

WOODBURY SENIOR CENTER REPORTER



APRIL 2024 - Connect! Sign ups begin March 27

Mission Statement: The Woodbury Senior Center will serve as a community focal point providing information, programs, services and links to promote independent living for adults at least 60 years of age.

Hours of Operation: Monday through Friday, 8 a.m. to 4 p.m. You can reach us at: **203-263-2828**

GRANDMA'S ATTIC TAG SALE

Saturday, May 18 from 9 a.m. to 2 p.m.

We are bringing back the Grandma's Attic Tag Sale - an event for tag sale sellers and crafters. Time to start thinking about spring cleaning! Clear out your attic and cellar, and rent a table to market your wares.

Table sizes vary: \$15 for a large round table, \$10 rental for a long rectangular table and \$5 rental for a card table. You keep all proceeds of sale. Limited tables available; first committed, first served. Sign up for your table now! Do you have questions? Contact Kathleen at the Center (203) 263-2828.



NATIONAL PET MONTH SNAPSHOT PHOTO EXHIBIT

In honor of our furry companions, let's celebrate May as National Pet Month with a Snapshot Photo Exhibit and Contest. **In April, bring in a snapshot** of a furry family member (yours or someone else's in your family). It does not have to be a current pet. Be sure your name and your pet's name are on the back. **All photos will be displayed during May** and you'll be able to vote for your favorite photo by doing a coin vote. The owner of the winning photo will win a \$25 gift certificate to Woodbury Pet Commons or LaBonne's and all proceeds from the coin vote will go to Woodbury's Animal Control Department for food, blankets and more for Woodbury's animals in need.

We want to see your furry friends!



ARE YOU LISTENING?

**Monday, April 15 at 1 p.m. OR
Monday, April 22 at 10:30 a.m.**

You may hear well, but do you listen well? If not, you're missing more than you know. Try active listening. With practice you can reduce distractions, recognize unconscious biases, read between the lines, and avoid judging or giving unwanted advice. Family, friends and coworkers will notice you actually pay attention during a conversation. *Are You Listening?* is a sometimes-humorous look at listening styles, bad habits and body language. You'll hear about recent findings and follow proven approaches to listen better.

Please sign up. Limited to 20 per class.

Southington resident Waldemar "Wally" Kostrzewa has taught workshops for colleges, state and local agencies, corporations and community groups. Topics have included team building, leadership, effective meetings, strategic planning, project management and customer service.



HANDS-ONLY CPR & AED TRAINING

Monday, April 1 at 1 p.m.

**Sponsored by the Woodbury
Ambulance Association**



American
Heart
Association.



Do you know what to do if someone near to you experiences cardiac arrest? Knowing how to react and what is helpful can save a life.

Join members of the Woodbury Ambulance Association to learn Hands-Only CPR. The class will feature video instruction, demonstrations, an opportunity to try performing compressions on a CPR dummy at table height, use an AED machine and to learn what happens when you call 911. You don't need to get down on the floor for this class.

Seats are limited to 20 and the class is FREE.

Please sign up. This class does not give you CPR Certification.

Don't drop the beat. Know it. Feel it. Push It. Keep it.



EXERCISE CLASSES

VIRTUAL EXERCISE CLASS

Fitness Fury with Susan

Tuesdays at 10:30 a.m. and Thursdays at 10 a.m. on Zoom

April 2, 4, 9, 11, 16, 18, 23, 25 & 30

Fitness Fury is an excellent all-around fitness program that helps older adults safely enhance their strength, flexibility and endurance. You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost for April (9 classes) is \$36.

You must sign up for the full session. Call the Center to sign up. We will need your email to send you the Zoom link.

PLEASE REMEMBER, YOUR
PAYMENT IS DUE BY THE FIRST
CLASS OF EACH SESSION.
THANK YOU!

IN-HOUSE EXERCISE CLASSES

Zumba Gold with Emperatriz

Wednesdays and Fridays from 9 to 10 a.m.

April 3, 5, 10, 12, 17, 19, 24 & 26

Join Emperatriz for her unique, lively class! The cost for April (8 classes) is \$24. You must sign up for the full session.

Call the Center to sign up.

Tai Chi with Susan - in person or on Zoom

Wednesdays from 1:30 to 2:30 p.m.

