

# WOODBURY SENIOR CENTER REPORTER



## MAY 2024 - Connect!

Sign ups begin Wednesday, April 24 at 9 a.m.

**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 - 9 a.m. to 1 p.m.  
Rain or shine/Indoors

Plan now to shop at our Grandma's Attic Tag Sale at the Senior Center. There will be over a dozen sellers waiting for you to make a deal.

**This event is open to the public, so bring your family and friends!**

**VICTORIAN TEA PARTY**  
Friday, May 10 at 1:30 p.m.

**Cost: \$5**



You are invited to a spring Victorian tea social at the Center, featuring tea, tea sandwiches, cookies and traditional delicacies. Live background piano music will be provided by Isabel Cymerman.

Wear your finery and your hat! Each guest receives a personal teacup as a memento of the day. Sign up now. Limited to 48. Many thanks to Cal Knorr for her tireless efforts to create the Victorian Tea Party.



**MEMORIAL DAY PICNIC**  
Friday, May 24 at noon

Enjoy a fun start to summer at our Memorial Day Celebration. Bethel Health Care and Synergy Home Care will provide a delicious hot dog luncheon with sides. The Center will provide dessert and beverages. Also enjoy great entertainment by Jim Moore at 12:45 p.m. The event is free, but sign ups are a must! Limited to 50.

**MAY IS MENTAL HEALTH AWARENESS MONTH:  
HOW TO FIND HELP**

**Wednesday, May 8 at 1 p.m.**

Please join us for a presentation by the clinicians of the Mobile Crisis Team (MCT) from the Department of Mental Health and Addiction Services (DMHAS).



They will discuss how to access treatment, particularly emergency services, at no cost to adults in our community. The clinicians have extensive experience in providing assessments and resources and will be glad to answer any questions you may have. Limit 25. Please sign up.

**PLANT SWAP**

**Monday, May 6 through Friday, May 17**

Do you have perennials you are dividing? Did you buy a pack of 6 seedlings when you only needed 3? Bring your extras to the Center and leave on our plant swap table, outdoors. Are you planning a garden and need a few new plants? Stop by and take what you need.



The tables will be outdoors for 2 weeks. Enjoy!

**CENTER CLOSED FOR HOLIDAY**

The Center will be closed on **Monday, May 27** for the **Memorial Day** holiday.

The Woodbury Memorial Day Parade will be held on **Sunday, May 26 at 2 p.m.** along Main Street.





## EXERCISE CLASSES

### VIRTUAL EXERCISE CLASS

#### *Fitness Fury with Susan*

Tuesdays at 10:30 a.m. and Thursdays at 10 a.m. on Zoom  
**May 2, 7, 9, 14, 16, 21, 23, 28 & 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 May (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.  
**May 1, 3, 8, 10, 15, 17, 22, 24, 29 & 31**

Join Empatriz for her unique, lively class! The cost for May (10 classes) is \$30. 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.  
**May 1, 8, 15, 22 & 29**

The cost for the May session (5 classes) is \$25. 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.  
**May 2, 6, 9, 16, 20, 23 & 30 (no class 5/13 or 5/27)**

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 May (7 classes) is \$21. You must sign up for the full session.



#### *Cardio Dance Party Series with Andrea*

Tuesdays and Thursdays at 10 a.m.  
**May 2, 7, 9, 14, 16, 21, 23, 28 & 30 (on 5/7 & 28 class will be at the firehouse)**  
**This class is offered as a monthly series OR as drop in!**

For May the cost will be \$27 (9 classes) - \$24 for those who took the class in April - 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.  
**May 2, 7, 9, 14, 16, 21, 23, 28 & 30 (on 5/7 & 28 class will be at the firehouse)**

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 May the cost for Tuesdays is \$12 (4 classes) - Thursdays \$15 (5 classes) - Tuesdays & Thursdays \$27 (9 classes) - \$24 for those who took the class in April



#### *Pilobolus: Connecting with Balance*

Wednesdays through May 29 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.

