

# THE CENTER NEWS

## WOODBURY SENIOR CENTER

April 2026

### OUR MISSION

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.

**Sign-ups for April programs will begin on Wednesday, March 25 at 9 a.m.**

The Center will be closed on **Friday, April 3** for the **Good Friday** holiday. There will be no senior bus or medical bus transportation.

### OUR STAFF

#### -Director of Senior Services

Loryn Ray

#### -Program Assistant

Diana Brandt

#### -Office Manager

Karen Blanchet

#### -Municipal Agent/ Social Services Director

Heather Zuckerman

#### -Senior Bus Drivers

Nancy Gubbiotti

Paul Sagnella

Dave Deakin

Michael Cintron

Jerry Simmons

Rich Lamothe

#### -Custodians

John White

Mike Duggan

Jacob Firlings

#### -Senior Nutrition Services

Donna Cole

AMERICA



### - America's Founding Fathers -

**Thomas Jefferson's Books and Daniel Shays' Misbehavior**

**Monday, April 13 from 10 to 11 a.m.**

**Alexander Hamilton's Republic and James Madison's Conference**

**Monday, May 4 from 10 to 11 a.m.**

In honor of America 250 we will be showing America's Founding Fathers from Great Courses throughout 2026. Historian and Professor Allen C. Guelzo reveals how America's Founding Fathers played their own unique roles in shaping the grand story of the U.S. Constitution. Each viewing will showcase two lectures in this series. This series is sure to open all our eyes to the history of the making of our country! Please sign up.

### 7 Dimensions of Wellness with Julie Ramia, Dementia Specialist

**Thursday, April 30 from 1 to 2:30 p.m.**



In our fast-paced world, wellness is more important than ever. People are looking for ways to achieve a healthy, balanced lifestyle that helps them flourish in every way. Come learn about the Seven Dimensions of Wellness: a holistic approach that considers the many aspects of well-being that are all connected. This perspective goes beyond just staying fit or eating right; it's about nurturing every area of our lives for overall wellness. We will explore each dimension and offer practical tips for bringing balance and harmony into your life. Please sign up!

### Better Questions, Better Answers with Wally Kostrzewa

**Tuesday, April 7  
1 to 2:30 p.m.**



You want the answers, but are you asking the right questions?

Better Questions, Better Answers offers practical ways to address your goals and roles. See the benefits of asking better questions of friends, family and others. Your questions can help make decisions, lead meetings, build ideas and talk to peers and kids. Presenter Wally Kostrzewa shares humorous examples to explore relationships to listening skills, body language, generational differences and personal styles. This hands-on session will help create your own roadmap to get the answers you need. Please sign up.

## THIS IS THE YEAR TO LEARN



### Technology Bar - Apple Products with Jim Wednesdays, April 8 & 22 at 1 p.m.

Bring your Apple laptop, iPad or iPhone for some small group help with Techie Jim Parks.

Jim can help with quick issues like finding emails and photos or can help you research how to make your Apple device work better for you. Limited to 5. Please sign up.

### Technology with Clyde Wednesday, April 1 & 15 at 1 p.m.



Boost your tech IQ with expert-led sessions on basic skills. Bring your phone, laptop or tablet with your questions and let Clyde help you. Don't miss this opportunity to enhance your skills and connect with others. Class size is limited to 8. Please sign up.

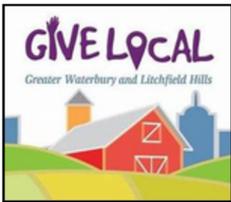


### AAA Driver Improvement Mature Operator Program Monday, April 6 from 10 a.m. to 2 p.m.



**Cost: \$15 checks only -  
made out to "AAA Northeast" paid directly to the class instructor**

This course can save you money on your auto insurance (check with your insurance company). The cost includes the course materials and certification. AAA requires a minimum of 15 participants to run the class. Please sign up.



### - Friends of the Woodbury Senior Community Center Information - Give Local Greater Waterbury and Litchfield Hills 2026 Tuesday, April 21 and Wednesday, April 22

Join in this annual 36-hour online giving event. Donations will benefit our Senior Center with needed items, programs and services that fall beyond the Senior Center's approved Town budget. Go to [givelocalccf.org](http://givelocalccf.org) to make your donation to the Friends. Thank you for your support.

## MUNICIPAL AGENT/SOCIAL SERVICES

### Heather Zuckerman, Social Services/Municipal Agent

**Phone: 203-263-4117    Fax: 203-266-4310    Email: [hzuckerman@woodburyct.org](mailto:hzuckerman@woodburyct.org)  
Heather's Hours: Monday through Friday, 8 a.m. to 4 p.m. By appointment only.**

#### Important Notes from Heather:

- It is always a good idea to check your credit report every year at [Annualcreditreport.com](http://Annualcreditreport.com). Federal law allows you to get a free copy of your credit report every 12 months from each credit reporting company. Ensure that the information on all of your credit reports is correct and up to date.

- Department of Social Services is changing the dates that SNAP benefits are loaded! Starting March 1st, DSS will issue SNAP Benefits each month based on the last two digits of the EBT cardholder's Client ID as shown below:

Last 2 digits of Client ID Benefits Issuance Day:

00-12 the 1st of the month, 13-24 the 2nd of the month, 25-37 the 3rd of the month, 38-49 the 4th of the month, 50-62 the 5th of the month, 63-74 the 6th of the month, 75-87 the 7th of the month, 88-99 the 8th of the month.

