I’m thrilled the CT Flower and Garden Show is BACK! The Van has been reserved for 10 people Thursday, February 24th! New Hartford Resident’s have first priority and must RSVP NO LATER than February 18th. This is on a first come basis. If space is still available we will open it to out of town guests. Please call the office at 860-379-3980, email: RBuzzi@newhartfordct.gov or stop in to sign up. Tickets are $16 for Seniors Tickets can be purchased at the door.

Game Time!

Setback, Trivia, Cribbage
Are you ready to test your luck?

Join us each Tuesday at 1pm for Setback.

Wednesday’s we rotate each week between Trivia and Cribbage.

Cribbage will be played February 2ne & 16th at 10am
February 9th &23rd meet for Trivia at 10am

Card Games provide convenient ways to have fun, either alone or as part of a group. They eradicate boredom, relieve stress and make social engagements easier, more enjoyable and less intimidating. They also help exercise our BRAINS. For some people, playing certain types of games might be beneficial for things like mood memory, concentration, reasoning, and imagination.

Come join us!

Mahjong

Would you be interested in learning or forming a group? If so, please email or call me so we can get started.
TOWN OF NEW HARTFORD SENIOR VAN
860-379-3389

BOOK YOUR APPOINTMENTS TODAY!!

Seniors, do you need a ride to a doctor’s appointment, grocery store, bank, senior center activities or interested in taking a day trip?

Please call 860-379-3389 we will make it work for you! Please be aware, when school is canceled the bus will be canceled, if there is a school delay, the bus will be delayed.

The Senior Van continues to run. Please Call Town Hall to schedule your appointment, 860-379-3389.

**Must call in advance if you wish to reserve the van. All medical appointments are first priority.

Residential Knox Box

Have you ever thought about how emergency services personnel would get into your home during an emergency? Would someone be able to unlock your doors and get in without having to do a forced entry?

Your local Fire Departments can assist you in getting a “Residential Knox Box” - a high security key safe that would allow first responders to access your home quickly and without property damage. If you were unable to unlock the doors due to being incapacitated, your first responders would be able to get to you without any difficulty. Not only does this allow safe entry, but it also allows your home to be adequately secured after the incident. No broken doors; no broken windows... just put the key back in the Knox Box.

Call the New Hartford Village Fire Department at 860-379-4936 or the South End Fire Department at 860-482-7336 for additional information.
Recipe Corner

Chicken Alfredo Pasta Bake

Frigid, February calls for comfort Foods!

Recipe can be found at  www.krollskorner.com

Pasta Bakes go a long way. They’re simple and can be enjoyed fresh out of the oven or leftover.

- 1 lb. pasta (Mezzi Rigatoni, penne, rotini, etc.)
- 3 cups broccoli, chopped into small pieces (about 2 small heads of broccoli)
- 2 boneless, skinless chicken breasts, cooked and diced into small pieces
- 1/4 cup butter
- 1/4 cup flour
- 4 cups whole milk
- 3/4 cup Parmesan cheese, freshly grated
- 1 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 tsp. Italian seasoning
- 1 tsp. garlic, minced
- 1 1/2 cup mozzarella cheese, freshly shredded

Instructions

- Preheat oven to 350°F.
- Cook the chicken if not already cooked and dice into bite sized pieces. Place in a large bowl.
- Bring a large pot of water to boil and cook pasta according to package directions. During the last 3 minutes, add the broccoli in with the pasta. Drain and rinse the pasta and broccoli with cold water to stop the cooking process. Pour into large bowl with the chicken.
- Make the Alfredo sauce: Place a large saucepan on the stove over medium heat and melt the butter. Whisk in the flour and continue to whisk the roux for 1-2 minutes
- Slowly whisk the milk in increments. Repeat until all milk has been added. Add in the Parmesan cheese, garlic, salt, pepper and Italian seasoning. Simmer for 2-3 minutes, stirring occasionally. Sauce will appear thin, but will thicken as it bakes.
- Pour the sauce over the pasta, broccoli and chicken and pour into your casserole dish/baking dish. Mix until combined and pasta is coated evenly.
- Top the pasta with mozzarella cheese and bake for 20-25 minutes or until the cheese is melted and barely begins to brown.
- Remove from oven and serve warm. Garnish with parsley or red pepper chili flakes, if desired
Local Updates

Trips, Trips, TRIPS!