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



P  
I  
L  
O  
B  
O  
L  
U  
S

**NEW! ASK A NURSE**  
**Mondays, May 13**  
**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.

**NEW! ASK A MENTAL HEALTH PROFESSIONAL**  
**Tuesdays, May 14 & 28 from 10 to 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.

**DIME BINGO!**

**Thursdays, May 2 & 30**  
**at 1:15 p.m.**

10¢ per card, per game.

Please sign up for one or both.



**PIANO MUSIC - Come Listen & Relax**  
**Friday, May 10 from 2:30 to 3:30 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.



**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 friend. Limited to 35. Please sign up.



**MAY CONGREGATE MEAL MENU**

**You must sign up by Monday morning the previous week.**

**TUESDAY**

**May 7 -**  
*(sign up by April 29)*  
 Vegetable Salad  
 Chicken Florentine  
 Herb Pasta  
 Vegetable Medley  
 Chocolate Cookie

**May 14 -**  
*(sign up by May 6)*  
 Garden House Salad  
 Spinach & Mushroom  
 Pork Loin  
 Roasted Potatoes  
 Vegetable Medley  
 Brownie

**May 21 -**  
*(sign up by May 13)*  
 House Salad  
 Chicken Milanese  
 Herb Pasta  
 Vegetable Medley  
 Crumb Cake

**May 28 -**  
*(sign up by May 20)*  
 Caesar Salad  
 Chicken Cacciatore  
 Red Bliss Mashed  
 Potatoes  
 Vegetable Medley  
 Dessert

**THURSDAY**

**May 2 -**  
*(sign up by April 22)*  
 Chicken and Rice Soup  
 Chicken Picatta  
 Rice Pilaf  
 Vegetable Medley  
 Applesauce

**May 9 -**  
*(sign up by April 29)*  
 Minestrone Soup  
 Chicken Saltimbocca  
 Mashed Potatoes  
 Vegetable Medley  
 Fruit Cocktail

**May 16 -**  
*(sign up by May 6)*  
 Cream of Broccoli Soup  
 Chicken Marsala  
 Buttered Noodles  
 Vegetable Medley  
 Fruit Cocktail


**May 23 -**  
*(sign up by May 13)*  
 Mediterranean Salad  
 Greek Velouté Chicken  
 Rice Pilaf  
 Vegetable Medley  
 Fresh Fruit

**May 30 -**  
*(sign up by May 20)*  
 Lentil Vegetable Soup  
 Herbed Porchetta  
 Cous Cous Pilaf  
 Vegetable Medley  
 Marble Pound Cake

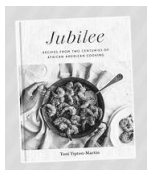


**Reservations are required! Chef-On-Site meals are provided by Art of Yum and is funded by Western CT Area Agency on Aging, CT Community Foundation & your donation. Please make your check out to "Senior Nutrition Services." Cash is also accepted. No credit cards. The suggested donation is \$3.50-\$5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

**ASK AN ATTORNEY**  
 with Attorney Alyson R. Marcucio  
**Friday, May 17 from 1 to 2 p.m.**  
 Bring your questions.  
 Please call the Center to make your appointment.




**COOKBOOK CLUB**  
**Wednesday, May 22 at 6 p.m.**  
 May's cookbook will be *Jubilee*, by Toni Tipton-Marton. The author is acclaimed for bringing the public's attention to the history, depth and breadth of African American cuisine. 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, May 9 & 23**  
**1 to 3 p.m.**  
 Whether you enjoy to crochet or knit, all are welcome.




**THE CENTER'S DISPLAY CASE**  
 May features the craftsmanship of **Judy LaBranche**, who creates dresses from colorful pillowcases to be distributed in Africa. See her dresses on display! Also, we are collecting good quality used colored cotton pillowcases for Judy's work in the office.





