVD's</p>	<p>28</p> <p>9:00 ... Chess 9:15 ... <i>Advanced Italian—4/14</i> 9:15 ... Canasta 9:30 & 10:45 Arthritis Found. Ex. Prog— call 860-496-6660 1:15 ... Mexican Train 1:15 ... 9/5</p>
<p>24 time zones around the globe where is the New Year celebration? It is said that the first New Year's Eve display goes off in Sydney, New South Wales, Australia. Other celebrations in Tonga, Samoa and Kiribati.</p>		<p>Torrington Area Parkinson's Support Group Saturday, January 29, 10AM to noon. Speaker: TBD Topic: TBD For further information call Sue at 860.489.1677 or Carol at 860.482.4610</p>

Beautiful Things
Gold & Silver
(Page 4)



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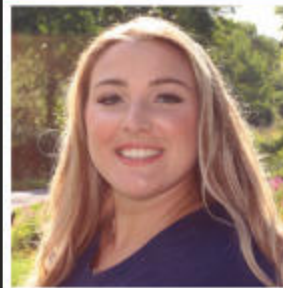
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Community Caring



Subaru Share the Love 2021 With Stephen, Joe, David, Jason, and Rob from Gengras Subaru of Torrington

We are so lucky to have such an amazing partner in **Gengras Subaru of Torrington**. They lent us some of their staff to help us serve meals for Thanksgiving and Christmas, and even rode along with a few of our Meals on Wheels drivers and helped hand meals out! They've been friendly and kind and have chipped in with whatever we've asked of them! Thank you so much Gengras for all of your support!



Tuesday Morning Craft Class

**Bonnie, Daphne, Diane,
Judy, Kay, Linda, Pinky,
Phyllis, and Sharon**

These crafty ladies crocheted like crazy this year to make **136 hats, 2 scarves, 6 blankets, and some slippers** for the local community!

The Hats were donated to the Fire Department for Toys for Tots, and the Blankets and Slippers to fire victims.

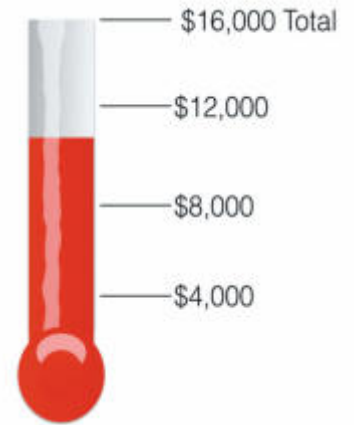
Amazing work ladies!



Thank You

The Litchfield Hills/Northwest Elderly Nutrition Program would like to thank **The Marion Wm. And Alice Edwards Fund** and **The Draper Foundation Fund**, a fund of the **Northwest Connecticut Community Foundation**, for their generous **\$1000 Critical Needs Grant**. The grant will provide 230 shelf-stable emergency meals to 115 local homebound seniors most in need. The meals are designed to be kept on hand in the event the program is unable to deliver due to inclement weather. We are very grateful to have been selected.

The Elderly Nutrition Program would like to extend a heartfelt **THANK YOU** to all those who contributed to our **Twelfth Annual Thanksgiving X 365** campaign. With donations from multiple caring local businesses, the tight-knit Litchfield County community, along with the valued partnership with the **Klebe Community** and the **Klebe Cares** match program, this campaign is looking to be a success! If you haven't contributed, and would like to, there is still time! A donation in any amount is appreciated. Thank you for your continued support in helping Meals on Wheels continue to provide nutritious meals to homebound seniors throughout the Litchfield County!



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com





Spectacular Super Bowl Stromboli!

Pickup on Friday, February 11th between 3-4PM

To Benefit Meals on Wheels and the Nutrition Program Holy Moly, we're making Stromboli! Support the Meals on Wheels and Nutrition Programs on Friday, February 11th with scrumptious, personal sized strombolis, rolled up and baked by Joel and Brooke! Perfect to bring to a Super Bowl party, the **Meat Lover's Stromboli** will be filled with Ham, Pepperoni, Salami, and Mozzarella, and the **Vegetarian Stromboli** will be stuffed with Spinach, Ricotta, and Mozzarella. Both will be served with home made Marinara Sauce!

Name: _____ Phone: _____

	Cost:	Quantity	Total
Meat Lover's Stromboli	\$6	_____	x \$6= _____
Vegetarian Stromboli	\$6	_____	x \$6= _____
	Total:		_____

Orders with payments must be received by Tuesday, February 8th

Call the Nutrition Office at 860-482-4151 with any questions, or stop into Nutrition Monday—Friday 9AM—3PM to place your order!