April 3, 10, 17 & 24

The cost for the April session (4 classes) is \$20. Please call the Center to sign up and let us know if you opt to take the class virtually so we can send you the link.



Deep Stretch and Meditation Class with Jennifer

Mondays and Thursdays from 8:30 to 9:30 a.m.

April 1, 4, 11, 15, 18, 22, 25 & 29 (no class 4/8)



This class is set to soothing music. Low-impact stretching and breathing exercises are designed to de-stress you physically and mentally while increasing flexibility. All levels of activity/fitness welcome. Dress comfortably and bring a mat. The cost for April (8 classes) is \$24. You must sign up for the full session.

Cardio Dance Party Series with Andrea

Tuesdays and Thursdays at 10 a.m.

April 2, 4, 9, 11, 16, 18, 23, 25 & 30 (4/2 class at Old Town Hall)

This class is offered as a monthly series OR as drop in!

For April the cost will be \$27 (9 classes) or a \$5 drop in fee. Dance style aerobics exercise and toning set to the upbeat tempo of our favorite pop music of old and new to create a fun-filled fitness class. Wear something comfy and shoes you can dance in and don't forget a water bottle.

Total Body Tone & Strength with Andrea

Tuesdays and/or Thursdays at 11 a.m.

April 2, 4, 9, 11, 16, 18, 23, 25 & 30 (4/2 class at Old Town Hall)

Build muscle and strength with a mix of functional strength training exercise. A chair, light hand weights and your own body will be used in this class. This is an all levels class. For April the cost for Tuesdays is \$15 (5 classes) - Thursdays \$12 (4 classes) - Tuesdays & Thursdays \$27 (9 classes).



Pilobolus: Connecting with Balance

Wednesdays through May 8 from 12 to 1 p.m.

For those currently enrolled, this progressive exercise program promotes the balance behind everything we do - from working around the house to keeping up with grandkids.




Balance with Loryn or Kathleen

Mondays, Wednesdays and Fridays from 11 to 11:45 a.m. - Tuesdays and Thursdays 3 to 3:45 p.m.

April 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26 & 29 Trial afternoon class Tues. & Thurs. April 4, 9, 11, 16, 18, 23, 25, 30


Join Loryn or Kathleen for a jump start on regaining your balance. Free, but you must sign up.





PRESIDENTIAL PRIMARY
held at the Senior Center
Tuesday, April 2 from 6 a.m. to 8 p.m.
 Please make note if your class has been canceled or moved to another building due to the primary.


NEW! ASK A NURSE
Mondays, April 8 & 22
10 to 11:30 a.m.



Susan Coates, RN, will be located in our Health Office to answer your medical questions on the second and fourth Mondays of each month. Please stop by to take advantage of this valuable free and confidential service.

PLAY READING WITH
COMMUNITY THEATER AT WOODBURY (CTAW)
Tuesday April 23 at 1:30 p.m

Enjoy the world of theater by joining Maureen Denver of CTAW for some play reading fun. Table reads are the standard way a cast and crew first learn a script and what makes a play come alive. If you've always wanted to be onstage, or if you've ever wanted to laugh more than is usually possible, join this lively and fun table read afternoon with no performance and no stage fright! Sign up now; limited to 15 people.



NONNEWAUG HIGH SCHOOL
SPRING LUNCH PICK UP
Thursday, April 4


For those signed up, please remember to pick up your meal at **Nonnewaug High School** between 11 a.m. to 12 p.m.

PIANO MUSIC - Come Listen & Relax
Friday, April 12 from 2 to 3 p.m.



Volunteer Kristina Scheer-Lechowski will perform on the piano American songbook standards and Broadway show tunes. Come listen in the TV room and grab a cup of coffee/tea. Sign ups are welcome.

HAWAIIAN SMOOTHIE HOUR
sponsored by The Commons of Newtown
Friday May 3 at noon



Put on your favorite Hawaiian shirt, not necessary though, and come on into the café and listen to Island music and enjoy a FREE fruit smoothie with some friends . Limit 35


APRIL CONGREGATE MEAL MENU
You must sign up by Monday morning the previous week.