**CARDIO DRUMMING IS BACK!**  
**Wednesdays, May 1, 8, 15, 22 & 29**  
**3 - 3:30 p.m.**  
 Stand or sit behind an elevated ball holding your drumsticks, and move and groove to the beat. This class is sure to make you smile. Try it out. Drop ins welcome. Limited to 15.



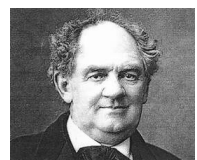
**WRITING FROM THE SOUNDTRACK OF OUR LIVES**  
**A Creative Writing Workshop with Lin Northrup**  
**Wednesdays from 10:00 - 11:30 a.m.**  
**for those currently enrolled, the class continues May 1, 8 & 15**




**COMMUNITY SING-A-LONG**  
 with Jerry and Teddi  
**Tuesday, May 14 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.

**THE AMAZING WORLD, HISTORY AND ORIGINS OF P. T. BARNUM & THE AMERICAN CIRCUS**  
 presented by **Leon DiMartino**  
**Monday, May 6 at 1 p.m.**  
 Barnum was one of first Showman, to invent an early form of American entertainment with colorful and interesting characters and theatrical displays of distinct types of oddities that would attract public attention. But Barnum was more than a showman, he was also a politician and wealthy businessperson. Learn the story of PT Barnum and how the American circus comes into existence. Please sign up.



**TECHNOLOGY HELP WITH CLYDE**  
**Wednesdays, May 1 & 15 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. He will be here the first and third Wednesday of each month. 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.



**IMAGERY JOURNALING**

**Wednesdays, May 1, 15, 22 & 29 at 1 p.m.  
(no class May 8)**

**\$3 for materials on your first session**



Journaling is a wonderful way to explore, embrace and accept your inner world. In this class you'll receive a journal, art supplies and other creating materials to get yourself started on your journaling journey. Please sign up.

**WHAT TO DO IF YOU FALL OR SEE SOMEONE FALL  
Tuesday May 14 at 2:45 p.m. (before Balance Class)  
and Friday, May 17 at 11:45 (after Balance Class)**

You're walking to your mailbox and you see a neighbor on the ground. What do you do? Or you slip at home and suddenly you're on the floor. What do you do? Learn the what's and how's at this short but informative demo class. There will be time for questions and handouts are provided.



**WE HAVE A NEW BUS!**

After a very long wait, a new senior bus has been delivered. The Town got this bus through the Section 5310 program at no cost to town taxpayers. This is a terrific time to find out about how to ride the bus. How to ride brochures are available at the Senior Center or by email if you ask. Also, demo rides on the bus will take place on **Wednesday, May 1 from 11 a.m. to 12 noon at the Center.** Can't be here? Call; we'll arrange a time to bring the bus to you!

**THERAPEUTIC MASSAGE WITH ANDREA**

**Wednesdays, May 1, 8, 22 & 29 from 9 a.m. to 3:30 p.m.  
Thursdays, May 2, 9, 16 & 30 from 12 p.m. to 2 p.m.  
and now on the third Friday, May 17 from 10 a.m. to 2 p.m.**

**Please call the Center for appointments**

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



**HIKING**

Enjoy nature and the company of others on our guided hikes; hiking at a leisurely pace and just enjoying the day! Please call the Center to sign up or for more information. Details of each hike will be sent to each registered participant. A waiver will be required from each participant at their first hike of the season.

**Tuesday, May 28 at 9 a.m.**

**1.6 mile hike:** Little Pond Boardwalk, White Memorial Conservation Center, Litchfield. This wonderful hike is on level terrain and includes a lovely lengthy (and safe) boardwalk through a marsh. Bird sightings are common. It's easy to get there as well, with a large new parking lot and no highway driving.

**Thursday, May 30 at 9 a.m.**

**3 mile hike:** Whittemore Sanctuary, Woodbury. This is a gem of a trail right here in Woodbury. Some hills and ups and downs.