Heather can help Woodbury residents with applications and other services and benefits for seniors. Please take a look at Heather's bulletin board in the main hallway for up-to-date information on benefits and services. Be an informed consumer! Contact Heather with any questions.

# HIGHLIGHTS

## Digital Literacy



### DIGITAL LITERACY INITIATIVE (DLI)

#### DLI Office Hours

**Tuesdays, April 7, 14, 21 & 28 from 9 to 11 a.m.**

To set up an appointment for learning and coaching on your device, call the Center and ask about Digital Literacy office hours, or stop in during posted DLI office hours. Other times are available by appointment.

#### DLI Basics Course: Android Basics Thursday, April 9 from 1 to 2:30 p.m.

This in-person workshop is for those who have a new Android mobile device, or are considering getting one and want to learn more about the basic functions. (no iPhones for this class please). It will help learners get connected, identify common apps and build confidence in using their device safely. Limited to 25. Please sign up.



#### DLI Basics Course: IOS Operating Basics with Jim Parks Tuesday, April 28 from 1 to 2:30 p.m.



This in-person workshop is for those who have a new Apple mobile device (an iPhone or iPad), or who are considering getting one. The class will help learners get connected and use touch and voice gestures to make using the device easier. Participants will also learn to identify common apps and build confidence in using their device safely. No Android phones or tablets in this workshop.

## Region 14 Schools

*Your future begins here.*  
Serving the Towns of Bethlehem and Woodbury

### 17<sup>th</sup> Annual Region 14 Senior Citizen Spring Luncheon Drive Through Event Tuesday, May 5 from 11 a.m. to 12 p.m.

Woodbury seniors are invited to pick up a meal prepared by the Nonnewaug High School culinary class. Once you enter the high school parking lot, students will direct you where to go to pick up your delicious meal.

Menu:

- Marinated Mediterranean Grain & Bean Salad with basil, lemon-balsamic vinaigrette, cous-cous, chickpeas, white beans & lentils
- Baked Three Cheese Lasagna al Forno layered with ricotta, mozzarella, parmesan, basil and marinara
- Spiced Pear, Apple & Blueberry Pie baked with local honey and lemon zest

Please sign up at the center by Monday, April 20. Limited to 60 Woodbury seniors. If you don't drive, please let us know and we can arrange to pick up your meal and deliver it to you.



### Region 14 Community Hot Dog Roast and Home Sports Game Day Tuesday, May 5



Region 14 will be offering a Hot Dog Roast on the sports fields at Nonnewaug High School on the afternoon of Tuesday, May 5. All NHS sports teams are scheduled for a home game that day. This is a great way to experience NHS sports and see some friends. Bethlehem Elementary, Mitchell and Woodbury Middle Schools will host similar events that day as well. More details to follow.

# FOOD AND NUTRITION

You must sign up for lunch by Monday morning of the previous week.

## TUESDAY

### April 7

(sign up by March 30)

Vegetable Salad  
Chicken Florentine  
Herb Pasta  
Vegetable Medley  
Chocolate Cookie

### April 14

(sign up by April 6)

Garden House Salad  
Spinach Mushroom  
Pork Loin  
Roasted Potatoes  
Vegetable Medley  
Brownie

### April 21

(sign up by April 13)

House Salad  
Chicken Milanese  
Herb Pasta  
Vegetable Medley  
Crumb Cake

### April 28

(sign up by April 20)

Caesar Salad  
Chicken Cacciatore  
Red Bliss Mashed Potatoes  
Vegetable Medley  
Peaches



## THURSDAY

### April 2

(sign up by March 23)

Chicken Rice Soup  
Chicken Picatta  
Rice Pilaf  
Vegetable Medley  
Applesauce

### April 9

(sign up by March 30)

Minestrone  
Chicken Saltimbocca  
Whipped Mashed Potatoes  
Vegetable Medley  
Fruit Cocktail

### April 16

(sign up by April 6)

Glazed Ham  
Sweet Potato Casserole  
Vegetable Medley  
Cake

### April 23

(sign up by April 13)

Mediterranean Salad  
Greek Veloute Chicken  
Rice Pilaf  
Vegetable Medley  
Fresh Fruit

### April 30

(sign up by April 20)

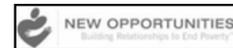
Pasta Fagioli  
Pomodoro Meatballs  
Spaghetti  
Vegetable Medley  
Pound Cake

## LUNCH NEWS

Lunches are held Tuesdays and Thursdays at noon for Woodbury residents only and are a great way to meet people and get out of the house. Reservations are required.

Chef on Site meals are provided by Kings Catering through New Opportunities, Inc. and is funded by Western CT Area Agency on Aging, CT Community Foundation, The Town of Woodbury & your donation. Please make your check out to "Senior Nutrition Services." Cash is also accepted; no credit cards. A suggested donation is \$3.50 - \$5 per meal.

**Out of town seniors are welcome to bring a bag lunch to enjoy lunch with your friends at the Center.**



## Cooking Club with Stephen Anderson Wednesdays, April 15 & 29, May 13 & 27 1 to 2:30p.m. in the Senior Center Kitchen

The class will cook and eat together AND have leftovers for you to enjoy at home. Limited to 10. Cost \$5 per class OR \$16 for the full session.