<u>TUESDAY</u>	<u>THURSDAY</u>
<p>April 2 - <i>(sign up by March 25)</i> Carrot Cumin Soup Herb Crusted Cod Rice Pilaf Vegetable Medley Fresh Fruit Salad</p> <p>April 9 - <i>(sign up by April 1)</i> Vegetable Salad Italian Beef Ragu Pasta Vegetable Medley Chocolate Chip Cookie</p> <p>April 16 - <i>(sign up by April 8)</i> Garden House Salad Spinach & Mushroom Pork Loin Roasted Potatoes Brownie</p> <p>April 23 - <i>(sign up by April 15)</i> House Salad Hearty Turkey Chili Baked Idaho Potato Vegetable Medley Crumb Cake</p> <p>April 30 - <i>(sign up by April 22)</i> Caesar Salad Spring Chicken Red Bliss Mashed Potatoes Vegetable Medley Peaches</p>	<p>April 4 - <i>(sign up by March 25)</i> Split Pea Soup BBQ Chicken Whipped Sweet Potatoes Vegetable Medley Apple Sauce</p> <p>April 11 - <i>(sign up by April 1)</i> Loaded Potato Soup Chicken Parmesan Pasta Vegetable Medley Fruit Cocktail</p> <p>April 18- <i>(sign up by April 8)</i> Minestrone Soup Chicken Masala Buttered Noodles Vegetable Medley Cake</p> <p>April 25 - <i>(sign up by April 15)</i> Mediterranean Salad Chicken Picatta Rice Pilaf Vegetable Medley Fresh Fruit</p>



Reservations are required! Chef-On-Site meals are provided by Art of Yum and is funded by Western CT Area Agency on Aging, CT Community Foundation & your donation. Please make your check out to "Senior Nutrition Services." Cash is also accepted. No credit cards. The suggested donation is \$3.50-\$5 per meal.


ASK AN ATTORNEY
 with Attorney Alyson R. Marcucio
Friday, April 12 1 to 2 p.m.
 Bring your questions.




HEALTHY CHATS WITH HEIDI: STRESS REDUCTION
Friday, April 19 at 10 a.m.
 Don't miss this one! Free refreshments.

SOUP'S READY! A SPECIAL TAKE OUT EVENT
 at the Senior Center
 prepared by the Woodbury Middle School
 Culinary Class
Tuesday, April 9 from 1 to 3 p.m.
 Students from the Region 14 Middle and High School
 culinary classes are making delicious homemade
 minestrone soup. Sign up now to receive a pint of
 delicious soup to heat and enjoy. Limited to 40
 people. You must be a Woodbury resident to
 participate. Pick up is at the Center, not the school.


FLOWER ARRANGEMENTS
 sponsored by the Watermark at East Hill
Thursday, April 4 OR Thursday, April 18
Each class begins at 1:30 p.m.
 Make a beautiful flower arrangement with
 Jennifer, from the Watermark, to bring home with you.
 All supplies will be provided. Limited to 12 per class.
 Please sign up.
 We ask that if you've taken a flower arranging class
 in the last two months, please allow others to sign up - we
 can put you on a waiting list.





CARDIO DRUMMING IS BACK!
Wednesdays, April 24 and May 1, 15, 22 & 29
3 - 3:30 p.m.
 Stand or sit behind an elevated ball hold-
 ing your drumsticks, and move and groove
 to the beat. This class is sure to make you
 smile. Please sign up.




IMAGERY JOURNALING
Wednesdays, April 3, 10, 17 & 24 at 1 p.m.
\$3 for materials on your first visit
 Journaling is a wonderful way to explore,
 embrace and accept your inner world.
 In this class you'll receive a journal, art sup-
 plies, and other creative materials to get yourself started
 on your journaling journey. Please sign up.



COMMUNITY SING-A-LONG
 with Jerry and Teddi
Tuesday, April 16 at 1 p.m.
 Sing everything from The Beatles to The Everly
 Brothers, from Sinatra to Elvis . Join us for
 a fun afternoon of singing together.
 Songbooks will be provided. Please sign up.


COOKBOOK CLUB
Wednesday, April 24 at 6 p.m
 This month we are cooking from
 Melissa Clark's
Dinner: Changing the Game.
 Sponsored by the Senior Center and the
 Library, this program is open to all ages.
 Copies are available at the library.
 Call to reserve your spot with Loryn at the Center or
 with Marla at the library; know your recipe when you
 reserve so we don't have duplicates. Limit: 20



READY, SET, KNIT! STITCHES OF LOVE
Thursdays, April 11 & 25 - 1 to 3 p.m.
 Whether you enjoy to crochet or knit,
 all are welcome.