**THE FRIENDS OF THE WOODBURY SENIOR COMMUNITY CENTER** will be presenting the **Candlewood Brass Quintet** on Sunday, **May 19 at 2 p.m. at the Woodbury Senior Center.** They will

be playing some old standards like the Syncopated Clock, Summertime, Ain't Misbehavin and marches such as the Washington Post March and The Stars and Stripes Forever. It will be a fun hour of resounding brass music. Instrumentation includes the trombone, the tuba, two trumpets and a French Horn. Come for a free relaxing, yet exciting, afternoon.

**SENIOR BUS TRIP TO CTAW'S  
"WAY OFF BROADWAY"**

**Sunday, May 5 at 1:00 p.m.  
Show at 2 p.m.**



A small town theatre decides to produce a play; when the auditions begin, however, hilarious trouble ensues! This musical will entertain and delight all ages. Show dates are the weekends of May 3 and May 10. We'll have a bus available for the Sunday, May 5 matinee; buy a ticket for the show and be sure to let us know you want to ride the bus! Tickets are available at the Center for all shows: Seniors/students - \$16; General admission - \$20.



**HAIRCUTS WITH LUCY**  
**Make your appointment today!**  
**Friday, May 10**  
**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




**SENIOR BUS SHOPPING TRIPS**  
**Tuesdays & Thursdays - Woodbury**  
**Monday, May 6 - Naugatuck (leaves at 10 a.m.)**  
**Monday, May 20 - 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.

**BOOK CLUB**  
**Tuesday, May 21 at 10 a.m.**  
**(please note new time)**


May's book is **The Lost Apothecary** by Sarah Penner. In 18th century London, a secret apothecary shop caters to women seeking potions to use against oppressive men in their lives. In contemporary London, an aspiring historian stumbles on a clue to the unsolved apothecary murders of two hundred years ago. The two storylines entwine with insight and intrigue to keep the reader engaged in a book that ends too soon. Please sign up. Books are available at the Woodbury Public Library.



**GET YOUR CARICATURE SKETCH!**  
 By popular demand, artist Sam Wilder will be here on **Wednesday, May 8 from 11:45 to 1:45** to do caricature sketches by appointment. Sam was a featured artist in our Beat the Winter Blahs Series, and returns now for even more sketches. This would make a fantastic gift for someone you love! Reserve your 15 minute appointment now; the cost will be \$20 cash, which you will pay directly to Sam at your appointment.



**BROWN BAG LUNCH BUNCH**  
 Bring a bag lunch with you any day we are open and enjoy conversation with friends between programs.




**MAY MAKER SPACE PROJECT:**  
**WOODEN SPOONS SET**

Celebrate someone you love with a set of personalized wooden spoons. The spoons look amazing when complete in a bundle of three with a ribbon of your choice. They can be engraved with images of herbs, foods, plants, or with sayings...really, anything in the thousands of images is available. Add a line of personalization too! Make your appointment with Kathleen to create your set to keep or to give. Cost: \$3 payable at sign up. If you'd like to make only one, you have that option also for \$1.




**LEARN TO PLAY MAH JONGG**  
**for those currently enrolled, class continues on Thursdays, May 2 & 30**  
**1 to 2:30 p.m.**




**VETERANS GROUP COFFEE AND...**  
**Tuesday, May 14**  
**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.



**NEW MEMBER BREAKFAST**  
**Friday, June 3 at 9 a.m.**

Are you new to the Center? If you've registered as a member in 2024 this breakfast is for you! Enjoy a free breakfast, meet other new members and find out more about Woodbury Senior Center. New members only please - please sign up.



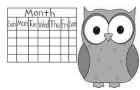
**Heather Zuckerman**

**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.

**Notes from Heather:**



Did you know there is a **Municipal Agent News** bulletin board located in the hallway at the Center with up-to-date information on benefits and services? Take a look regularly and be an informed consumer! Heather can answer any questions you may have after looking at the board.