## Sourdough Class with Loryn Friday, April 24 from 1 to 2:30 p.m.

By popular request, our sourdough basics class is back. Learn what sourdough is, the science behind the art of sourdough baking and how to maintain and feed a sourdough starter. We'll also look at the steps of baking with sourdough, and tips and tricks for getting the best results from your sourdough.

Each person who attends will receive a sourdough starter, a recipe for beginner-friendly sourdough bread and written instructions on the care and feeding of your starter.

Must sign up by April 10.

Limited to 30. Cost \$5.

Go from this...



to this...



to this...



## Brass City Harvest Cooking Class with Nichole Wednesdays, April 8 & 22

12 to 1:30 p.m. in the Senior Center kitchen

Join Nichole for a hands-on cooking class centered around recipes featuring locally grown produce. Class will be followed by a nutrition talk.

Class size is limited to 15. Please sign up for one of the two classes only.



## PROGRAMS



### Meet and Greet with First Selectman, Paul Zulpa and Friends Friday, April 10 from 1 to 2:30 p.m.

Enjoy an afternoon of conversation and treats with our NEW First Selectman, Paul Zulpa. Paul will also bring some "friends" that are part of our town's fabric and here to help you! Please sign up. Woodbury seniors only. Limited to 25. Please sign up.

### Cardio Drumming with Diana Wednesday, April 22 from 2:45 to 3:30 p.m.

Cardio drumming is a fun, energetic workout that combines drumming movements with aerobic exercise, making it accessible to people of all fitness levels. Limited to 12.



Please sign up.



### Pomperaug 101: Protecting our Waterways with Olivia from PRWC Thursday, April 23 from 1 to 2 p.m.

"Looking to connect with your local rivers? Join Pomperaug River Watershed Coalition to see how! This program will highlight PRWC's work to protect rivers and drinking water in your community, while sharing easy and welcoming ways you can get involved. PRWC's Program Manager Olivia DiPalermo will give a sneak peek into PRWC's guided paddle series this spring and summer which offers a comfortable way to connect with friends and neighbors to explore local waterways and wildlife. Never been on the water before? No worries! Participants will also have the chance to practice getting in and out of a kayak and using a paddle, helping you feel confident and ready to join PRWC on the water this spring!" Please sign up.

## EXERCISE CLASSES

### **STRETCH, STRENGTH AND CORE WITH SUSAN**

**Tuesdays and Thursdays at 11 a.m. - April 2, 7, 9, 14, 16, 21, 23, 28 & 30**

Class is limited to the first 25 Woodbury seniors who register and pay. Those members of the Center who live in other areas, as well as Woodbury residents who are not among those who are in the first 25 registered, will be welcome to participate in the class virtually on Zoom. Please let us know at sign up if you require the Zoom link to be emailed to you. The cost for April (9 classes) is \$36. You must sign up for the full session.



### **ZUMBA GOLD WITH EMPERATRIZ**

**Wednesdays and Fridays from 9 to 10 a.m. - April 1, 8, 10, 15, 17, 22, 24 & 29**

Join Emperatriz for her unique, lively dance class. Dance to Latin rhythms and popular tunes, and get a great workout while having fun! The cost for April (8 classes) is \$24. You must sign up for the full session.

### **TAI CHI WITH SUSAN**

**Wednesdays from 1:30 to 2:30 p.m. - April 1, 8, 15, 22 & 29**

Tai Chi is a gentle form of moving meditation and is noted for improving dynamic balance, flexibility and for lowering stress levels. Please call the center to sign up and let us know if you opt to take this class virtually so we can send you the link. The cost for the April (5 classes) is \$25. You must sign up for the full session.



### **DEEP STRETCH AND MEDITATION CLASS WITH JENNIFER**

**Mondays and Thursdays from 8:30 to 9:30 a.m. - April 2, 6, 9, 13, 16, 20, 23, 27 & 30**

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. You must sign up for the full session. The cost for April (9 classes) is \$27.

### **CHAIR YOGA WITH JENN**

**Tuesdays from 9:30 to 10:30 a.m. - April 7, 14, 21 & 28**

Chair yoga is a modified form of traditional yoga that incorporates the use of a chair for support, making it more accessible and gentler, especially for those with limited mobility or balance. It allows individuals to experience the benefits of yoga while seated or with the support of a chair. Chair yoga can improve flexibility, strength, balance and promote relaxation through breathing. The cost for April (4 classes) is \$16. You must register for the entire series. Limited to 20.



### **BALANCE WITH LORYN OR DIANA**

**Mondays at 11 a.m. - April 6, 13, 20 & 27**

**Wednesdays at 11 a.m. - April 1, 8, 15, 22 & 29**

**Thursdays at 9:45 a.m. - April 2, 9, 16, 23 & 30**

**Fridays at 11 a.m. - April 10, 17 & 24**

**PLEASE NOTE:  
There will be no 12 p.m. Balance Class on  
Mondays and Fridays during the month of April.**

Join Loryn or Diana for a jump start on maintaining your balance. This class is done both seated and standing and can be modified for any fitness level or special need. The class is free, but you must sign up monthly if you want to be notified if weather or other issues cancels a class.

## PROGRAMS

### Writing Unbound with Lin Northrup

Wednesdays, April 22, 29 and May 6, 13, 20 (5 sessions) from 10 to 11:30 a.m.