TECHNOLOGY HELP
Wednesdays, April 3 & 17 at 1 p.m. with Clyde
 Are you having technology problems? Bring in your
 phone, laptop or tablet with your
 questions and let Clyde help you.
 Class size is limited to 8.
 Please sign up.



FRIENDLY VISITORS ARE WAITING FOR NEIGHBORS!
 Can you help us? We have trained and vetted friendly
 visitors ready to connect with people who would enjoy
 a phone call or home visit. Call the Center for more
 details. Don't let our friendly visitors
 wait in vain; sign up to be a neighbor
 and enjoy the benefits of connecting
 with others, right at home.



CANASTA
Tuesdays from 12 to 3:30 p.m.
PLEASE NOTE: On Tuesday, April 2,
Canasta will begin at 1:30 p.m.





BOOK CLUB

Tuesday, April 23 at 10:00 a.m.

The selection for this month is **Good Eggs** by Rebecca Hardiman. When Kevin Gogarty's 83 year old mother is caught shoplifting yet again, he has no choice but to hire a caretaker for her. Kevin is already at his wit's end tending to a foul house while his wife travels to exotic locales for work, leaving him solo with his sulky, misbehaving teenaged daughter. Into this fray steps Sylvia, the upbeat home aide who appears to be their saving grace – until she catapults the Gogarty clan into their greatest crisis yet.

Please note the new start time of 10 am. The new location for Book Club will be in the Activity Room at the Center. As always, copies of the book are ready for checkout at the Woodbury Public Library. Book club is always a place for an interesting discussion!

Please sign up.

WRITING FROM THE SOUNDTRACK OF OUR LIVES

A Creative Writing Workshop

with Lin Northrup

Wednesdays 10:00- 11:30

April 17 & 24, May 1, 8 & 15 (5 sessions)

Cost: \$25

The music we listen to shapes our lives and defines the times we live in. From pop music to musicals, we have a deep well of ideas to draw from. The lyrics from Simon and Garfunkel, Whitney Houston, Peter, Paul and Mary, Neil Diamond, the Beatles, Blood Sweat and Tears (and more) will be the springboard for writing poems, essays and stories. Join us and discover how each song, its rhythm and message will inspire and expand your writing repertoire!

Please sign up. Class size is limited to 10.

Lin Northrup is the author of *Leela* and *the Forest of Light* (linnorthrup.com) and taught English at Naugatuck Valley Community College. Her private practice, Sacred Circle Healing Arts, emphasizes the mind, body, spirit approach to wellness and creativity.

BLOOD PRESSURE CLINIC

First and Third Tuesdays of the month

April 2 & 16 from 10 to 11 a.m

Get your blood pressure checked twice per month by a registered nurse from the Housatonic Valley Health Department. This is a FREE service.



TRANSPORTATION SCHEDULE FOR MEDICAL APPOINTMENTS

Transportation will be available for non-urgent medical appointments as follows:

Mondays - Waterbury, Middlebury & Watertown

Wednesdays - Waterbury, Middlebury & Watertown

Tuesday, Thursday & Fridays - Woodbury & Southbury

Please make your appointments accordingly. As requests for rides increase, ***please be aware that your request is not a guarantee of a ride.*** At times, we may be unable to accommodate you as we have limited resources and staff. To the best of your ability, making appointments at least one-two weeks ahead of time will be helpful. Once your ride is confirmed by the Senior Center office staff, you can rest assured knowing we will pick you up on time and get you where you are going. Please note we are unable to drive people to surgical procedures, including outpatient or one day procedures.

NEW! ASK A MENTAL HEALTH PROFESSIONAL

Tuesdays, April 9 & 23 from 10 - 11:30 a.m.

We all need support and resources to take care of ourselves, including our mental health. Twice a month, Ed Cole, LCSW will be here to meet with people who have questions or need information on how to access mental health services in the community. Ed is retired from working with the Mobile Crisis Team in Waterbury and has years of experience in providing clinical services and community mental health support. He is also our Friendly Visitor Program coordinator!