**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.

**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.**

# MAY 2024

S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
	Blue Star Memorial Marker Ceremony honoring armed services members  Saturday, May 4 at 10 am at North Green	Be Sure to Come to our <b>TAG SALE</b> on <b>Saturday, May 18 9 a.m. to 1 p.m.</b>	<b>1</b> 9-10 Zumba Gold® 9-3:30 Messages with Andrea 10-11:30 Creative Writing 11-11:45 Balance Class 11-12 Try a Ride on our Bus 12-1 Pilobolus 1-2 Imagery Journaling 1:00 Technology Help with Clyde 1:30-2:30 Tai Chi 3-3:30 Cardio Drumming	<b>2</b> 8:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 12-2 Massage with Andrea 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Learn to Play Mah Jongg 1:15 Bingo 3-3:45 Balance Class	<b>3</b> 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 9:30 Walking Club 10:00 Friends Meeting 11:00 Bus to Southbury 11-11:45 Balance Class 12:00 Hawaiian Smoothies 1:00 Movie: <i>Benjamin Button</i> 1-3:30 Table Tennis	<b>4</b>
<b>5</b>	<b>6</b> 8:30 Stretch & Meditation 10:00 Bus to Naugatuck 10:30 Current Events (virtual) 11:00 Balance Class 12:00 Election Set up 1:00 The Amazing History of PT Barnum and the American Circus  <b>PLANT SWAP STARTS TODAY THROUGH MAY 17 ON THE PATIO</b>	<b>7 6am-8pm Region 14 Budget Referendum</b> 10-11 Cardio Dance Firehouse 10-11 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 11:00 Total Body Tone & Strength Firehouse 12:00 Lunch Activity Room 1:30 Canasta 1-3 Board Games and Chat 1:15 Backgammon 3-3:45 NO Balance today	<b>8</b> 9-10 Zumba Gold® 9-3:30 Messages with Andrea 10-11:30 Creative Writing 10:00 Quilling Club 11-11:45 Balance Class 12-1 Pilobolus 1-2 Imagery Journaling 1-2 Accessing Emergency Mental Health and Crisis Services 1:30-2:30 Tai Chi 3-3:30 Cardio Drumming	<b>9</b> 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 3:15-3:45 Balance Class	<b>10</b> 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10-10:30 Haircuts with Lucy (by appt.) 11:00 Bus to Southbury 11-11:45 NO Balance Class today 1:30 <b>Victorian Tea Party</b> 2:30-3:30 Piano Music	<b>11</b>
<b>12</b>	<b>13</b> 8:30 NO Stretch & Meditation 10-11:30 Ask a Nurse 10:30 Current Events (virtual) 11:00 Balance Class 1-3:30 Table Tennis 1:30 Doodling for Stress Relief and Inspiration 1:30 Technology Help with Adrian & Julian	<b>14</b> 10-11 Cardio Dance 10-11:30 Ask a Mental Health Professional 10-11 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 1:00 Community Sing-A-Long 1:15 Board Games and Chat 1:15 Backgammon 3-3:45 Balance Class	<b>15</b> 9-10 Zumba Gold® 10-11:30 Creative Writing last class 11-11:45 Balance Class 12-2 Foot Care Clinic 12-1 Pilobolus 12-1 Flower Arranging 1-2 Imagery Journaling 1:00 Technology Help with Clyde 3-3:30 Cardio Drumming	<b>16</b> 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 3-3:45 Balance Class TV Room not available today (Special AMP training class all day in TV Room)	<b>17</b> 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 9:30 Walking Club 10-2 Messages with Andrea 10-11 Healthy Chats: Mental Health 11:00 Bus to Southbury 11-11:45 Balance Class 1-3:30 Table Tennis 1-2 Ask an Attorney 1:00 Movie: <i>Catch Me if You Can</i>	<b>18</b> TAG S A L E 9-1
<b>19</b>	<b>20</b> 8:30 Stretch & Meditation 10:00 Bus to Torrington 10:30 Current Events (virtual) 11:00 Balance Class 1-3:30 Table Tennis 1:00 Personalize your Name Tag	<b>21</b> 10-11 Cardio Dance 10-11 Book Club 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 1:15 Scam & Fraud Presentation 1:15 Board Games and Chat 1:15 Backgammon 3-3:45 Balance Class	<b>22</b> 9-10 Zumba Gold® 11-11:45 Balance Class 12-1 Pilobolus 1-2 Imagery Journaling 1:30-2:30 Tai Chi 3-3:30 Cardio Drumming 6:00 Cookbook Club	<b>23</b> 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 3:15-4:00 Balance Class	<b>24</b> 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 11:00 Bus to Southbury 11-11:45 NO Balance Class 12:00 <b>Memorial Day Lunch and Entertainment by Jim Moore</b>  <b>Last date to vote for Pet Photos</b>	<b>25</b>
<b>26</b>	<b>27</b> <b>Center closed for the Memorial Day Holiday</b>	<b>28 6am-8pm Town Budget Referendum</b> 9:00 Senior Hike 1 mile 10-11 Cardio Dance Firehouse 10-11:30 Ask a Mental Health Professional 10:30 Fitness Fury on Zoom 11:00 Total Body Tone & Strength Firehouse 12:00 Lunch Activity Room 12-1:30 Canasta 1:15 Board Games and Chat 3-3:45 NO Balance Class today	<b>29</b> 9-10 Zumba Gold® 11-11:45 Balance Class 12-1 Pilobolus last class 1-2 Imagery Journaling 1:30-2:30 Tai Chi 3-3:30 Cardio Drumming	<b>30</b> 8:30-9:30 Stretch & Meditation 9:00 Senior Hike 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 Learn to Play Mah Jongg 1:15 Bingo 3-3:45 Balance Class	<b>31</b> 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 11:00 Bus to Southbury 11-11:45 Balance Class 1:15 Movie: <i>The Fault in Our Stars</i> 1-3:30 Table Tennis	