Cost: \$25



"Always and at every point, the heart remembers who we are."

Words make worlds. Discover the magic that happens when you dive into the world of words. True writing doesn't come from the head, it comes from the heart. When you write from your heart, you begin an open conversation that reflects your observations, your experiences and what you are still learning about life. Your words become the canvas that describes the depth and richness of the human spirit. You re-discover that we are all on "the hero's journey." With a variety of themes, exercises, poems and quotes experience the joy of sharing your thoughts in a warm, welcoming space. Class limited to 12 participants. Please sign up.

Lin Northrup, M.Ed, is the author of *Leela* and *the Forest of Light*. She taught at Naugatuck Valley Community College and offers workshops on meditation, metaphysics and Native American wisdom.

### Blossoming Friendships: A Special Luncheon Event sponsored by the Junior Women's Club of Woodbury Friday, May 1 from 12 to 2:30 p.m.

Join us for a warm and welcoming luncheon designed especially for people looking to build friendships and community. Finding new friends can be challenging at any age. Here you can connect with others in a relaxed, creative setting as we explore the art of flower arranging together. Whether you're a seasoned florist or a complete beginner, this event is a chance to unwind, meet new people and create something beautiful as well as enjoy lunch. Come for the flowers, stay for the friendships! We can't wait to see you there. Please sign up. Limited to 30.

## TRANSPORTATION

### SENIOR BUS SHOPPING TRIPS

**Woodbury - Tuesdays & Thursdays and some Mondays & Wednesdays (noted on calendar) 9 a.m. to 3 p.m.**

**Naugatuck - Monday, April 6  
(leaving Woodbury at 10 a.m.)**

**Torrington - Monday, April 27  
(leaving Woodbury at 10 a.m.)**

**Southbury - Wednesdays, April 1 & 22  
Fridays, April 10, 17 & 24  
(leaving Woodbury at 10:30 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 with Karen to ensure your place on the bus. Limit 8 shoppers per day on out of town trips. If you haven't received your two free tote bags, please let us know. All your purchases must fit into these totes (It's okay to put them in another bag first).

### MEDICAL TRANSPORTATION

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

**Mondays and Wednesdays - Waterbury, Middlebury and Watertown**

**Tuesdays, Thursdays & Fridays - Woodbury and Southbury**

Please make your appointments accordingly - ideally between 9:30 a.m. to 1:30 p.m.

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 to two weeks ahead of time will be helpful. Once your ride is confirmed by Karen, you can be 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.

**A suggested donation of \$2 for in-town rides and \$3 for out-of-town rides are accepted, but not required. This helps offset fuel costs for operating the bus. Drivers do not accept tips.**

# SOMETHING FOR EVERYONE



**CTAW Play Read: *The Mousetrap***  
**Tuesday, April 21**  
**1:30 to 2:45 p.m.**

Join Maureen Denver from CTAW for a guided play reading of Agatha Christie's *The Mousetrap*, a classic murder mystery in which seven strangers find themselves snowbound at Monkswell Manor - and soon realize a killer is among them. As tensions rise, long-buried secrets surface, each tied to a recent murder in London, ultimately leading to a dramatic and closely guarded reveal of the culprit's identity and motive. Please sign up.



**Walking Club with Lynn or KathySue**  
**Lynn: Wednesdays, April 8 & 22 at 1 p.m.**  
**KathySue: Friday, April 17 at 9:30 a.m.**

Walk with Lynn or KathySue at the Woodbury Cemetery. Bring a bottle of water, wear comfy shoes and your smile. Be sure to sign up so we know that you are coming to join us. Walk as much or as little as you like. There are benches for rest breaks too.

**Hurricane Preparedness with Amy**  
**Thursday, April 2 from 1 to 2 p.m.**



Join Amy Clark for a class on Hurricane Preparation. Make sure you are ready and have all up to date information for the upcoming hurricane season. Please sign up.



**Nutrition Talk: Carbohydrates**  
**Tuesday, May 12 from 11 a.m. to 12 p.m.**

Nichole from Brass City Harvest will be leading a nutritional talk on carbohydrates in your diet. Please sign up.

**Table Tennis**

**Mondays April 13, 20 & 27 and Friday, April 24**  
**1:30 to 3:30 p.m.**

Table tennis returns on Monday April 13. Please bring a paddle if you have one and join the fun.

**Poetry Reading with Betty Lou Bowles**  
**Tuesday, April 21 from 10:30 to 11 a.m.**

April is National Poetry Month! Help us celebrate with a special poetry reading with local Poet Betty Lou Bowles. Betty Lou will read some of her favorite poems from various poets to celebrate! Please sign up.



**Hiking Information**

April is an uncertain time for hiking in Connecticut. Often the weather does not cooperate. Rather than plan a hike that (historically in April) may have to cancel, we may plan a pop-up hike if a stretch of good weather comes. If you'd like to be contacted if we are able to schedule a pop-up hike in April, please contact the Center.

**Mah Jongg**

Tuesdays, April 7, 14, 21 & 28, 12:30 to 3:30 p.m.  
 Every Wednesday, 1 to 3 p.m.  
 Every Thursday, 12:30 to 3:30 p.m.  
 Every Friday, 9:30 to 11:30 a.m.

