

THE CENTER NEWS

What's happening at the Center of it all here in

Woodbury, Connecticut



MAY 2025 - Engage!

Sign ups begin Wednesday, April 23 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**

MAY IS OLDER AMERICANS MONTH: FLIP THE SCRIPT



This year's theme "Flip the Script" is great as older adults are living more energetically with active lives and more stereotype-busting than ever before. Several programs and events are planned this month that really work with this theme; they are marked with the Older Americans Month logo.

How many can you find in the newsletter?



OLDER AMERICANS MONTH GIVEAWAY

Want to stay active and engaged? Stop by this month to pick up your FREE exercise resistance band and printout of safe, easy exercises you can do at home to maintain your strength, flexibility, endurance and balance. One per person; while supplies last.



TOWN OF WOODBURY MEMORIAL DAY PARADE Saturday, May 24 at 10 a.m.

This time-honored tradition will be take place on Saturday this year. Mark your calendars now.

Pack up a lawn chair, find a spot along Main Street and enjoy the parade as we honor and remember our veterans and all who sacrifice and serve our country and our community.



CENTER CLOSED FOR HOLIDAY

The Center will be closed on **Monday, May 26** for the **Memorial Day** holiday. There will be no senior bus or medical transportation.



SENIOR BUS TRIP: YARDCOATS GAME IN HARTFORD Sunday, July 20 10:30 a.m. to 5 p.m.

We will be taking a bus trip to Hartford to see the Yardgoats play against Somerset. The game begins at 1:10 p.m. with the gates opening at 11:30 a.m. Our seats include use of the Yuengling Party Deck during the game. The Party Deck is a climate-controlled area that includes 2.5 hour all-you-can-eat buffet and soft drinks, and bar service available until end of 7th inning. The buffet includes: Burgers, Hot Dogs, Baked Beans, Mac & Cheese, Corn on the Cob, Garden Salad, Chips, Cookies and Soft Drinks.

Price: \$60 per person - includes transportation, ticket to game, 2 ½ hour buffet and access to climate-controlled Party Deck. Woodbury seniors only. Limited to 12.



EXERCISE CLASSES

Stretch, Strength and Core with Susan - in person or on Zoom

Tuesdays and/or Thursdays at 11 a.m.

May 1, 6, 8, 13, 15, 20, 22, 27 & 29

This class is an excellent all-around fitness program that helps older adults safely enhance their strength, flexibility and endurance. Bring light weights, a band and a small ball. The cost for May (9 classes) is \$36, Tuesdays (4 classes) is \$16, Thursdays (5 classes) is \$20. 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

Wednesdays and Fridays from 9 to 10 a.m.

May 2, 7, 9, 14, 16, 21, 23, 28 & 30

Join Emperatriz for her unique, lively class! The cost for May (9 classes) is \$27.

You must sign up for the full session. Please sign up.

Tai Chi with Susan B. - in person or on Zoom

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

May 7, 14, 21 & 28

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



Morning Deep Stretch and Meditation Class with Jennifer

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

May 1, 5, 8, 12, 15, 19, 22 & 29 (no class on 5/26)

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. The cost for May (8 classes) is \$24. You must sign up for the full session.



Balance with Loryn or Diana

Mondays, Wednesdays & Fridays at 11 a.m.

May 2, 5, 7, 9, 12, 14, 16, 19, 21, 23, 28 & 30 (no class on 5/26)

Tuesdays at 9:30 a.m.

May 6, 13, 20 & 27

Join Loryn or Diana for a jump start on regaining your balance. Free, but you must sign up if you want to be notified if weather or other issues cancels a class.



Pilobolus: Connecting with Balance

The 8 week series runs through May 15 on Thursdays at 1:30 p.m. (for those currently enrolled)

**P I L
O B O
L U S**

Crafted to improve balance and reduce the risk of falls, Connecting with Balance is an exercise class focused on building strength, stability, and mobility for older adults. In this workshop, Pilobolus Teaching Artists guide participants through exercises that reconnect seniors to their bodies and build confidence in daily movement. Open to all levels of ability, the class offers modifications and intensifications to meet the unique needs of each participant. No previous experience or special equipment required.

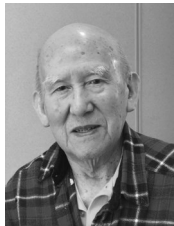
Please remember your payment for exercise classes is due by the first class of each session. Thank you.



PEOPLE OF THE MONTH

This column features members of the senior center and volunteers; each month we'll feature two people you will want to know better!