**MAKE A FRESH FLOWER ARRANGEMENT**  
 with Jennifer from the Lutheran Home of Southbury  
**Wednesday, May 15 at noon**  
 Create a fresh flower arrangement. The class is free and all materials will be provided. Class size is limited to 12. Please sign up. If you've already had the pleasure of taking this class, please let others have the opportunity.





The Pomperaug Valley Garden Club invites you to join them as they dedicate a **Blue Star Memorial Marker** honoring all who have served, now serve or will serve in our nation's **Armed Services**  
**Saturday, May 4, 2024 at 10 a.m.**  
 on the North Green, Woodbury  
 (at the corner of Rte. 6 and Rte. 47)  
 Parking available at rear of North Congregational Church  
 In case of rain, ceremony will be held in the Church.



**BLOOD PRESSURE CLINIC**  
**First and Third Tuesdays of the month**  
**May 7 & 21 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, stop in.



**DON'T GET SCAMMED!**  
**Tuesday, May 21 at 1:15 p.m.**

Douglas Alley of Newtown Savings Bank will be presenting on "Detecting Fraud: Learning How To Protect Yourself And Your Future". Learn to recognize and reduce the risk of elder financial exploitation and recognize and guard against scams and identity theft. Please sign up.

**WALKING CLUB**  
**Fridays, May 3 & 17 at 9:30 a.m.**  
**at the Woodbury Cemetery**



Come walk with Kathleen! Bring a sunhat if the weather is good and a bottle of water; wear comfy shoes and your smile. Call if you have questions, and be sure to sign up so we know you are coming to join us!