In the event we are closed for inclement weather on February 11, Pickup will take place Monday, February 14th between 3-4PM

The Goodness of Homemade Soup

When the temperatures outside reach freezing levels, nothing will warm you up like a bowl of soup! Unlike hot caffeinated beverages that leave you dehydrated, soup nourishes you from within and helps increase your core body temperature. A bowl of your favorite soup will warm you from inside out on a cold chilly night, keeping you toasty warm!

Soup is a quick, hot meal that offers plenty of health and lifestyle benefits. They give your immune system a boost, they're inexpensive and easy to prepare, they're an easy way to get your fruits and veggies in, and they're easy to freeze and reheat later for leftovers.

The ease of soup preparation means that you can throw a variety of ingredients into a slow cooker in the morning before you leave for work—or the Senior Center!—and return home to a delicious meal in the evening. Using a slow cooker or a pressure cooker means that you can prepare a delicious homemade soup in just 5-10 minutes—the amount of time it would take you to chop up your ingredients and throw them in the pot, while you let the cooker do the rest of the work! You can customize your soup recipes based on what you have in the fridge and pantry, so when your carrots or celery start to look a little wilted in the fridge, chop them up and toss them into the pot! That leftover chicken from dinner the other night? Shred it up and throw that in too!

The healthiest soups include fresh, low-fat ingredients and a minimum of salt and extra fat. You can use



Immune Boosting Chicken Soup

Ingredients

2 tbsp Olive Oil
 1 onion, chopped
 3 large celery stalks, chopped
 2 large carrots, peeled & chopped
 1 cup mushrooms, sliced
 10 cloves garlic, minced
 8 cups chicken stock
 2 bay leaves
 1/2 tsp turmeric
 1/2 tsp crushed red pepper
 1 1/2 tsp sea salt
 1 (15 Oz) can chickpeas, drained and rinsed
 3 cups shredded rotisserie chicken
 2 cups baby kale leaves

Method

1. In a large pot, heat oil over medium-high heat and saute onion, celery and carrots, stirring occasionally, about 5 mins. Add mushrooms and garlic, cooking another 3 minutes
2. Stir in chicken stock, bay leaves, turmeric, crushed red pepper, salt, and chickpeas, bring to a boil. Mix in shredded chicken, cover, and simmer for 15-20 minutes.
3. Add kale, cover, and simmer an additional 5 minutes. Discard bay leaves, serve, and enjoy!

up leftovers in a soup pot and create new variations of favorite recipes, since soup so easily lends itself to experimentation. And the slow cooking method used for soups ensures that it retains the vitamins and minerals of cooked vegetables since you also consume the broth! Whether you're making a soup with lentils, beans or meats coupled with vegetables, you get a full array of nutrients in that delicious broth. Some nutrients, such as beta carotene from carrots and lycopene from tomatoes are actually absorbed by the body even better when they're cooked rather than when they're raw.

The American Heart Association recommends adults consume eight or more servings of fruits and vegetables every day. That's 4 1/2 cups! Soups can easily contribute to that total, because almost any vegetable can be used in soup, from creamy squash or tomato bisques, to vegetable beef or chicken vegetable soup. Add fresh or frozen vegetables to canned soups to increase the servings of vegetables and add flavor.



All meals include margarine & milk.