**Setback**

**Mondays from 9:30 to 11 a.m.**

**Canasta**

**Tuesdays from 12 to 3:30 p.m.**

**Pinochle**

**Wednesdays from 12 to 3:30 p.m.**

**Ladies Bridge**

**Thursdays from 9:30 a.m. to 12 p.m.**

CARDS ANYONE?

**ALL ARE WELCOME HERE**

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

## CREATIVE CORNER



### Stitches of Love

**Thursdays, April 9 & 23 from 1 to 2:30 p.m.**

Whether you enjoy crocheting or knitting, this group is for you. Let us know if you'd like to join.

### Crochet Corner

**Mondays, April 6, 13, 20 & 27 from 10 to 11:30 a.m.**

All crocheters and skill levels are welcome.

Bring your WIP (work in progress) or a completed work to show. If you are a beginner, no problem, we are here to help. If you are a seasoned crocheter, come and share your skills.



### Imagery Journaling

**Wednesdays, April 1, 8, 15, 22 & 29 at 1 p.m.**

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

### Craft Class with Danielle from Village Crest

**Monday, April 27 from 1 to 2 p.m.**

Make a lovely **printed silk scarf** with Danielle. It's always a fun and creative class. Limited to 12. Please sign up for this FREE craft class.



## HISTORY PROGRAMS



### America 250: Dirty Blue Shirts - The Webs they Wove: Women and Their Wardrobes during New England's Revolution

**Sunday, April 12 from 1:30 to 3 p.m.**



Join us for this fascinating program! The Dirty Blue Shirts are costumed historians who educate and entertain with programs focused on the everyday lives of people living in historic times in New England. As the nation commemorates its 250th anniversary, it is the lives of local people dressed in fulled wool or spun silk that continue to inspire creativity, resilience and empathy today. Indeed, the fabric choices women made had a profound impact on the War for Independence itself! From the mythology of homespun to legends of midnight rides in red cloaks and calashes, the Dirty Blue Shirts share stories of women who waged war on multiple fronts as well as a look at what they wore as their world turned upside down. Stories are told by costumed historians and include reproduction clothing pieces and fabric samples. This special weekend program is open to people of all ages with support from the Friends of the Woodbury Senior Community Center. Please sign up.



### Leon DiMartino Presents: The Life & Times of Benedict Arnold - Part I: The Early Years

**Monday, April 20 from 1 to 2:30 p.m. (rescheduled from March 9)**

Born in 1741 in New Haven, Connecticut, Benedict Arnold was one of eleven Arnold children - only Benedict and a sister survived into adulthood. He would apprentice as a pharmacist and later start the trade as a bookseller and merchant in New Haven, CT. As a young man, he would join a Connecticut Colonial Militia during the French & Indian War (1757-1763). This early military adventure would eventually lead to a military career. This is a first look at Benedict Arnold as a young man in a class not covered in ordinary history courses. Limited to 25. Please sign up.



### Leon DiMartino Presents: The Life & Times of Benedict Arnold - Part II: The Revolutionary War Years & Beyond

**Monday, May 11 from 1 to 2:30 p.m.**

In the beginning of The American Revolutionary War, Arnold would fight for the Patriots' cause, fighting most of the early major battles of the war and was a favorite of General George Washington. Romance with a Loyalist lady and failure of the Continental Congress to recognize his contributions to the American cause of independence will lead to his becoming a traitor and joining up with the British in 1780. Leon will discuss Arnold's military career and his years after the Revolutionary War.

Limited to 25. Please sign up!

# BUS TRIPS

A "levels" system of evaluating our trips and tours will help you decide whether a trip is right for you.

**Level 1** - little walking or physical activity necessary; more sitting than walking.

**Level 2** - moderate walking required with frequent opportunities to sit and rest, mostly flat terrain.

**Level 3** - active walking required with fewer opportunities to sit; walking on uneven or challenging terrain.



## SENIOR BUS TRIPS

**Aqua Turf Presents: Rock N Roll Heaven! - Tuesday, April 14 from 10 a.m. to 4:30 p.m.**



For those who are currently signed up.



**Goodspeed presents: Jesus Christ Superstar and Lunch at Gelston House - Wednesday, May 20 from 10 a.m. to 4:30 p.m.**

A cultural phenomenon that shook the world. An electrifying rock score that captured the spirit of a generation. Telling the final days of Jesus through the eyes of Judas and featuring iconic songs like "Superstar" and "I Don't Know How to Love Him," Jesus Christ Superstar is a bold story of devotion and doubt. Experience the legendary musical that has captivated audiences for over 50 years! Cost: \$115 per person (cash or check to the Town of Woodbury - Memo line: Goodspeed Tickets. Includes Orchestra seat and lunch at the Gelston House. Limited to 12 Woodbury seniors. **Please sign up by April 6.** Level 2



## FRIENDSHIP TOURS TRIPS



FRIENDSHIP TOURS  
THE SHIP SHOP



**Taste of New York - Saturday, May 2 from 8:30 a.m. to 7:30 p.m.**

For those signed up: Depart: 8:30 a.m. Hollow Park. Estimated Return: 7:30 p.m. Hollow Park. Level 2



**Pearls of Newport - Saturday, June 20 from 7:30 a.m. to 7 p.m.**

The magnificent Rosecliff Mansion provides a delightful backdrop for the Newport Flower Show. Stroll through the first floor of the mansion filled with incredible floral arrangements, continue out onto the spacious lawn to enjoy beautiful displays. Explore the Shopper's Marketplace with incredible views! Free time in the afternoon to explore downtown Newport on your own. Lots of little shops and restaurants on Bowen's and Bannister's Wharf! Depart: 7:30 a.m. Hollow Park. Estimated Return: 7 p.m. Hollow Park. Cost: \$136 pp (checks only, payable to Friendship Tours). Limited to 20. **Sign up by May 1.** Level 3.