THERAPEUTIC MASSAGE WITH ANDREA

Wednesdays, April 3, 10, 24

from 9 a.m. to 3:30 p.m.

Thursdays, April 4, 11, 18 & 25

from 12 a.m. to 2 p.m.

Please call the Center for appointment times.

All State protocols will be followed to ensure a safe and relaxing experience. Massage reduces stress and increases relaxation, reduces pain, while improving circulation and lowering heart rate and blood pressure.

30 minute massage - \$35

60 minute massage - \$60





HAIRCUTS WITH LUCY
Make your appointment today!
Friday, April 12
10 a.m. to 1:30 p.m.

Lucy has 36 years experience as a hairdresser and is now offering this service at the Senior Center.

Men - \$10 Women - \$15



Call the Center to make your appointment.



THE MONTHLY MUFFIN
Thursday, April 25 - beginning at 9 a.m.
 Continuing the tradition...a different muffin every month. Our muffin for April is the classic Banana Nut muffin. Freshly baked and free while supplies last. Come on in and meet a friend - or make a new one - over coffee/tea and a muffin.

BIRD HOUSE CRAFT

Monday, April 1 at 10 am or Monday, April 8 at 1 p.m.

You'll receive a plain bird house to paint any way you would like. You have endless creative possibilities. The bird houses were graciously handcrafted by one of our seniors. Class size is limited to 12. The cost is \$5, due at sign up.



PLEASE NOTE:
 The Commission for Seniors meetings are held on the second Thursday of each month in the Café - **now at 1:30 p.m.**



DIME BINGO!
Tuesdays, April 9 & 30 at 1:15 p.m.
 10¢ per card, per game.
 Please sign up for one or both.

VETERANS GROUP COFFEE AND...
Tuesday, April 9
10 to 11 a.m.



All veterans are invited to enjoy coffee, snacks and camaraderie at this monthly meeting headed by Brian Naylor, MSgt USAF retired and Veterans Advocate for Independence Northwest, Inc. Brian can also answer your VA questions and help with support. Please let us know if you would like to attend.

SENIOR BUS SHOPPING TRIPS

Tuesdays & Thursdays - Woodbury
Monday, April 15 - Naugatuck (leaves at 10 a.m.)
Monday, April 29 - Torrington (leaves at 10 a.m.)
Fridays - Southbury (leaves at 11 a.m.)

Please remember that shopping bags are limited to 2 per person when the bus is full, and you must be able to carry your own bags. Please sign up.

APRIL MOVIES

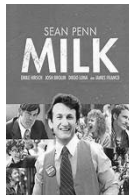
Please be sure to sign up.
All movies will be shown on Fridays at 1:15 p.m.

Friday, April 12
Grown Ups

The death of their childhood basketball coach leads to a reunion for some old friends (Adam Sandler, Kevin James, Chris Rock), who gather at the site of a championship celebration years earlier. Picking up where they left off, the buddies - with wives and children in tow - discover why age does not necessarily equal maturity.



Friday, April 19
Milk



The story of American gay activist Harvey Milk (Sean Penn), who fought for gay rights and was elected as California's first openly gay official.

Friday, April 26
Singing in the Rain

A classic! A silent film star falls for a chorus girl just as he and his delusionally jealous screen partner are trying to make the difficult transition to talking pictures in 1920s Hollywood.



THE LIFE AND TIMES OF BAT MASTERSON
presented by Leon DiMartino
Friday, April 5 at 1 p.m.

Bat Masterson, buffalo hunter, lawman, saloon keeper and gambler are just a few of his professions. We will also discuss his career as a newspaper owner, journalist and Federal officer of the law. There will also be a few other surprises in the career of this hero of the American West. Please sign up.



For those who currently have appointments, AARP tax aide continues on Mondays and Fridays from 12 to 4 p.m. through April 12.



ALL ARE WELCOME HERE

Woodbury Senior Center respects the diversity of our participants. You will find a warm welcome here, regardless of sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

**PLEASE BE SURE TO MAKE ALL CHECKS PAYABLE TO:
"TOWN OF WOODBURY"**

**CHECKS CANNOT BE ACCEPTED MADE OUT TO
WOODBURY SENIOR CENTER**

WE TAKE CREDIT CARD PAYMENTS!

For your convenience we take credit card payments!
Cash and checks are also accepted.