**MAY MOVIES**  
 Please be sure to sign up.  
**All movies will be shown on Fridays at 1:15 p.m.**  
**No Movies May 10 or May 24**


**May 3 - *The Curious Case of Benjamin Button***  
 A man is born in his 80s and ages backwards. An instant classic! Rated PG-13; 165 min. THIS MOVIE WILL BEGIN AT 1 P.M. DUE TO RUN TIME

**May 17 - *Catch Me if You Can***  
 A man passes himself off as a pilot, a lawyer and a doctor in this film the Associated Press called "the most flat-out fun movie". Rated PG-13; 141 min. THIS MOVIE WILL BEGIN AT 1 P.M. DUE TO RUN TIME

**May 31 - *The Fault in Our Stars***  
 Two young people meet at a support group for cancer patients and take the adventure of a lifetime together. Rated PG-13; 126 min.

**TECHNOLOGY HELP WITH ADRIAN AND JULIAN**  
**Monday, May 13 at 1:30 p.m.**  
 Get personal help with your tech items. Especially your cell phones and tablets. Call to sign up!

**INTERESTED IN PINOCHLE?**  
 We know some lovely people who are looking to start a friendly game at the Center. Let the office staff know of your interest.



**QUILLING CLUB**  
**Wednesday, May 8 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.

We are bringing back our Fitness Room volunteers. You will be asked to monitor our Fitness Room for two 3 1/2 hour shifts per month. With that, you will receive a free Fitness Room membership with the volunteer commitment of one year. If interested, we will put you in touch with our volunteer coordinator.



**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.



**INTERESTED?**

If you are interested in the following, please let us know:

- Cribbage
- Setback
- Language Lessons (Italian or Russian)

**TABLE TENNIS RETURNS!**

**Mondays, May 13 & 20 and**

**Fridays, May 3, 17 & 31 from 1 to 3:30 p.m.**

Please bring your own paddles. All are welcome.

**NATIONAL PET MONTH SNAPSHOT PHOTO EXHIBIT**



Be sure to see the exhibit at the Center all month long! Each photo will be numbered; drop your coins in the box with the same number to vote for your favorite photo. The winner gets a prize and all moneys donated will be given to Woodbury Animal Control for pet food, blankets and more!  
Vote by May 24, please.

**THE MONTHLY MUFFIN**

**Thursday, May 23 - beginning at 9 a.m.**

Continuing the tradition...a different muffin every month. Our muffin for **May** is

**Strawberry Rhubarb.** Our patio café will be set up for your convenience.



**NAME TAGS**

Name tags on lanyards are available at the Office. Wear them to help us all learn each other's name! For those who would like to personalize your name tag, there will be a class on **Monday, May 20 at 1 p.m.** with lots of creative supplies. Pro tip: Keep your name tag in your car so you always have it while you're at the Center!

**WE TAKE CREDIT CARD PAYMENTS!**

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



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

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



**REGION 14 BUDGET REFERENDUM**

**Tuesday, May 7, 6 a.m. - 8 p.m.**

**TOWN BUDGET REFERENDUM**

**Tuesday, May 28, 6 a.m. - 8 p.m.**

Please check for alternate locations for classes and lunch.

**CT STATEWIDE RESPITE CARE PROGRAM**

The Respite Care program provides support for daytime or overnight respite care for an individual with dementia, so that the family may rest and have some relief from the strains of caregiving. Income limits are \$51,114 a year and liquid assets of \$135,892 or less. For more information, call the Western CT Area Agency on Aging, Inc. at (203) 757-5449.

**CELEBRATE NATIONAL DOODLE DAY**

**Monday, May 13 at 1:30 p.m.**

Join Loryn for a session on the stress relief benefits of doodling. Rediscover your creative side!

**HEALTHY CHATS WITH HEIDI, RN at HVHD**

**Friday, May 17 from 10 – 11 a.m.**

Bring your questions as we have an in-depth discussion of **mental health and the impact it has on daily life.** A breakfast of yogurt, granola and fruit will be included. Please sign up.

**Please find our monthly newsletter on our**

**website: [woodburyseniorct.org](http://woodburyseniorct.org)**

**It's easy to print a copy!**

**Copies are also available at the Senior Center while supplies last.**