Contact the Winsted Senior Center (860-379-4252) for details on the trips listed below!

Atlantic City Getaway to Caesars February 22-24, bus departs at 8am from Winsted and Torrington Please book now, everyone loves this package...the perks practically pay for the trip. Trip includes: motor coach transportation, 2 nights accommodation at the hotel/casino, $50 Slot Bonus, $50 meal voucher, 2 fantastic shows and more! Cost: $359 per person single, $269 per person double, $249 per person triple

Biloxi and New Orleans April 30-May 8, Eight Days nights at the Casino Hotel on the Mississippi Gulf Coast, 14 meals that is 8 breakfasts and 6 dinners, spectacular, first class gaming at 2 casinos and more!! Cost: $791 per person double, $1136 per person single

Beautiful Seacoast of Maine September 12-14 Why not Maine this September?...Trip includes: motor coach transportation, 2 nights lodging, 4 meals (2 breakfasts, 2 dinners one being a lobster dinner) historic Victorian mansion, a seashore trolley museum, a countryside trolley ride, free time visiting the LL Bean Cost and more!: $295 per person double, $385 per person single

Mark your calendar for Wednesday, February 23rd at 12:00pm Bring your own Brown Bag lunch! We’ll enjoy some conversation I’m sure a few laughs. Bingo will be played after lunch. $5.00 per card, $7.50 for three cards. (8 card limit). $1.00 per card after the 3 card limit. Prizes! PLEASE RSVP by Tuesday, February 22nd 860-379-3980

Yoga

Join Fran Herman for Yoga class Monday's at 11:30am. Fran is a graduate of the Yoga Alliance certified 200 hour teacher training program at Lotus Gardens School of Yoga. She has continued to refine her teaching skills via in-person workshops at Kripalu Center for Yoga and Health, as well as online courses through Yoga Journal and Yoga International. Her Mixed Level classes focus on breath-centered movement, mind/body awareness and healthy alignment in a welcoming, light-hearted atmosphere. Modifications for gentler or more challenging versions are provided. Beginners are always welcome!

Inclement Weather Policy

IF NASTY WEATHER IS PREDICTED, PLEASE CHECK YOUR LOCAL TV STATIONS.

*If Regional 7 Schools are closed, then the SENIOR CENTER will CANCEL all Senior Activities.

*If Regional 7 Schools have a 2 hour delay, we will be here, yet use your judgement and stay home if the roads appear to be treacherous
CHOCOLATE
WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.

BAKE  COCOA  FROSTING  RICH
BAR    CONFECTION  FUDGE  SWEET
BEANS  COOKIES  ICE CREAM  SYRUP
BITTER CREAMY  MELT  TASTE
BROWNIES DARK  MILK  WHITE
CAKE   DESSERT  NIBBLE  CRAYON
CANDY  DRIZZLE  PIECE  PAPER
CHIPS  FLAVOR  PUDDING  RUBBER

© 2020 Jodi Jill Not for Resale. Cannot be reposted online. Feel free to copy and share!
www.puzzlesstoplay.com
### Goals & Notes

Join Robyn Centrella for in-person fitness classes! Classes are held in the Senior Center, on the 3rd floor, Town Hall.

- **Coffee & Chat** EVERY MONDAY AT 10am. **BINGO WILL BE PLAYED AT 12PM** February 23rd.
- Line Dance is Monday at 10:15* Yoga Monday at 11:30 *Ballroom Dance is Tuesday at 10:30.
- **Town Hall Will Be Closed Monday, FEBRUARY 21 in observance of Presidents Day**