Member of the Month - Pablo Dejo



Pablo has been coming to the Center since 2022. He attends exercise classes at the Center and loves to treat himself to massages. Pablo has a great reputation at the Center for being a true gentleman and is always willing to help set up chairs for exercise classes. Pablo has lived in China and Peru and has resided in the United States since 1978. He speaks Chinese and Spanish fluently and says he is still learning his English everyday. He worked in a Chinese restaurant for many years and enjoys cooking his favorite dishes of fried wontons and lo mein. Pablo has shared his delicious fried wontons with us at the Center for the Chinese New Year.

Volunteer of the Month - Helga Weed

Helga became active at the Center when she retired 2 years ago and is now our regular Wednesday morning greeter. You'll find her at the welcome desk where she enjoys chatting with members and visitors, helping people find activities and services and knitting (ask to see her current project!) Prior to retirement Helga was a recreation director in nursing homes both here and in Ireland. She has always enjoyed travel and is still actively traveling when she can. She is a member of the Women's Fellowship at North Church and sings in the choir there. Nice to know you, Helga!

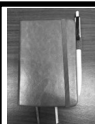


Crochet Corner and the **Afghan Project** will both be on hiatus until the fall. We will see you then!



IMAGERY JOURNALING

Wednesdays, May 7, 14, 21 & 28 at 1 p.m.



MAY CONGREGATE MEAL MENU

You must sign up by Monday morning the previous week.

TUESDAY

May 6 -
(sign up by April 28)
Vegetable Salad
Chicken Florentine
Herb Pasta
Vegetable Medley
Chocolate Cookie

May 13 -
(sign up by May 5)
Garden House Salad
Spinach Mushroom
Pork Loin
Roasted Potatoes
Vegetable Medley
Brownie

May 20 -
(sign up by May 12)
Garden Salad
Chicken Milanese
Herb Pasta
Vegetable Medley
Crumb Cake

May 27 -
(sign up by May 19)
Caesar Salad
Chicken Cacciatore
Red Bliss Mashed Potatoes
Vegetable Medley
Peaches

THURSDAY

May 1 -
(sign up by April 21)
Potato Leek Soup
Eggplant Rollatini
Vegetable Medley
Applesauce

May 8 -
(sign up by April 28)
Minestrone Soup
Chicken Saltimbocca
Creamy Whipped Potatoes
Vegetable Medley
Fruit Cocktail

May 15 -
(sign up by May 5)
Cream of Broccoli Soup
Chicken Marsala
Buttered Noodles
Vegetable Medley
Cake

May 22 -
(sign up by May 12)
Cucumber Tomato Salad
Swedish Meatballs
Rice Pilaf
Vegetable Medley
Fresh Fruit

May 29 -
(sign up by May 19)
Spring Vegetable Salad
Chicken Florentine
Herb Pasta
Vegetable Medley
Chocolate Cookie



Reservations are required. Congregate lunches are available to Woodbury residents only. 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.

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

THERAPEUTIC MASSAGE APPOINTMENTS

with Lea Ricard, LMT

Mondays, May 5, 12 & 19

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 through a 30-minute or 1-hour massage. Call 203-263-2828 to make your appointment.

30 minute massage - \$35

60 minute massage - \$60



BRASS CITY HARVEST COOKING CLASS

with Nichole Texiera, Nutritionist

Wednesday, May 14

from 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.



PERSONALIZED MINI FACIALS WITH LAURA, LICENSED AESTHETICIAN

Wednesday, May 28 from 11 a.m. to 2 p.m.

by appointment only

Experience a skin analysis followed by a customized mini facial with our certified aesthetician. Treating yourself with care is always a good idea, and healthy skin goes a long way toward feeling well. Facials help hydrate, plump and protect your skin through every season. Try it now, or treat someone special.

Your 30 minute facial session costs \$50.

Additional and optional services include:

Brow waxing - \$15; Brow design - \$25; Lips - \$10;

Chin - \$10. Sign up now for your appointment.



TECHNOLOGY BAR - APPLE PRODUCTS

Wednesday, May 14 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 people.

Please sign up.



FRIDAY MOVIES ARE BACK!

Come enjoy seeing a movie with friends on a Friday afternoon. Movies begin at 12:15 p.m. in the Activity Room. Snacks included!

Friday, May 2: *Chocolat* (2002) Rated PG-13.

Romance-comedy. Starring Johnny

Depp, Juliette Binoche and Judi

Dench. Single mother Vianne

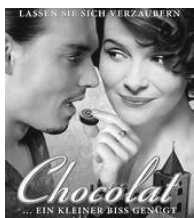
Rocher and her young daughter

arrive in a rural French town in

the winter of 1959 and open an

unusual chocolate shop that

disrupts the moral fiber of the strictly Catholic townsfolk and mayor. Run time 2 hours.



