

THE CENTER NEWS

WOODBURY SENIOR CENTER

February 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 February programs will begin on Wednesday, January 28 at 9 a.m.

America 250 Events at the Senior Center



This year our nation celebrates a big birthday – 250 years. The Center has many programs coming up around the America 250 theme – starting this month – for the curious, those interested in history, and those who like good entertainment. Look for this logo in our newsletter from now through July to learn more about these varied and celebratory events.

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

-Custodians

John White

Mike Duggan

Jacob Firlings

-Senior Nutrition Services

Donna Cole

AMERICA



America's Founding Fathers:

George Washington's Doubts and Thomas Mifflin's Congress

Monday, February 9 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 course is sure to open all our eyes to the history of the making of our country! Please sign up.



AARP Volunteer Tax Assistance Program

Mondays and Fridays from 12 to 4 p.m.

Monday, February 9 through Friday, April 10 (by appointment only)

AARP is once again bringing their free volunteer tax preparation assistance program to the Center. **Be sure to call for an appointment early, as appointments fill up quickly.** Make an appointment even if you have not yet received your tax documents to avoid disappointment if the program is full.

You will need to pick up an intake packet at the Center once you've signed up and have it completed and ready to take to your appointment.

CENTER CLOSED

The Center will be closed on **Monday, February 16** for the **Presidents Day** holiday. There will be no senior bus transportation or medical bus transportation available.

THIS IS THE YEAR TO LEARN



Technology with Clyde Wednesdays, February 4 & 18 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.

Technology Bar - Apple Products with Jim Wednesdays, February 11 & 25 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 tech work better for you. Limited to 5. Please sign up.

History of the Harmonica with Bob Hennessy Sunday, March 29 from 1:30 to 3 p.m.



Join Bob for a weekend afternoon of stories and music. "The History of the Harmonica" program is an effort to expand the awareness of the instrument. Using story telling, historical facts and playing the instrument in many styles, Bob tells the story and plays music that will open your ears and minds.

Bus transportation is available - please contact the center if you need a ride for this event. Please sign up.



Genealogy - Beyond the Basics...Where to go from here!

with Genealogist Penny Hartzell

Thursday, March 12
from 2 to 3:30 p.m.

There will be no class in February.

Join us for an advanced genealogy workshop designed to take your research to the next level. This session is perfect for those who have already completed a beginner class and are ready to dig deeper. Bring your questions, share your discoveries, and collaborate with fellow enthusiasts as we explore strategies to uncover the answers you've been searching for. Please sign up.

MUNICIPAL AGENT/SOCIAL SERVICES

Heather Zuckerman, Social Services/Municipal Agent

203-263-4117 203-266-4310 (Fax)

Email: hzuckerman@woodburyct.org

Heather's Hours: Monday through Friday, 8 a.m. to 4 p.m. By appointment only.

Applications for Connecticut Energy Assistance Program (CEAP) are accepted through May 29, 2026 at Woodbury Social Services. The program is designed to help offset home energy costs of Connecticut's lower income households, specifically those households whose gross annual income falls at or below 60% of the state median income.

Income guidelines are as follows:

Household of 1: \$47,764 Household of 2: \$62,460

Heather can help Woodbury residents with all their 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 INITIATIVE

Woodbury Senior Center has won a competitive grant and a place in the national program **Digital Literacy Initiative sponsored by the National Council on Aging and AT&T.**

This grant provides us with four laptop computers, in person and online learning curriculum for workshop attendees and 1:1 in coaching with trained staff and volunteers. Each time you attend a Digital Literacy program, your name will be entered into a drawing to win a free iPad. Two lucky winners will be announced at the end of the 6-month initiative. Just sign up and attend a workshop or coaching session to be entered to win. Each program you join will add another chance to win a new iPad. To set up an appointment for Digital 1:1 learning and coaching on your device, call the Center at 203-263-2828 and ask about Digital Literacy office hours, or stop in during posted **DLI Office Hours on Tuesdays from 9 to 11 a.m.**

Digital Learning Initiative (DLI) Extracurricular Course: Learn to do anything with YouTube Tuesday, February 17 from 1 to 2:30 p.m.

Unclog your drain. Learn to folk dance. Watch kittens at play. Find a good restaurant. Check your bridge strategy. You can learn (almost) anything on YouTube. These consumer-created videos are often educational and more often entertaining. Learn how to access YouTube, how to find what you want, and be an educated consumer! This class will be fun and you'll learn, too! Limit to 25. Please Sign up.