**Hudson River Cruise on the Rip Van Winkle - Tuesday, July 21 from 10 a.m. to 6 p.m.**

All aboard the Rip Van Winkle departing from Kingston, NY heading south to Hyde Park and return. Our narrated cruise will take us by beautiful views of Hudson River lighthouses, waterfront mansions and other amazing sites as we lazily glide along the water. Enjoy a plated lunch at The Cornell Restaurant on the Kingston waterfront. Located in the heart of downtown Kingston on the historic Rondout, The Cornell offers a dining experience that honors the rich maritime heritage of the Hudson River Valley. Choose from: Shaved Prime Rib Sandwich, Thanksgiving Sandwich or Fish and Chips. Entrée selection in advance. Depart: 10:00am Hollow Park Est. Return: 6:00pm Woodbury. Cost: \$163 pp (checks only, payable to Friendship Tours). **Sign up by June 12.** Limited to 24. Level 2.



**Ellis Island and Liberty Island - Saturday, September 26 from 7 a.m. to 7:15 p.m.**

**ELLIS ISLAND:** From 1892 to 1954, millions of immigrants began their American dream here: The Great Hall, where the immigrants were processed, the four rooms where immigrants were detained. **LIBERTY ISLAND\*** Is the home of the Statue of Liberty, one of the most iconic and recognizable figures around the globe.



\*Entry to the Statue of Liberty (Crown & Pedestal) not included. Reserved ferry tickets include entry to the Ellis Island Immigration Museum, the Statue of Liberty Museum (Plus audio guides for both Islands). Ferry departs from Liberty Park, NJ and stops at Ellis Island and Statue of Liberty Island. Lunch is on your own at the cafes located at each destination. Note: Boarding the ferry requires walking about 1/3 mile over mixed surfaces, with a security screening stop along the way. Guests should be comfortable walking and standing for short periods. Cost: \$122 pp (checks only, payable to Friendship Tours) Depart: 7 a.m. Hollow Park. Estimated Return: 7:15 p.m. Hollow Park. **Sign up by August 3.** Limited to 25. Level 3.

# PROGRAMS



**Friday, April 24**  
**La La Land**

Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts, they are faced with decisions that begin to fray the fragile fabric of their love affair and the dreams they worked so hard to maintain in each other threaten to rip them apart. 2016. Rated: PG-13. Running Time: 2 hr. 8 min. Please sign up.

**Healthy Chats with Heidi: Exercise and Walking**  
**Friday, April 17 from 10 to 11 a.m.**



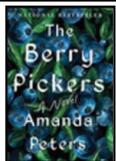
Join HVHD Public Health Nurse Heidi for a discussion about exercise and the importance of walking. After the discussion take a short walk with Heidi if you'd like to. Please sign up.

**Coffee Chat**

**Monday, April 6 at 1 p.m.**



Bring your questions and ideas for a good discussion and enjoy participating in the life of our Center community. Please sign up.



**Book Club**

**Tuesday, April 28 at 10 a.m.**

This month we are reading **The Berry Pickers** by Amanda Peters. A four-year-old Mi'kmaq girl goes missing from the blueberry fields of Maine, sparking a tragic mystery that haunts the survivors, unravels a family, and remains unsolved for nearly fifty years. Meanwhile, a young girl named Norma is often troubled by recurring dreams and visions that seem more like memories than imagination. As she grows older, unwilling to abandon her intuition, she will spend decades trying to uncover this family secret. Sign up; copies are at the Woodbury Public Library.



**Dime Bingo!**

**Tuesdays, April 14 & 28 at 1:15 p.m.**

Join in an afternoon of Dime Bingo. The cost is 10 cents per card, per game. Please sign up.



**Afternoon Pizza & Dime Bingo**  
**sponsored by Waterbury Nursing and Rehab**  
**Friday, April 17 from 12 to 2:30 p.m.**



Enjoy an afternoon of pizza and dime bingo. Come for San Remo's Pizza and stay for an afternoon of Bingo. You must stay for both the pizza and bingo. Limited to 40. Please sign up.



**Evening Pizza & Dime Bingo**  
**sponsored by Chris Spagnoletti**  
**from SCORE Physical Therapy**  
**Friday, May 8 from 4 to 6:30 p.m.**

Enjoy an evening of pizza and dime bingo! SCORE Physical Therapy in Woodbury is sponsoring this event and bringing Julio's Brick Oven Pizza for your early bird dinner. Come for pizza and stay for an evening of Dime Bingo. You must stay for both the pizza and bingo. Limited to 40. Please sign up.