May 23: *Thelma* (2024) Rated PG-13. Comedy.

Starring June Squibb. Thelma is a woman who falls for a phone scam and sets out to find the perpetrators with the help of her grandson. Run time 98



PLANT SWAP WEEK

Tuesday, May 27 through Friday, May 30

8 a.m. to 4 p.m.

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 located on our patio. Extra pots are also welcome.



If you are planning a garden and need a few new plants, stop by and take what you need. Enjoy planting!



SENIOR BUS TRIP: RICH FARM ICE CREAM IN OXFORD

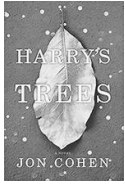
Thursday May 22 - 1:30 to 3:30 p.m.

Come and help celebrate the warmer weather with an afternoon bus trip to

Rich Farm for some freshly made ice cream and a visit on the farm! Open to Woodbury seniors.

Please sign up. Limit to 12.





BOOK CLUB

Tuesday, May 27 at 10 a.m

This month we'll be reading **Harry's Trees** by Jon Cohen. Harry Crane retreats to the woods following the loss of his wife, only to meet a determined young girl, Oriana, who is also grieving. Young Oriana decides, in the way of young children, that Harry holds the keys for her and her mother to find a new way forward. When Harry agrees to help Oriana "carry out a scheme based on a book given to her by the town librarian...(they) embark on an adventure that will fulfill Oriana's wild dream...and open Harry's heart to new life" – Amazon Books.

Copies are available in regular and large print at the library. Sign up and join the fun; reading new material is good for the brain! Readers- please bring your book recommendations for next year's Book Club selections

PLAY READING WITH COMMUNITY THEATER AT WOODBURY (CTAW)

Tuesday, May 6 at 1:30 p.m



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



Please sign up.



DIME BINGO

Tuesdays, May 6 & 20 at 1:15 p.m.

10¢ per card, per game.

Please sign up.

STITCHES OF LOVE

Thursdays, May 1, 15 & 29 from 1 – 2:30 p.m.

Whether you enjoy crocheting or knitting, this group is for you.



MILKSHAKE MONDAY

Monday, May 5 from 2 to 3 p.m.

Come and help us kick-off National Older Americans Month as we Flip the Script on Aging and enjoy an afternoon of fun, friends and MILK SHAKES! Please



sign up and let us know your choice of a chocolate or vanilla milkshake. **Cost \$2**



HAIRCUTS WITH LUCY

Make your appointment today!

Friday, May 9

10 a.m. to 1:30 p.m.

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

Men - \$10

Women - \$15

Call the Center to make your appointment.



HIKE WITH LORYN

Topsmead State Park in Litchfield Friday, May 23 beginning at 10 a.m.



May is gorgeous at Topsmead, the former estate of Edith Morton Chase.

Flowers bloom, the grass is green and the songbirds are back. Join us for an easy to moderate hike of about 3 miles. Bring a water bottle, sunscreen, bug spray and a camera! Sign ups are a must; rain cancels. As always, if this is your first hike of the season with us, you will be asked to sign a waiver before participating. Drive there on your own (you will receive directions) or caravan with your car behind Loryn from the Senior Center at 9:15 a.m.

BLOOD PRESSURE CLINIC

First and Third Tuesdays of the month May 6 & 20 from 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 Health Office. This is a FREE service.

ASK A MENTAL HEALTH PROFESSIONAL

Tuesday, May 13 & 27

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

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.



REGION 14 BUDGET REFERENDUM

Tuesday, May 6 from 6 a.m. to 8 p.m.

in the Senior Center Lounge and TV Room

Senior Center programming will not be cancelled today. Please be aware that the patio door and side door near the TV room will not be available for senior center use - only voting. Look for signage.

COFFEE CHAT WITH LORYN

Tuesday, May 13 at 11 a.m.

You're cordially invited to join Loryn for a Coffee Chat where we can talk about what's on your mind. Bring your questions and ideas for a chance to hear answers and enjoy participating in the life of our Center community.

Please sign up.



WOWZITUDE LIVE TOURS

through Enliveo at the Center

Tuesday May 27 from 2:00-3:15

The CT Aging and Disabilities Services has launched their NEW Virtual Senior Center through Enliveo! This platform offers a variety of recorded and live experiences to help bring the senior community together. Help us explore this platform by joining Susan Black and a Tour Guide from Wowzitude as they guide us through landmarks and iconic sites throughout the US and the World. The Tour Guide will comment on what is happening as it's occurring in real time.