SIGN IN

**REMINDER! PLEASE BE SURE TO STOP AT OUR KIOSK
TO SIGN IN WHEN YOU ARE HERE!
IT'S VERY IMPORTANT FOR US THAT YOU DO!**

CRIBBAGE

Tuesdays, April 9 & 23 at 1:15 p.m.



A new Cribbage group has started. Please let us know if you would like to play.

ANY INTEREST IN PLAYING SETBACK?

Please let us know in the office.



TABLE TENNIS RETURNS!

**Mondays, April 15 & 22 and Fridays, April 19 & 26
1 to 3:30 p.m.**

Please bring your own paddles.
All are welcome.



SILK SCARF PAINTING

sponsored by Danielle Ramos of Bethel Health Care and Village Crest Center for Health & Rehabilitation
Monday, April 22 at 1 p.m.



Unleash your inner artist and join us for a fun silk scarf painting class. You will leave with a beautiful ready-to-wear silk scarf, designed, and painted by you! No artistic ability needed.

WOODBURY SENIOR CENTER STAFF



Loryn Ray
Director of Senior Services



Kathleen Horvath
Program Assistant



Karen Blanchet
Office Manager



Heather Zuckerman
Municipal Agent/
Social Services Director



Paul Sagnella
Senior Bus Driver



Nancy Gubiotti
Senior Bus Driver



Dave Deakin
Senior Bus Driver



Bill Aufricht
Senior Bus Driver



John White
Custodian



Donna Cole
Senior Nutrition Services

281 Main Street South (mailing address)

265 Main Street South (physical address)

Woodbury, CT 06798

Phone: 203-263-2828

Fax: 203-266-4308

Email: SeniorCenter@woodburyct.org

Website: woodburyseniorct.org

Our newsletter is available on our website.