**Member of the Month: Jill St. John**

“Some people are dynamos in small packages” is a great way to describe Jill St. John. Jill is full of energy, smiles and a “get it done” attitude and she sticks with it! For example, she’s played bridge for 70 years and has been playing here at the Center for many of those years. “I love my bridge women”, she says, “they’re all just great!” Jill sold Woodbury real estate for 37 years and knows quite a bit about a lot of the houses around here (and many a hallway heard the “tap tap tap” of her pumps as she walked). She raised 5 children and now has 9 grandchildren as well. She coordinates activities in and outside of the bridge room, including a twice annual collection for the Food Bank.

Nice to know you, Jill!

**Staff Member of the Month: Jerry Simmons**

Jerry is a per diem driver for the Senior Bus. He works a few days each month, filling in for other drivers or taking an extra route as they are scheduled. It’s always fun to see Jerry behind the wheel, as he brings a big smile and a welcoming kindness to the job with him. Jerry says he’s a family man who enjoys spending time with his wife, two kids and his dog. As a young man he played baseball so well that he played on an all-star team that defeated a European professional team. He ended up playing ball in Europe for the summer. Nice to know you, Jerry!



# SERVICES

## Ask a Mental Health Professional Tuesdays, April 14 & 28

10 to 11:30 a.m. by appointment (30 minutes)

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 on how to access mental health services in the community. Call the Center to make your half hour appointment with Ed.

## Therapeutic Massage Appointments with Lea Ricard, LMT

Mondays, April 6, 13, 20 & 27  
from 10 a.m. to 2 p.m. (by appointment only)

Lea has more than 13 years experience as a massage therapist. Give yourself or someone you love the gift of relaxation with a 30-minute or 1-hour massage. Call the Center to make your appointment.



30 minute massage - \$35  
1 hour massage - \$60

## HVHD Blood Pressure Clinic

Tuesdays, April 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 in the Center's Health Office. This is a free service.



## Haircuts with Lucy

Friday, April 10 from 10 a.m. to 1:30 p.m.  
by appointment only

Lucy has 36 years experience as a hairdresser.

Call the Center to make your appointment.

New Pricing:

Men and Women - \$15



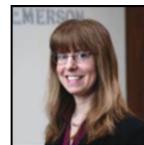
**AARP Volunteer Tax Assistance Program**  
Mondays and Fridays through Friday, April 10  
from 12 to 4 p.m.  
(by appointment only)



Unfortunately there are no appointments remaining through the end of the tax season.

## Ask an Attorney

with Attorney Alyson R. Marcucio  
Friday, April 24 from 2 to 3 p.m.



Attorney Marcucio offers 4 free individual 15-minute appointments each month. Her specialties are elder law, probate, wills, trusts, Power of Attorney and conservatorship. Please be prepared and bring your questions. Please sign up for your appointment.



**Veteran's Group Coffee And...**  
Tuesday, April 14 from 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.

**Medicare Counseling**  
with CHOICES Counselor, Paul Hinckley  
Thursday, April 9 from 9 a.m. to 3 p.m.

Paul will be offering one-on-one Medicare Counseling on the second Thursday of each month. Please call the center to make your 1 hour appointment.

**CT Legal Services Presentation**  
Thursday, April 16 from 1 to 2 p.m.



CT Legal Services is a non-profit law firm that provides access to justice and protects critical civil legal rights of low-income individuals and families through representation, systemic advocacy, advice, collaboration and education. Kevin Brophy is the Managing Attorney of the Elder Law Unit at CT Legal Services. He will present on Power of Attorney, Health Care Instructions and applying for Medicaid long term care. Please sign up!