Digital Learning Initiative (DLI) Extracurricular Course: Email Basics Tuesday, February 24 from 1 to 2:30 p.m.

Does the thought of checking, reading or writing an email throw your head into a tailspin? Do you have thousands of unread emails and do not know what to do with them? This installment of our DLI Course will teach you all the Email Basics you need to know to become more confident with YOUR email. Please sign up.

Digital Learning Initiative (DLI) Extracurricular Course: Cleaning out Old Files/Emails Wednesday, March 4 from 1 to 2:30 p.m.

Join Clyde Finger for a practical session on decluttering your digital life! Learn tips and strategies to organize, delete and streamline old files and emails from your devices. This hands-on workshop will help you free up space, reduce stress and keep your technology running smoothly. Limit to 25. Please sign up!

New Program! Nourish to Flourish Mondays, March 2, 16 & 30 and April 13 from 1 to 2 p.m.



Nourish to Flourish is a four-session mindful eating program designed for older adults from the Mather institute. It encourages healthier, more intentional eating habits by fostering awareness and appreciation of food. Rooted in proven mindfulness practices, the program supports stress reduction, better sleep, improved cognition, resilience and a more positive relationship with food. Each session will include an introduction, activities and discussions to deepen your understanding of mindful eating.

-Session One: Introduction: Mindful Beginnings: Setting the Stage

-Session Two: Physical and Emotional Eating

-Session Three: Awareness and Shared Humanity

-Session Four: Conclusion: Everyday Mindfulness: Making Mindful Eating a Habit

Please sign up. We are asking that you attend all 4 sessions. Limited to 20.

Christmas Tree Raffle Update!

Hearty congratulations to our three raffle winners whose homes sparkled just a tiny bit more this year decked out with their bejeweled trees. How wonderful to hear that so many raffle ticket purchasers said they wanted to support the Senior Center. It was all done with community spirit and warmth of the holiday season. The raffle was a HUGE success and tree creators and the raffle sellers signed below say a BIG thanks to all for your support.

Daisy Casale, Joan Regan, Wendy White, Robyn Dohrenwend, Renée Laux and Michèle Paquet Finn.

FOOD AND NUTRITION

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

TUESDAY

February 3

(sign up by January 26)

Herb Lentil Soup
Turkey Meatloaf
Garlic Red Bliss Potatoes
Vegetable Medley
Blondie Bar

February 10

(sign up by February 2)

Caesar Salad
Chicken Parmesan
Pasta Marinara
Vegetable Medley
Peaches

February 17

(sign up by February 9)

Garden House Salad
Shepherd's Pie
Buttermilk Biscuits
Vegetable Medley
Chocolate Chip Cookie

February 24

(sign up by February 13)

Garden House Salad
Chicken Milanese
Herbed Pasta
Vegetable Medley
Brownie

**Food tastes better
when you eat it
with friends -
especially at
lunchtime.**

THURSDAY

February 5

(sign up by January 26)

Chef Salad
Stuffed Shells Marinara
Garlic Knots
Vegetable Medley
Fruit Cocktail

February 12

(sign up by February 2)

Chef Salad
Apple Cider Glazed
Pork Loin
Whipped Sweet
Potatoes
Green Beans
Seasonal Fruit

February 19

(sign up by February 9)

Kale Salad
Tuscan Chicken
(olives, artichokes,
tomatoes, spinach)
Buttered Noodles
Vegetable Medley
Cake

February 26

(sign up by February 13)

Caesar Salad
Beef Stroganoff
Egg Noodles
Vegetable Medley
Peaches

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.



Brass City Harvest Cooking Class with Nichole

Wednesdays, February 4 & 18

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.



Cooking Club with Steven

The series continues on

Wednesdays, February 11 and 25

from 1 to 2:30 p.m. in the Senior Center kitchen

Are you interested in becoming more confident in the kitchen? Are you looking for some new recipes for a small household? Come and join the Woodbury Senior Center Cooking Club! This is a space where you can learn how to cook and expand your cooking. This group will focus on easy meals that can be made for 1 or 2 people. We will make enough food to eat together, and depending on what and how much we prepare, there may be leftovers to take home. Please sign up. Cost: \$5 per class for remainder of classes in the series. Limited to 8.