APRIL 2024

S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
	1 8:30 Stretch & Meditation 10:00 Birdhouse Painting Class 10:30 Current Events (virtual) 11:00 Balance Class 12:00 Presidential Primary Set up 1:00 Hands Only CPR and AED class	2 6am-8pm Presidential Primary 10-11 Cardio Dance - at OTH 10-11 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 11:00 Total Body Tone & Strength - at OTH 12:00 Lunch in the Activity Room 1:30 pm Canasta 1:15 Board Games and Chat 1:15 Backgammon	3 9-10 Zumba Gold® 9-3:30 Messages with Andrea 11-11:45 Balance Class 12-1 Pilobolus 1-2 Imagery Journaling 1:00 Technology Help with Clyde 1:30-2:30 Tai Chi	4 8:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10-2 Massage with Andrea 10:00 Cardio Dance 11:00 Total Body Tone & Strength 11-12 NHS Lunch Pick Up 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Learn to Play Mah Jongg 1:30 Flower Arranging 3-3:45 Balance Class	5 9:30-11:30 Mah Jongg 10:00 Friends Meeting 11:00 Bus to Southbury 11-11:45 Balance Class 12-4 AARP Tax Prep Assistance by Appointment Only 1:00 The Life and Times of Bat Masterson	6
7	8 8:30 No Stretch & Meditation 10-11:30 Ask a Nurse 10:30 Current Events (virtual) 11:00 Balance Class 12-4 AARP Tax Prep Assistance by Appointment Only 1:00 Birdhouse Painting Class 1:00 Solar Eclipse Watch Party in TV Room	9 10-11 Cardio Dance 10-11:30 Ask a Mental Health Professional 10:00 Veterans Coffee Social 10:30 Fitness Fury on Zoom 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-3:30 Canasta 1-3 Soup's Ready Pick Up (by reservation) 1:15 BINGO 3-3:45 Balance Class	10 9-10 Zumba Gold® 9-3:30 Messages with Andrea 10:00 Quilling Club 11-11:45 Balance Class 12-1 Pilobolus 1-2 Imagery Journaling 1:30-2:30 Tai Chi	11 8:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-2 Massage with Andrea 12:30-3:30 Mah Jongg 1-3 Stitches of Love 1:30 Commission for Seniors 3-3:45 Balance Class	12 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10-1:30 Haircuts with Lucy (by appt.) 11:00 Bus to Southbury 11-11:45 Balance Class 12-4 AARP Tax Prep Assistance by Appointment Only 1:15 Movie: <i>Grown Ups</i> 1-2 Ask an Attorney 2-3 Piano Music in TV Room	13
14	15 8:30 Stretch & Meditation 10:00 Bus to Naugatuck 10:30 Current Events (virtual) 11:00 Balance Class 1:00 Are You Listening? Presentation 1-3:30 Table Tennis	16 10-11 Cardio Dance 10-11 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-3:30 Canasta 1:00 Community Sing-A-Long 1:15 Board Games and Chat 1:15 Backgammon 3-3:45 Balance Class	17 9-10 Zumba Gold® 10-11:30 Writing Class begins 11-11:45 Balance Class 12-2 Foot Care Clinic 12-1 Pilobolus 1-2 Imagery Journaling 1:00 Technology Help with Clyde 1:30-2:30 Tai Chi	18 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-2 Massage with Andrea 12:30-3:30 Mah Jongg 1-2:30 Learn to Play Mah Jongg 1:30 Flower Arranging 3-3:45 Balance Class	19 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10-11 Healthy Chats: Stress Reduction 11:00 Bus to Southbury 11-11:45 Balance Class 1:15 Movie 1-3:30 Table Tennis 1:15 Movie: <i>Milk</i>	20
21	22 8:30 Stretch & Meditation 10-11:30 Ask a Nurse 10:30 Are You Listening? Presentation 10:30 Current Events (virtual) 11:00 Balance Class 1:00 Silk Scarf Painting Class 1-3:30 Table Tennis	23 10-11 Cardio Dance 10-11 Book Club 10-11:30 Ask a Mental Health Professional 10:30 Fitness Fury on Zoom 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-3:30 Canasta 1:15 Board Games and Chat 1:15 Backgammon 1:30 Play Reading 3-3:45 Balance Class	24 9-10 Zumba Gold® 10-11:30 Writing Class 11-11:45 Balance Class 12-1 Pilobolus 1-2 Imagery Journaling 1:30-2:30 Tai Chi 3-3:30 Cardio Drumming (first class of session) 6:00 Cookbook Club	25 8:30-9:30 Stretch & Meditation 9:00 The Monthly Muffin 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-2 Massage with Andrea 12:30-3:30 Mah Jongg 1-3 Stitches of Love 3-3:45 Balance Class	26 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 11:00 Bus to Southbury 11-11:45 Balance Class 1:15 Movie: <i>Singing in the Rain</i> 1-3:30 Table Tennis	27
28	29 8:30 Stretch & Meditation 10:00 Bus to Torrington 10:30 Current Events (virtual) 11:00 Balance Class 1-4 Assistive Tech Class for Staff will be taking place NO Table Tennis today	30 10-11 Cardio Dance 10:30 Fitness Fury on Zoom 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-3:30 Canasta 1:15 BINGO 3-3:45 Balance Class		Remember to reserve your table for the Grandma's Attic Tag Sale on May 18 		

PLEASE NOTE THESE CHANGES IN OUR PROGRAMS REGISTRATION PROCEDURES

With our membership growing quickly (welcome!) we are implementing some changes to our sign up procedures. We hope this will make sign ups easier, more equitable and a friendly experience for all.

The newsletter will be available on the Monday of the last full week of the month. So, for April, it will be ready on Monday, March 25, for May it will be ready on Monday, April 22. Pick up your copy at the Center, at the library, around town or download it from our website. Enjoy taking your time reading, deciding what interests you and checking those against your personal appointments calendar. **Registration for the following month's programs will begin on Wednesday of the same week at 9 a.m. For April programs, sign ups begin at 9 am on Wednesday, March 27.**

Each person must only sign up for themselves. You must be a registered member of Woodbury Senior Center to sign up. Registration is free, only takes a few minutes, and can be done at the same time as sign up, or any time we are open. **Woodbury residents will have priority when registering for certain programs with limited seating - others will be put on a waiting list.**

If there is a copay for a class or program, that payment will be due at sign up (this doesn't include our lunch program). You are welcome to sign up in person or on the phone.

When registering in person, please remember only one person should be at a sign up desk at a time. Thank you for your patience in waiting in the hallway for the next staff person to be available. Sometimes lately we've had 6-8 people clustered around one staff desk, which makes sign up difficult for everyone.