January 2022

Reservations must be made by
12:00 PM the day before.
Phone: 860-482-4151

Suggested Donation \$4.00 per Meal

ALL MEALS ARE SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(3)	(4)	(5)	(6)	(7)
Meatloaf with Gravy Mashed Potatoes Peas Wheat Dinner Roll Peaches	Cheesy Chicken Breast Broccoli Bowtie Pasta Rye Bread Fresh Fruit	Spaghetti & Meatballs With Sauce & Cheese Garden Salad Dressing Garlic Bread Sugar Cookie	Grape Juice Beef and Bean Chili White Rice Green Beans Nacho Chips Mandarin Oranges	Potato Crusted Fish Tartar Sauce Lemon Wedge Confetti Brown Rice Carrots Bread Stick Pears
(10)	(11)	(12)	(13)	(14)
Mushroom Barley Soup Crackers Grilled Ham & Cheese Sandwich Whole Grain Bread Chips Pickle Cookie	Apple Juice Chicken Leg Quarter Brown Rice French Green Beans Rye Bread Pound Cake & Berries	Philly Cheesesteak Peppers and Onions Potato Wedges Grinder Roll Tropical Fruit	Sweet and Sour Pork Vegetable Lo Mein Asian Blend Veggies Wheat Bread Pineapple	Vegetable Lasagna Parmesan Cheese Spinach Seasoned Cannellini Beans Italian Bread Fresh Fruit
(17)	(18)	(19)	(20)	(21)
<p>CLOSED <i>Martin Luther King Jr. Day</i></p>	Sliced Turkey w/Gravy Mashed Potatoes Stuffing Green Beans Cranberry Sauce Applesauce	Chicken Cacciatore Bowtie Pasta Zucchini Dinner Roll Fresh Fruit	Chicken Orzo Soup Crackers Batter Dipped Haddock Tartar Sauce Roasted Potato Succotash Rye Bread Peaches	Spinach Quiche Garden Salad with To- mato, Cucumber & Olive Dressing Garlic Bread Fresh Fruit
(24)	(25)	(26)	(27)	(28)
BBQ Pork Loin Baked Beans Broccoli Slaw Burger Roll Fresh Fruit	Apple Juice Chicken Tenders Honey Mustard Macaroni and Cheese Mixed Vegetables Wheat Bread Iced Cake	Beef Lasagna Parmesan Cheese Broccoli Spinach Wheat Breadstick Fruit Cocktail	Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Diced Squash Wheat Bread Fresh Fruit	Corn Chowder Crackers Vegetable Omelet Home Fries Mandarin Oranges
(31)	 <p><i>“When Snow Falls, Nature listens.”</i> – Antoinette Van Kleef</p> 			
Mexican Chicken Salad Lettuce Salsa Sour Cream White Rice Corn and Peppers Corn Chips Pineapple				



VALENTINE'S DAY LUNCH
Tuesday, February 8th
Curbside To Go Only, 11:30-Noon
Tickets Required

Valentine's is a day to celebrate those you love, so we'd like to celebrate you all with a delicious lunch of **Chicken Saltimbocca with Prosciutto, Provolone, and a Baby Bella Marsala Sauce, Twice Baked Potato, Baby Carrots, a Dinner Roll, and a Special Valentine's Dessert.**

\$5 Reservation Tickets can be purchased Monday-Friday 9AM-3PM in the Nutrition Office, and will available between January 18th and Thursday, February 3rd at Noon.

In the event the center is closed due to inclement weather, the lunch will be held on the next day.

Social Media Update!

You may have noticed that we've been awfully quiet on the old Facebook! Somehow we got locked out of the old one, and there's no way to get back in, so we created a new Facebook account that we'd love if you'd "Like" and "Follow"!

You can find it at
www.sullivanseiorcenter.fyi/newfacebook

Also, we have an Instagram page, which can be found on Instagram by searching
@sullivanseiorcenter

Important Update on Snow Closings

Well, Winter is fast approaching, and if it's anything like the rest of 2021, it's probably going to be a doozy. This year, when a forecast calls for snow that could make roads and sidewalks unsafe, the Program will err on the side of caution and cancel in advance of the coming storm. This will allow the program the ability to double up on meals the day before a possible storm. Acting early and with an abundance of caution will assure you have food and keep our drivers and vehicles safe, making sure we are there for you the next day. See the cancellations on WFSB Channel 3 and FM 97.3 WZBG for the most up to date cancellation information.

Thank you to **Torrington Savings Bank** for choosing **Meals on Wheels** as it's recipient for their charity Dress Down Day! In exchange for a donation to the program, the employees got to dress down for the day, and then Torrington Savings matched their donations. Together they raised over \$1100! Thanks so much for thinking of us and being such a great friend to the local community!



HOLIDAY CLOSINGS
 We will be closed **Monday, January 17** for **Martin Luther King, Jr. Day**

Quips, Snips and Thoughtful Bits:
 "An optimist stays up until midnight to see the New Year in.
 A pessimist stays up to make sure the old year leaves."
 - Bill Vaughn.



Staff

860.482.4151
www.torringtonct.org

Joel Sekorski - Director • Christine Trudeau-Brown - Supervisor
 Nicole Pelchat - Admin. Assistant Julie Smith - Meal Coordinator
 Frances Daley - Office Assistant

Site Managers

Tina Hanlon.....Falls Village
 Robin Reid.....Harwinton
 Leah Pullaro.....Kent
 Kim Sherwood.....Lakeville
 Deena Panasci.....Morris
 Brooke Ledda.....Cook, Torrington
 Tina Puckett.....Winsted

MOW Drivers

Joe Dante.....Canaan
 Dana Mosher.....Cornwall
 Joe Basso, Jr., Gary DeAngelo.....Litchfield
 Dave Ross.....Torrington 1
 Kathryn Pelchat.....Torrington 2
 John Bonetti.....Torrington 4
 Paul Chiappa.....Torrington 6
 Jim Nivolo, Thomas McLaughlin.....Winsted 1
 Jim Doyle, RJ Poniatoski.....Winsted 2

Backup MOW Drivers
 Nick Molino, Dennis McMahon