Nutrition Talk with Nichole:

The Egg and Heart Health

Tuesday, February 10 from 11 a.m. to 12 p.m.



Nichole from Brass City Harvest will be leading a nutritional talk on eggs and heart health.

Please sign up.

KEEP MOVING!



Bounce Back with Pilobolus
For those enrolled, the class continues on:
**Thursdays, February 5, 12, 19 & 26 and
March 5 at 1:30 p.m.**

Walking Club with KathySue **Fridays, February 6 & 20 at 9:30 a.m.**



Walk with KathySue at the Center parking lot or inside the Senior Center if weather is inclement or too cold. Bring a bottle of water and wear comfy shoes. Be sure to sign up so we know that you are coming to join us.

Cardio Drumming with Diana **Wednesday, February 18 at 2:45 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. Whether you are new to this exercise or a veteran join

Diana for a fun afternoon of exercise and music! Please sign up.
Limited to 12.



Annual Toiletry Drive at the Senior Center - through the Month of March

Items will be donated to the Woodbury Food Bank.

Place donations in the marked toiletry drive donation bin under the office window.

All NEW toiletries accepted including:

Toothpaste, wrapped toothbrushes, body wash, soaps (travel soaps too!), shampoo, shaving cream, razors and any other personal care items.

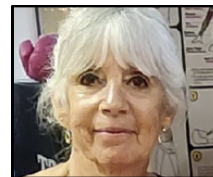
Thank your for your continued generosity

EXERCISE CLASSES

STRETCH, STRENGTH AND CORE WITH SUSAN

Tuesday and/or Thursdays at 11 a.m. - February 3, 5, 10, 12, 17, 19, 24 & 26

This class is available in person or on Zoom. It is an excellent all-around fitness program that helps older adults safely enhance their strength, flexibility and endurance. Bring light weights, a resistance band and a small ball. The cost for February (8 classes) is \$32, Tuesdays (4 classes) is \$16 and Thursdays (4 classes) is \$16. Call the Center to sign up with your email for the link if you want to take the class via Zoom.



ZUMBA GOLD WITH EMPERATRIZ

Wednesday and Fridays from 9 to 10 a.m. - February 4, 6, 11, 13, 18, 20, 25 & 27

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

TAI CHI WITH SUSAN

Wednesday from 1:30 to 2:30 p.m. - February 11, 18 & 25 (no class 2/4)

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 February (3 classes) is \$15. 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. - February 2, 5, 9, 12 & 19 (no class 2/16, 23 & 26)

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 February (5 classes) is \$15.

CHAIR YOGA WITH JENN

Tuesdays from 9:30 to 10:30 a.m. - February 3, 10, 17 & 24

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 February (4 classes) is \$16. You must register for the entire series. Limited to 20.



BALANCE WITH LORYN OR DIANA

Mondays at 11 a.m. - February 2, 9 & 23 (no class on 2/16)

Wednesdays at 11 a.m. - February 4, 11, 18 & 25

Thursdays at 9:45 a.m. - February 5, 12, 19 & 26

Fridays at 11 a.m. - February 6, 13, 20 & 27

PLEASE NOTE:

There will be no Monday or Friday 12 p.m. Balance Class in February, March and beginning of April due to the AARP Tax Aide held at the Center.

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.

FITNESS ROOM INFORMATION

The Fitness Room is a perfect solution for those who prefer to work out individually or for those doing follow up rehab work. The Fitness Room features 2 TRUE long-tread stabilized treadmills, 1 TRUE weight stack for weight and resistance training, 1 TRUE recumbent exercise bike and 2 NU Step recumbent cross trainers and locker rooms. No matter your fitness goals, you can work toward them here! For those new to the Fitness Room, there is a registration packet that must be filled out and each user must be trained on each apparatus.



The following fees are for either a 6 month membership or a 12 month membership:

Woodbury residents: \$30/\$60

Non-Woodbury residents: \$40/\$80

After January the cost will be prorated each month.

TRANSPORTATION



SENIOR BUS SHOPPING TRIPS

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

Naugatuck - Monday, February 2
(leaving Woodbury at 10 a.m.)

Torrington - Monday, February 23
(leaving Woodbury at 10 a.m.)

Southbury - Wednesdays, February 11 & 25
Fridays, February 6, 13, 20 & 27
(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).

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.