As always, feel free to bring your questions and comments to the office, or use the suggestion box at the kiosk. Thank you for being part of the wonderful community we are building together at Woodbury Senior Center.



LEARN TO PLAY MAH JONGG

**Thursdays, April 4 & 18 and May 2 & 30
1 to 2:30 p.m.**

Learn to play Mah Jongg. Then once you learn how to play, you're welcome to join our Thursday or Friday Mah Jongg groups. Please sign up.
Limited to 4 people.



QUILLING CLUB

Wednesday, April 10 at 10 a.m.

Quilling is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. Please sign up for this free program. All are welcome.

Set your calendar now for Wednesday, April 24 and Thursday, April 25

The Friends of Woodbury Senior Community Center, Inc. is participating again in the CT Community Foundation online giving program. In the past monies raised helped to purchase needed items for our Senior Center that fell beyond the Center's budget. Watch for more information. Note: Donations are tax deductible.



The Woodbury Lions Club is committed to helping our community address vision and hearing needs. If you need glasses or hearing devices and are financially qualified for assistance, the Lions Club can help you with an individual appointment, assessment and help provide you with the correct devices to address your needs. To find out if you qualify, please call the Senior Center.



ONGOING CLOTHING DRIVE

Your gently used clothing, shoes and lightweight household goods are needed to share with others. On a regular basis, volunteers will deliver these items to St. Vincent DePaul's Thrift Shop in Waterbury. Please look for a donation bin under the coat rack near the office and thank you for your help.

Heather Zuckerman
Social Services Director/Municipal Agent
203-263-4117 203-266-4310 (fax)

Heather's hours: Monday through Friday, 8 a.m. to 4 p.m.

Heather can help with all your applications - Medicare Savings Program, SNAP (food stamps), Medicaid, Medicap, nursing homes, respite care, day care, the Home Care Program (CCC) and other services and benefits for seniors.

Are you struggling with your heating bills?
Maximum Income Eligibility - \$41,553 single \$54,338 couple
If you have more people in your household ask for the guidelines.
Program ends May 31, 2024

State of Connecticut Medicare Savings Program Income Guidelines change.
Generally, if your monthly income is at or below these levels... You may qualify for...

\$ 2,649.00 single \$ 3,595.00 couple

QMB - This program is similar to a "Medigap" policy. It pays your Part B premium (1) and all Medicare deductibles (2) and co-insurance (3)

- (1) Your Medicare Part B covers Doctor costs, outpatient hospital and some preventive care.
- (2) The deductible is the amount that you pay for medical services before Medicare or any other insurance begins to pay. The amount changes every year.
- (3) Co-insurance is the portion of Medicare approved services that you are responsible for paying.

\$ 2,900.00 single \$ 3,935.00 couple

SLMB - This program pays for your Part B premium only.

\$ 3,088.00 single \$ 4,191.00 couple

ALMB - This program pays for your Part B premium only. This program is subject to available program funding. You are not eligible for this program if you receive Medicaid.

All three levels of MSP pay for the Medicare Part B premium (for premium information please visit Part B costs | Medicare). All three levels also automatically enroll you into the Low-Income Subsidy (LIS), also called "Extra Help". The LIS or "Extra Help" pays the full cost of a Medicare Part D (prescription coverage) benchmark plan, or a portion of a non-benchmark plan, yearly deductibles and co-insurance, or co-pays. This coverage remains the same even if you reach the coverage gap. The LIS also allows you to change your Medicare Part D or Medicare Advantage plans outside of the open enrollment period. The QMB is the only level of the Medicare Savings Program that acts like a Medicare Supplemental or Medigap plan. It will cover the costs of the deductibles or co-pays of Medicare Part A and Medicare Part B up to the Medicaid approved rate. It will also pay the premium for Medicare Part A for qualified adults 65 years of age or older when they are not eligible for premium free Medicare due to work earnings. You are protected by federal law from being "balanced billed" or billed for services after Medicare Part A and B pays its portion of the bill, if a provider agrees to treat you, whether or not the provider is a Medicaid provider.

Renter's Rebate Program

Applications accepted:

April 1, 2024 – October 1, 2024

Woodbury residents who are at least 65 years of age or disabled with an annual income not exceeding \$43,800 for an unmarried person and \$53,400 for a married couple.

Applicants must provide proof of all income received, along with rent and utilities paid in 2023.