# APRIL 2026 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> 9-10 Zumba Gold <b>10:30 Bus in Southbury</b> 11:00 Balance Class 12-3:30 Pinochle 1-2 Imagery Journaling 1:00-3:00 Mah Jongg 1:00 Technology with Clyde 1:30 Tai Chi	<b>2</b> 8:30 Stretch & Meditation <b>9-3 Bus in Woodbury</b> 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe <b>12:30-3:30 Mah Jongg</b> <b>1-2 Hurricane Preparedness with Amy</b> 1-2:30 Learn to Play Mah Jongg	<b>3</b> <b>Center Closed for the Good Friday Holiday</b>
<b>6</b> 8:30 Stretch & Meditation 9:30-11 Setback <b>10:00 Bus to Naugatuck</b> 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) <b>10-2 AAA Driver Improvement Course</b> 10:30 Current Events (virtual) 11:00 Balance Class <b>12-4 AARP Tax Assistance (by appt only)</b> 1:00 Coffee Chat with Loryn	<b>7</b> <b>9-3 Bus in Woodbury</b> 9-11 DLI Office Hours <b>9:30-10:30 Chair Yoga</b> 10-11 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta <b>12:30-3:30 Mah Jongg</b> <b>1-2:30 Better Questions, Better Answers</b>	<b>8</b> 9-10 Zumba Gold <b>9-3 Bus in Woodbury</b> 11:00 Balance Class <b>12:00 Brass City Cooking Class</b> 12-3:30 Pinochle 1-2 Imagery Journaling 1:00-3:00 Mah Jongg 1:00 Technology Bar with Jim 1:00 Walking Club with Lynn 1:30 Tai Chi	<b>9</b> 8:30 Stretch & Meditation 9-3 CHOICES Medicare Counseling (by appt) <b>9-3 Bus in Woodbury</b> 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe <b>12:30-3:30 Mah Jongg</b> 1-2:30 Stitches of Love <b>1-2:30 DLI: Android Basics</b> 1:30 Commission Meeting	<b>10</b> 9-10 Zumba Gold <b>9:30-11:30 Mah Jongg</b> 10-1:30 Haircuts (by appt) <b>10:30 Bus to Southbury</b> 11:00 Balance Class <b>12-4 AARP Tax Assistance (by appt only - last day)</b> <b>1-2:30 Meet and Greet with First Selectman Paul Zulpa and Friends</b>
<b>13</b> 8:30 Stretch & Meditation <b>9-3 Bus in Woodbury</b> 9:30-11 Setback <b>10-11 America's Founding Fathers: Thomas Jefferson's Books and James Madison's Conference</b> 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class <b>1-2 Nourish to Flourish: Everyday Mindfulness</b> 1:30-3:30 Table Tennis	<b>14</b> <b>9-3 Bus in Woodbury (Bus 1)</b> 9-11 DLI Office Hours <b>9:30-10:30 Chair Yoga</b> 10-11 Veteran's Group 10-11:30 Ask a Mental Health Professional (by appt) <b>10-4:30 Sr. Bus Trip: Rock N Roll Heaven at Aqua Turf (Bus 2)</b> 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe <b>12:30-3:30 Mah Jongg</b> 12-3:30 Canasta 1:15 Dime Bingo	<b>15</b> 9-10 Zumba Gold <b>9-3 Bus in Woodbury</b> 11:00 Balance Class 12-3:30 Pinochle 12-3 Foot Care Clinic (by appt) 1-2 Imagery Journaling <b>1:00-2:30 Cooking Club</b> 1:00-3:00 Mah Jongg 1:00 Technology with Clyde 1:30 Tai Chi	<b>16</b> 8:30 Stretch & Meditation <b>9-3 Bus in Woodbury</b> 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe <b>12:30-3:30 Mah Jongg</b> <b>1-2 CT Legal Services with Kevin Brophy</b> 1-2:30 Learn to Play Mah Jongg	<b>17</b> 9-10 Zumba Gold <b>9:30-11:30 Mah Jongg</b> 9:30 Walking Club with KathySue <b>10-11 Healthy Chats with Heidi</b> <b>10:30 Bus to Southbury</b> 11:00 Balance Class <b>12-2:30 Afternoon Pizza &amp; Bingo</b>
<b>20</b> 8:30 Stretch & Meditation <b>9-3 Bus in Woodbury</b> 9:30-11 Setback 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class <b>1-2:30 The Life and Times of Benedict Arnold: Part 1</b> 1:30-3:30 Table Tennis	<b>21</b> <b>9-3 Bus in Woodbury</b> 9-11 DLI Office Hours <b>9:30-10:30 Chair Yoga</b> 10-11 Blood Pressure Clinic <b>10:30-11 Poetry Reading</b> 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta <b>12:30-3:30 Mah Jongg</b> 1-2:30 Learn to Play Mah Jongg <b>1:30-2:45 CTAW Play Read: The Mousetrap</b>	<b>22</b> 9-10 Zumba Gold <b>10-11:30 Writing Unbound</b> (first class of session) <b>10:30 Bus to Southbury</b> 11:00 Balance Class <b>12:00 Brass City Cooking Class</b> 12-3:30 Pinochle 1:00-3:00 Mah Jongg 1:00 Technology Bar 1-2 Imagery Journaling 1:00 Walking Club with Lynn 1:30 Tai Chi <b>2:45-3:30 Cardio Drumming</b>	<b>23</b> 8:30 Stretch & Meditation <b>9-3 Bus in Woodbury</b> 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe <b>12:30-3:30 Mah Jongg</b> <b>1-2 Pomperaug 101: Watershed Presentation</b> 1-2:30 Stitches of Love	<b>24</b> 9-10 Zumba Gold <b>9:30-11:30 Mah Jongg</b> <b>10:30 Bus to Southbury</b> 11:00 Balance Class <b>12:15 Movie: La La Land</b> <b>1-2:30 Sourdough Class with Loryn</b> 1:30-3:30 Table Tennis 2-3 Ask an Attorney (by appt)
<b>27</b> 8:30 Stretch & Meditation 9:30-11 Setback <b>10:00 Bus to Torrington</b> 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class <b>1-2 Craft Class with Danielle</b> 1:30-3:30 Table Tennis	<b>28</b> <b>9-3 Bus in Woodbury</b> 9-11 DLI Office Hours <b>9:30-10:30 Chair Yoga</b> 10:00 Book Club 10-11:30 Ask a Mental Health Professional (by appt) 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta <b>1-2:30 DLI: IOS Operating Basics</b> 1:15 Dime Bingo	<b>29</b> 9-10 Zumba Gold <b>9-3 Bus in Woodbury</b> 10-11:30 Writing Unbound 11:00 Balance Class 12-3:30 Pinochle <b>1:00-2:30 Cooking Club</b> 1:00-3:00 Mah Jongg 1-2 Imagery Journaling 1:30 Tai Chi	<b>30</b> 8:30 Stretch & Meditation <b>9-3 Bus in Woodbury</b> 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe <b>12:30-3:30 Mah Jongg</b> <b>1-2:30 Seven Dimensions of Wellness</b>	<b>America 250: Dirty Blue Shirts The Webs they Wove - Women and their Wardrobes during New England's Revolution</b>  <b>Sunday, April 12 from 1:30 to 3 p.m. at the Center</b>