MEDICAL TRANSPORTATION

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

Mondays and Wednesdays - Waterbury, Middlebury and Watertown

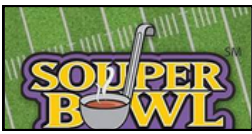
Tuesdays, Thursdays & Fridays - Woodbury and Southbury

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.



SOMETHING FOR EVERYONE



Soup-er Bowl Potluck Party Friday, February 6 at noon

Bring a crockpot of hot soup, or opt for a salad or dessert, for this SOUP-er midwinter party.

Homemade soups of all kinds are sought – please let us know what you'd like to bring. Be sure to bring food hot and ready to serve; we will not be able to heat your food for you. Attendees can sample as many soups as they like, and one lucky soup maker will win a valuable prize. Sign up by **Friday, January 30** to be part of this delicious and fun afternoon.



Table Tennis Monday, February 2 and Friday, February 6 from 1:30 to 3:30 p.m.

NO Table Tennis February 9, 13, 20, 23, 27
while AARP Tax Aide is being held at the
Center.

Friendship Friday! Friday, February 6 from 1 to 2 p.m. starting with your brown bag lunch at 12:30 p.m.



This month topic is:
Acts of Kindness

Help us continue to grow a friendly and inclusive environment throughout our community. This group has been formed to help grow and nourish new and long-lasting friendships. We will introduce concepts derived from published material, speakers and, most importantly, the collective wisdom of participants as we explore the intricacy of developing and maintaining a friend circle as we age. Please sign up.

Winter Weather Policy

The Woodbury Senior Center will be closed for inclement weather if the Town of Woodbury's First Selectman closes the municipal offices. We do not follow the Region 14 school closures. Some instructors may cancel classes, at which time you will receive a call from our office informing you of the cancellation. Call if you have questions. Most of all - Use your best judgment when traveling on roads covered with ice and snow.

Writing from the Inside Out with Instructor Lin Northrup

For those currently enrolled, the class continues on Wednesdays, February 4, 11, 25 and March 4 & 11 (no class 2/18) from 10 - 11:30 a.m.



Mah Jongg

Tuesdays, February 10 & 24, 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.

CARDS ANYONE?

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.

Please let us know if you are interested in playing.

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

Afghan Project

Wednesdays, February 4, 11, 18 & 25
from 9:30 to 10:30 a.m.



Meet to design a bag of "misfit" pieces to make a unique afghan. We also have kits ready to be put together. All abilities needed - we welcome beginners. If you know how to make granny squares, we need 5" x 5" squares of any design.



Stitches of Love
Thursdays, February 12 & 26
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 the group.

Crochet Corner

Mondays, February 2, 9 & 23
10 to 11:30 a.m.



All crocheters are invited and all skills 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.

Valentine's Day Flower Arrangement with the Pomperaug Valley Garden Club
Tuesday, February 10 from 1:30 to 2:30 p.m.

Create a fresh flower arrangement. The class is free, and all materials will be provided. Class size is limited to 15. Please sign up.



Imagery Journaling

Wednesdays, February 4, 11, 18 & 25
at 1 p.m.

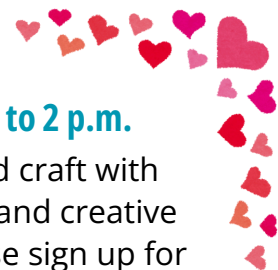
Journaling is a wonderful way to explore, embrace and accept your inner world. In this self-guided class you'll receive a journal, art supplies and other creative materials to get started on your journaling journey. Please sign up.



Craft with Danielle
from Village Crest

Monday, February 23 from 1 to 2 p.m.

Make a valentine themed craft with Danielle. It's always a fun and creative class. Limited to 12. Please sign up for this FREE craft class.



Herbal Lotion Bar
with Amy from Bloom Where Planted
Friday, February 6 from 1 to 2 p.m.

As the weather gets cooler, and you need to protect your skin, it is a great time to create a skin nourishing lotion bar. Learn about some skin benefiting herbs, how to infuse them in oil and finally make a lotion bar that is solid and easy to apply. \$8 per person. Limited to 16. Please sign up.



Leon DiMartino Presents: The Life & Times of Benedict Arnold - Part I: The Early Years
Monday, March 9 from 1 to 2:30 p.m.

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

Lunch at Tramonti Ristorante in Thomaston
Friday, February 20 from 11 a.m. to 3 p.m.



