

Winter Springs SENIOR ASSOCIATION

April 2024



400 N. EDGEMON AVE • WINTER SPRINGS, FL 32708 • 407- 327- 6554

INDOOR GARAGE SALE

April 13, 2024—10am—2pm

400 N. Edgemon Ave, Winter Springs

Multiple family sale

Deadline to reserve a table—April 8—Applications at Front Desk



Explore Florida: Orlando Wetlands

Roseate Spoonbill showing breeding colors. One of the many beautiful birds we sighted on our tour.

Free admission.

Our Mission:

To provide a fun, safe gathering place for members of our community ages 55 and up

Monday	Tuesday	Wednesday
<p>1 LINE DANCE 9:30am MEXICAN TRAIN 10-12 CERAMICS 11:00 - 4:00 ART GROUP 1:00 - 4:00 CARD GAMES 1:00 BRIDGE 1:00 BILLIARDS—10-11</p> <p>8 ELECTION—11AM LINE DANCE 9:30am MEXICAN TRAIN 10-12 CERAMICS 11:00 - 4:00 ART GROUP 1:00 - 4:00 CARD GAMES 1:00 BRIDGE 1:00 BILLIARDS 10-11</p>	<p>2 CARDIO FIT 10:00 - 11:00 STRENGTH & FITNESS 11:00-12:00 YOUNG AT ART 11:00-1:00 KNIT & CROCHET 1:00 - 3:00 PINOCHLE 1:00 SWEATING W/ HELEN 3:00 - 4:00</p> <p>9 CARDIO FIT 10:00 - 11:00 STRENGTH & FITNESS 11:00-12:00 YOUNG AT ART 11:00-1:00 KNIT & CROCHET 1:00 - 3:00 PINOCHLE 1:00 SWEATING W/ HELEN 3:00 - 4:00</p>	<p>3 TECHNOLOGY 101 10:00-12:00 HOT DOG LUNCH 11-12:15 BINGO 12:45 - 3:30 MAT YOGA 10:30-11:30</p> <p>10 TECHNOLOGY 101 10:00-12:00 HOT DOG LUNCH 11-12:15 BINGO 12:45 - 3:30 MAT YOGA 10:30-11:30</p>
<p>15 LINE DANCE 9:30am MEXICAN TRAIN 10-12 CERAMICS 11:00 - 4:00 ART GROUP 1:00 - 4:00 CARD GAMES 1:00 BRIDGE 1:00 BILLIARDS 10-11</p>	<p>16 CARDIO FIT 10:00 - 11:00 STRENGTH & FITNESS 11:00-12:00 YOUNG AT ART 11:00-1:00 KNIT & CROCHET 1:00 - 3:00 PINOCHLE 1:00 SWEATING W/ HELEN 3:00 - 4:00</p>	<p>17 TECHNOLOGY 101 10:00-12:00 HOT DOG LUNCH 11-12:15 BINGO 12:45 - 3:30 MAT YOGA 10:30-11:30</p>
<p>22 LINE DANCE 9:30am MEXICAN TRAIN 10-12 CERAMICS 11:00 - 4:00 ART GROUP 1:00 - 4:00 CARD GAMES 1:00 BRIDGE 1:00 BILLIARDS 10-11</p>	<p>23 CARDIO FIT 10:00 - 11:00 STRENGTH & FITNESS 11:00-12:00 YOUNG AT ART 11:00-1:00 KNIT & CROCHET 1:00 - 3:00 PINOCHLE 1:00 SWEATING W/ HELEN 3:00 - 4:00</p>	<p>24 TECHNOLOGY 101 10:00-12:00 HOT DOG LUNCH 11-12:15 BINGO 12:45 - 3:30 MAT YOGA 10:30-11:30</p>
<p>29 LINE DANCE 9:30am MEXICAN TRAIN 10-12 CERAMICS 11:00 - 4:00 ART GROUP 1:00 - 4:00 CARD GAMES 1:00 BRIDGE 1:00 BILLIARDS 10-11</p>	<p>30 CARDIO FIT 10:00 - 11:00 STRENGTH & FITNESS 11:00-12:00 YOUNG AT ART 11:00-1:00 KNIT & CROCHET 1:00 - 3:00 PINOCHLE 1:00 SWEATING W/ HELEN 3:00 - 4:00</p>	