Join us for an afternoon dining experience at an authentic Italian restaurant at Tramonti's in Thomaston. Chef Antonio brings his expertise straight from Parma, Italy to your table here in Connecticut. Tramonti offers traditional Italian fare as well as unique and creative dishes, offering homemade daily specials as well. There is a \$2 registration fee to secure your spot. Meals range from \$30-\$50 and portions are HUGE. Limited to 15. Woodbury residents only for bus transportation (12) - out of town members (3) are welcome to drive on your own. Please sign up by Monday, February 9.

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

Dave Colucci gives us a spectacular show that pays tribute to music legends who left us far too soon. The songs and stories of artists including Elvis, Buddy Holly, Bobby Darin, Janice Joplin, John Lennon, Patsy Cline and more, will be enjoyed by all during this show!! Cost: \$57 pp includes show and lunch of Chicken Kathryn/Baked Ham. Pre-registration is required by **Friday, March 20**. Limited to 20. Senior bus transportation available for 12 Woodbury seniors.



PROGRAMS

Electric Rates 101: Connecticut's Electric Rates, Public Benefits Charge, Smart Meters and More presented by Art Marcelynas
Tuesday, March 10 from 1 to 2:30 p.m.

Art Marcelynas, a retired State Utility Regulator, has presented to our members about choosing an electric supplier for the past two years. Our members have asked that Art return to explain more about Connecticut's electric rates, the Public Benefits Charge and what can be done to affect change. Art has agreed to return to discuss the Public Benefits Charge, Smart Meters, time-of-use electric rates and more. Art worked on electric issues at PURA for 32 years and has considerable knowledge about CT's electricity policies and rates. Bring your questions and a recent copy of your bill; you won't be disappointed with this presentation! Please sign up.

Table Read with CTAW
Wrong Window
Tuesday, February 10
1:30 to 2:45 p.m.



Join Peg Anson (CTAW past president) and Maureen Denver (CTAW Artistic Director) for a wonderful afternoon table read of the play *Wrong Window*! *Wrong Window* is a 1998 farcical whodunit play by Billy Van Zandt and Jane Milmore that spoofs Alfred Hitchcock films, particularly *Rear Window*. The plot centers on a couple who believe they witnessed their neighbor commit a crime, leading them on a hilarious and chaotic investigation that involves mistaken identities, multiple door-slamming, and plenty of slapstick. Please sign up!



PROGRAMS

FRIDAY MOVIES Now Showing!

Showtime:
12:15 p.m.



Friday, February 13 *Grumpy Old Men*

John Gustafson (Jack Lemmon) and Max Goldman (Walter Matthau) are two curmudgeonly neighbors who have been at each other's throats for years. The rivalry of the former friends intensifies when Ariel (Ann-Margret) comes along and provides a love interest for both. When Max finds out that John is experiencing family troubles and financial ruin, however, he steps in to help. Their bond is further cemented when John has a health scare and Max makes the ultimate sacrifice for his friend. 1993. Rated PG-13. Running Time: 1 hr. 43 min. Please sign up.



Friday, February 27 *Going in Style*

Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money. 2017. Rated PG-13. Running Time: 1 hr. 36 min. Please sign up.

America's Founding Fathers: Robert Morris' Money and Benjamin Franklin's Leather Apron

Monday, March 9 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.

Coffee Chat with Loryn

Monday, February 2 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.

Dime Bingo!

Tuesdays, February 3 & 17
at 1:15 p.m.

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



Book Club

Tuesday, February 24 at 10 a.m.



This month's read is *Quiet: The Power of Introverts in a World that Can't Stop Talking* by Susan Cain.

What are the advantages of being an introvert? They make up at least one-third of the people we know. They are the ones who prefer listening to speaking; who innovate and create but dislike self-promotion; who favor working on their own over working in teams. It is to introverts - Rosa Parks, Chopin, Dr. Seuss, Steve Wozniak - that we owe many of the great contributions to society. The Woodbury Public Library has copies ready for you to check out.

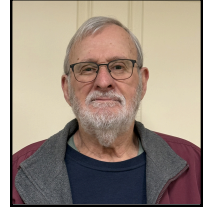
DAILY NEWS

Current Events via Zoom
Mondays from 10:30 a.m. to 12 p.m.

Join others for a weekly discussion of world events via Zoom. Call the Center to register and to receive the email link.

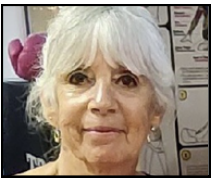
Member of the Month: Ron Dubos

Ron is often a Center early bird. He knows the early morning hours are a great time to get going in the Fitness Room. Ron and his lovely wife MaryAnn have lived in Woodbury for over 40 years. They have 3 children and 6 grandchildren. Ron had a long career in construction. As a child Ron worked alongside his mother in a floral shop, where he picked up skills in decorative painting. He uses those skills and woodworking skills to create items both useful and decorative. His birdhouses were a huge hit at the Center a few years ago and he even created indoor cornhole scoring towers for us as well. Interesting tidbit - Loryn and Ron first met many years ago when they both worked for a neighboring town!



Featured Instructor of the Month: Susan Krusko

This year we will feature staff members and instructors among our people of the month. With so many new members and old friends you may still learn something you didn't know about the people who work at the Center!



Susan Krusko teaches Stretch, Strength and Core here at the Center. She has worked 12 years with Fitness Fury where she is Senior Programs Director and has been with us at the Senior Center almost as long. Teaching classes like our Stretch, Strength and Core is a second career for Susan. She worked for 40 years as a legal assistant helping people in need access legal services and became an exercise instructor as she tapered her legal career. Susan loves to help seniors have fun and laugh while getting good exercise, so much so that during the pandemic she taught by Zoom and then organized in-person socially distanced get-togethers for her classes at Hollow Park! In her spare time Susan gardens and loves to take walks, and because of her age, has become good friends with her class members...and the friendships are real.

SERVICES

Ask a Mental Health Professional Tuesday, February 10 & 24

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.



HVHD Blood Pressure Clinic Tuesdays, February 3 & 17 10 a.m. to 12 p.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.



Healthy Chats with Heidi Healthy Heart Friday, February 20 from 10 to 11 a.m.



Join HVHD public health nurse during heart health month as we discuss ways to keep your heart healthy. Please sign up.



Foot Care Clinic and Dental Clinic Information



Let us know if you are interested in participating in either our Foot Care Clinic or Dental Clinic. Have your toenails cut and feet examined by a Doctor of Podiatry every other month for just \$10 a visit (ask for eligibility requirements) or a routine dental cleaning by a registered dental hygienist for \$10/\$80, depending on your income.

New Service!

Medicare Counseling

**with CHOICES Counselor, Paul Hinckley
Thursday, February 12 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.

Therapeutic Massage Appointments with Lea Ricard, LMT

**Mondays, February 2, 9 & 23
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

Haircuts with Lucy

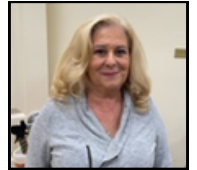
**Friday, February 13 from 10 a.m. to 1:30 p.m.
by appointment only**

Lucy has 36 years experience as a hairdresser.

Call the Center to make your appointment.

New Pricing:

Men and Women - \$15



**Ask an Attorney
with Attorney Alyson R. Marcucio
Friday, February 27
2 to 3 p.m. by appointment**

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. Call the Center to make your appointment.

**Hearing Screening by Hearing Life
Thursday March 12 from 10 a.m. to 12 p.m.
(by appointment)**

These FREE screenings, conducted by Hearing Instrument Specialists Anne Catapano and Aida Vargas, provide an excellent opportunity to assess your hearing health and detect any early signs of hearing loss. Please sign up for your appointment.