Thursday	Friday	Saturday / Sunday
<p>4 CARDIO FIT 10:00 - 11:00 QUILTING - SIT & SEW 10:00 - 5:00 STRENGTH & FITNESS 11:00-12:00 CERAMICS 11:00 - 4:00 MAH JONG 11:30-2:30 BRIDGE & CARD GAMES 1:00 SWEATING W HELEN 3:00 - 4:00</p>	<p>5 TECHNOLOGY 101 10:00-12:00 CHAIR YOGA 10:00 - 11:00 HOT DOG LUNCH 11-12:15 LET'S PAINT 12:00 - 2:30 BINGO 12:45 - 3:30</p>	<p>6</p> <p style="text-align: right;">7</p>
<p>11 CARDIO FIT 10:00 - 11:00 QUILTING - SIT & SEW 10:00 - 5:00 STRENGTH & FITNESS 11:00-12:00 CERAMICS 11:00 - 4:00 MAH JONG 11:30-2:30 BRIDGE & CARD GAMES 1:00 SWEATING W HELEN 3:00 - 4:00</p>	<p>12 TECHNOLOGY 101 10:00-12:00 CHAIR YOGA 10:00 - 11:00 HOT DOG LUNCH 11-12:15 LET'S PAINT 12:00 - 2:30 BINGO 12:45 - 3:30</p>	<p>13 GARAGE SALE 10-2</p> <p style="text-align: right;">14</p>
<p>18 CARDIO FIT 10:00 - 11:00 QUILTING - SIT & SEW 10:00 - 5:00 STRENGTH & FITNESS 11:00-12:00 CERAMICS 11:00 - 4:00 MAH JONG 11:30-2:30 BRIDGE & CARD GAMES 1:00 SWEATING W HELEN 3:00 - 4:00</p>	<p>19 TECHNOLOGY 101 10:00-12:00 CHAIR YOGA 10:00 - 11:00 HOT DOG LUNCH 11-12:15 LET'S PAINT 12:00 - 2:30 BINGO 12:45 - 3:30</p>	<p>20</p> <p style="text-align: right;">21</p>
<p>25 CARDIO FIT 10:00 - 11:00 QUILTING - SIT & SEW 10:00 - 5:00 STRENGTH & FITNESS 11:00-12:00 CERAMICS 11:00 - 4:00 MAH JONG 11:30-2:30 BRIDGE & CARD GAMES 1:00 SWEATING W HELEN 3:00 - 4:00</p>	<p>26 TECHNOLOGY 101 10:00-12:00 CHAIR YOGA 10:00 - 11:00 HOT DOG LUNCH 11-12:15 LET'S PAINT 12:00 - 2:30 BINGO 12:45 - 3:30</p>	<p>27</p> <p style="text-align: right;">28</p>
<p>Don't forget: ASSOCIATION ELECTION Tuesday, April 8 11 am</p>		

AARP Smart Driver Course - The nations largest driving refresher course

ART GROUP - Professional artists meet in this open group to discuss ideas and share techniques

BILLIARDS LESSONS

BINGO - Come join the fun! • Bingo card packets \$5.00, \$8.00 or \$10.00 • Daubers \$1.25

BRIDGE - Swing by and have some fun playing the ultimate card game!

CARD GAMES - Canasta or Hand & Foot (both part of the Rummy family)

CARDIO FIT - Medium intensity cardio workout, must be able to stand without assistance
\$4.00 donation (or use "Silver Sneakers")

CERAMICS - Make new friends while creating your own unique work of art! Beginners Welcome \$3.00

CHAIR YOGA - A unique class that adapts yoga positions with creative use of a chair \$3.00 donation

KNIT & CROCHET - Knit or crochet your stress away! Instruction provided. Beginners always welcome

LEARN TO PLAY POOL—Beginners welcome, instruction provided

LET'S PAINT - Bring a canvas and some paint - create your own work of art with fellow painters

LINE DANCING

MAH JONG - A popular Chinese tile game

MAT YOGA—yoga positions on a floor mat

MEXICAN TRAIN - The greatest domino game of them all

PINOCHLE - Join the fun playing this trick-taking, Ace-Ten card game. Beginners welcome

QUILTING - Sit and sew... have some fun and meet fellow quilters! Bring your own supplies

STENGTH & FITNESS - Improve strength, flexibility & balance \$4.00 donation (floor mats)

SWEATING WITH HELEN - Low impact, high intensity cardio workout \$4.00 donation

TECHNOLOGY 101 - Learn all the tips and tricks for using your smart phone, tablet, or laptop

YOUNG AT ART - Learn drawing, painting, paper crafts & more! \$5.00 donation

AARP Foundation Tax-Aide:
**Free In-Person
Tax Preparation**

**Winter Springs Senior Center
Tuesdays & Thursdays
February - April**

To make an appointment call 407-327-6554



**Working for
You**

We work hard to make sure you get every tax credit and deduction you've earned.



**Welcoming
and Free**

The program is open to taxpayers of all ages. AARP membership is not required.



IRS-Certified

Our volunteers are trained and IRS-certified every year.