FEBRUARY 2026 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30 Stretch & Meditation 9:30-11 Setback 10:00 Bus to Naugatuck 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 1:00 Coffee Chat with Loryn 1:30-3:30 Table Tennis	3 9-3 Bus in Woodbury 9:00-11:00 Digital Literacy Office Hours 9:30-10:30 Chair Yoga 10-12 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 1:15 Dime Bingo	4 9-10 Zumba Gold 9-3 Bus in Woodbury 9:30-10:30 Afghan Project 10:00-11:30 Writing Class 11:00 Balance Class 12:00 Brass City Cooking Class 12-3:30 Pinochle 1-2 Imagery Journaling 1:00-3:00 Mah Jongg 1:00 Technology with Clyde 1:30 NO Tai Chi today	5 8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 1:00-2:30 Learn to Play Mah Jongg 1:30 Bounce Back with Pilobolus	6 9-10 Zumba Gold 9:30-11:30 Mah Jongg 9:30 Walking Club with KathySue 10:30 Bus to Southbury 11:00 Balance Class 12:00 Soup-er Bowl Potluck 1:00 Herbal Lotion Bar w/Amy 1:00 Friendship Friday: Acts of Kindness 1:30-3:30 Table Tennis
9 8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-11 Setback 10-11 America's Founding Fathers: George Washington's Doubts and Thomas Mifflin's Congress 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 12-4 AARP Tax Assistance (by appt only)	10 9-3 Bus in Woodbury 9:00-11:00 Digital Literacy Office Hours 9:30-10:30 Chair Yoga 10:00 Ask a Mental Health Professional (by appt) 11:00 Nutrition Talk 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 12:30-3:30 Mah Jongg 1:30 Valentine's Day Flower Class 1:30-2:45 Table Read with CTAW: <i>Wrong Window</i>	11 9-10 Zumba Gold 9:30-10:30 Afghan Project 10:00-11:30 Writing Class 10:30 Bus to Southbury 11:00 Balance Class 12-3:30 Pinochle 1-2 Imagery Journaling 1:00-3:00 Mah Jongg 1:00 Technology Bar 1-2:30 Cooking Club 1:30-2:30 Tai Chi	12 8:30 Stretch & Meditation 9-3 CHOICES Medicare Counseling (by appt) 9-3 Bus in Woodbury 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 1-2:30 Stitches of Love 1:30 Bounce Back with Pilobolus 1:30 Commission Meeting	13 9-10 Zumba Gold 9:30-11:30 Mah Jongg 10-1:30 Haircuts (by appt) 10:30 Bus to Southbury 11:00 Balance Class 12-4 AARP Tax Assistance (by appt only) 12:15 Movie: <i>Grumpy Old Men</i>
16 Center Closed for Presidents Day Holiday 	17 9-3 Bus in Woodbury 9:00-11:00 Digital Literacy Office Hours 9:30-10:30 Chair Yoga 10-12 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 1-2:30 DLI Extracurricular: YouTube Basics 1:15 Dime Bingo	18 9-10 Zumba Gold 9-3 Bus in Woodbury 9:30-10:30 Afghan Project 10:00 NO Writing Class today 11:00 Balance Class 12:00 Brass City Cooking Class 12-3:30 Pinochle 12-3 Foot Care Clinic (by appt) 1-2 Imagery Journaling 1:00-3:00 Mah Jongg 1:00 Technology with Clyde 1:30-2:30 Tai Chi 2:45-3:30 Cardio Drumming	19 8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 1:00-2:30 Learn to Play Mah Jongg 1:30 Bounce Back with Pilobolus	20 9-10 Zumba Gold 9:30-11:30 Mah Jongg 9:30 Walking Club with KathySue 10:00 Healthy Chats with Heidi 10:30 Bus to Southbury (Bus 1) 11:00 Bus Trip: Lunch at Tramonti's in Thomaston (Bus 2) 11:00 Balance Class 12-4 AARP Tax Assistance (by appt only)
23 8:30 NO Stretch & Meditation today 10:00 Bus to Torrington 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 12-4 AARP Tax Assistance (by appt only) 1-2 Craft Class with Danielle	24 9-3 Bus in Woodbury 9:00-11:00 Digital Literacy Office Hours 9:30-10:30 Chair Yoga 10:00 Ask a Mental Health Professional (by appt) 10:00 Book Club 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 12:30-3:30 Mah Jongg 1:00-2:30 DLI Extracurricular: Email Basics	25 9-10 Zumba Gold 9:30-10:30 Afghan Project 10-11:30 Writing Class 10:30 Bus to Southbury 11:00 Balance Class 12-3:30 Pinochle 1-2:30 Cooking Club 1:00-3:00 Mah Jongg 1-2 Imagery Journaling 1:00 Technology Bar 1:30-2:30 Tai Chi	26 8:30 NO Stretch & Meditation today 9-3 Bus in Woodbury 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 1-2:30 Stitches of Love 1:30 Bounce Back with Pilobolus	27 9-10 Zumba Gold 9:30-11:30 Mah Jongg 10:30 Bus to Southbury 11:00 Balance Class 12-4 AARP Tax Assistance (by appt only) 12:15 Movie: <i>Going in Style</i> 2-3 Ask an Attorney (by appt)
				Sunday, March 29 from 1:30 to 3 p.m. History of the Harmonica with Bob Hennessy