AARP Foundation



THERAPY POOL
407 - 327 - 6577



CLASS LUNCH
1st Wednesday
of each month



POTLUCK LUNCH
To be Announced

POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
Medium 8:00 - 8:45	Medium 8:00 - 8:45	Medium 8:00 - 8:45	Medium 8:00 - 8:45	Medium 8:00 - 8:45
Medium 9:00 - 9:45	Medium 9:00 - 9:45	OPEN POOL 9:00-10:45	Medium 9:00 - 9:45	OPEN POOL 9:00 - 10:45
OPEN POOL 10:00 - 10:45	Low 10:00 - 10:45	Low 10:00-10:45	Low 10:00 - 10:45	Low 10:00-10:45
Medium 11:00 - 11:45	OPEN POOL 11:00 - 3:00	Medium 11:00 - 11:45	OPEN POOL 11:00 - 3:00	Medium 11:00 - 11:45
Medium 12:00 - 12:45		Medium 12:00 - 12:45		Medium 12:00 - 12:45
OPEN POOL 1:00 - 3:00		OPEN POOL 1:00 - 3:00		OPEN POOL 1:00 - 3:00
	Medium 3:30 - 4:15		Medium 3:30 - 4:15	


**WEATHER
ALERTS**
**TEXT "WSPOOL"
TO 888 777**

Lunch

Wednesdays

11:00 - 12:15

\$2.50

Hot Dog, Beans & Chips

Fridays

11:00 - 12:15

\$2.50

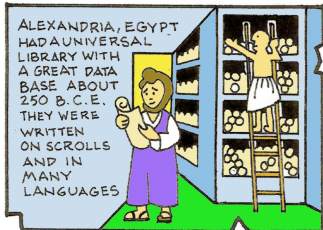
Hot Dog, Beans & Chips

BEN'S PRESS

PART 1



PRINTING



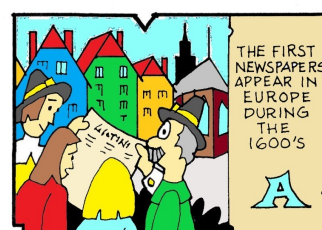
Peter Morosov © 2017

BEN'S PRESS

PART 2



PRINTING



Peter Morosov © 2017

DAY TRIPS

For Reservations Call

L'attitude Adjustments

407-786-8755

*Senior Center Membership not required
See front desk for more info*

Spring is in the air
Let's go out for some ICE CREAM!

Ice Cream Flavors

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

COCONUT
 STRAWBERRY
 VANILLA
 FUDGE
 ROCKY ROAD
 COOKIE DOUGH
 NEOPOLITAN
 COTTON CANDY
 HOKEY POKEY
 CHOCOLATE
 MOOSE TRACKS
 GREEN TEA
 TIGER TAIL
 PECAN
 REESES
 BANANA

Play this puzzle online at : <https://thewordsearch.com/puzzle/416/>

Sausage Casserole

Layer in a 9X13 pan:

8 slices cubed bread
1 lb fried and drained breakfast sausage
2 c grated cheddar cheese

Mix together and pour over sausage mix:

4 eggs
2 c milk
3/4 tsp dry mustard

Mix together and pour over:

1 can cream of mushroom soup
1/2 c milk

Cover and refrigerate overnight.

Bake, uncovered, for 1 hour at 375 degrees.

Share your favorite recipes — win a microwave potato sack.

This month's recipe is from Donna Smith. It's a favorite holiday breakfast for your editor's family. (But it's good any time!)

Leave your recipe at the front desk or give it to Peg Lewis or email it to: bestys-mom@gmail.com

Thank you, Donna, for sharing.



Mark your calendars:

April 8 - General meeting and **ELECTION** of officers

April 13—Indoor Garage Sale—
10am—2pm
**(Reserve your table by 4/5—
applications at front desk)**

May 11—Ladies Tea to celebrate
Mothers Day— details soon

**GENERAL MEMBERSHIP MEETING AND
ELECTIONS
April 8, 2024**

Please sign in, in advance, at the front desk.

**Winter Springs
Senior Association**

Board of Trustees

- President Nellie Leon
- Vice President .. Nancy Ivaszuk
- Secretary Barbara Casano
- Treasurer Nancy Hatch
- Advisor Paul Buscemi
- Advisor Terri Anderson
- Advisor Linda Good
- Advisor Gennifer Miles
- Advisor Linda Rivera

Senior Center Staff

- Aquatics & Facilities Supervisor
Dell Walker
- Senior Center Recreation Specialist
Miosotis Olmo
- Senior Center Recreation Specialist
Breanna Perez
- Senior Center Housekeeping
Orquidea Alvarez

Annual Membership Fees

- Incorporated Winter Springs Residents
Senior Center \$28 • Therapy Pool \$40
- Non-Residents
Senior Center \$68 • Therapy Pool \$100