There's no experience like it! Please sign up.



KRISTAL BELL REHEARSALS

Tuesdays, May 13 & 27

1:30 - 2:30 p.m.

Rehearsals for the Kristal Bells are held on the second and fourth Tuesdays of each month.

CORTISOL: THE STRESS HORMONE AND HOW IT SILENTLY SHAPES YOUR HEALTH

with Susan Coates

Wednesday, May 7 from 10 to 11 a.m.

During this discussion with Susan Coates, RN, she will talk about what Cortisol is, how it can fluctuate within your body and how it silently shapes your health. Please sign up for this educational and informative presentation.



GENEALOGY FOR BEGINNERS: SESSION 2

with Penny Hartzell

Wednesday May 14 from 1:30 - 2:30 p.m.

This class is a continuation for those who took Penny's April genealogy session. Penny will continue where she left off and help guide you to more understanding with uncovering your genealogy. Limited to 20. Please sign up.



HERBS FOR RELAXATION

with Amy from Bloom Where Planted

Friday May 16 from 1 to 2 p.m.

Learn a couple of easy to grow herbs commonly used for relaxation and their benefits in aromatherapy and tea. Taking time to feel, smell and taste herbs can be grounding. Create a relaxing dried herbal sachet while sipping herbal tea. Cost \$8 - due at sign-up. Limit to 16.

MOTHER'S DAY EVENT

Friday, May 9 from 1 to 2 p.m.

Come and help us celebrate ALL the mothers and mother figures that have been part of our lives. Whether you are a mother, grandmother, great-grandmother or just want to celebrate a mom in your life come to the Center and help us plant some flowers. Not only will these flowers grow and bloom throughout the spring, but we will also have flowers for you to take home and enjoy. Flowers and plants will be available as supplies last! Please sign up.



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"



Walking Club



WALKING CLUB with Lynn Parks

Wednesdays, May 14 & 28 at 1 p.m. at the Woodbury Cemetery

Come walk with Lynn! Bring a bottle of water, wear comfy shoes and your smile. Be sure to sign up so we know you are coming to join us!



TABLE TENNIS

Mondays, May 5, 12 & 19 and Fridays, May 2, 9, 16, 23 & 30 1:30 to 3:30 p.m.



Back on Mondays and Fridays!

Please bring your own paddle. All are welcome.

VETERANS GROUP COFFEE AND...

Tuesday, May 13 at 10 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.

WOODLAWN CEMETERY

with Leon Di Martino

Monday, May 12 from 1 to 2 p.m.

One good way to learn about history is to learn about where our famous and historic persons make their final resting place.

Located in the Bronx section of New York City, the Woodlawn Cemetery is the final resting place of many famous politicians, writers, music composers, musicians, architects, military and naval heroes, as well as businessmen and women. There is even a 1960's rock musician and a hero of the old west that have made the Woodlawn Cemetery their final resting place. Learn the history of the beautifully landscaped cemetery that goes back to the period of 1863. Please sign up. Limit to 25.

HEARING SCREENING BY HEARING LIFE

Thursday, May 15 from 10 a.m. to 12 p.m.

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. Whether you're experiencing hearing difficulties or simply want to stay proactive about your well-being, these screenings can help you take the next steps toward better hearing. We can also clean and check your current hearing aids to ensure they are functioning properly. Please sign up for your screening.



WHAT TO EXPECT BEFORE, DURING AND AFTER YOUR TOTAL HIP OR KNEE REPLACEMENT

presented by Meghan Pogodzienski, PT, in conjunction with Mary Jo Brennen and Waterbury Health Wednesday, May 21 from 11 a.m. to 12 p.m.

Meghan Pogodzienski, PT is a physical therapist with over 25 years of experience in outpatient orthopedic physical therapy. She holds past credentials in athletic training and ABAPTA orthopedic specialist. She has worked at Access Rehab Centers for 21 years working with a variety of patients from sports medicine to geriatrics.

Topic Discussion: What to expect before, during and after your total hip or knee replacement. How to prepare for your upcoming surgery, expectations immediately post-op, rehabilitation goals and objectives and long-term outcomes. Please sign up.

TRANSPORTATION SCHEDULE FOR MEDICAL APPOINTMENTS

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

Mondays & 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.

SENIOR BUS SHOPPING TRIPS

Tuesdays & Thursdays - Woodbury (9 - 3)

Naugatuck - Monday, May 5 (leaves at 10 a.m.)

Torrington - Monday, May 19 (leaves at 10 a.m.)

Southbury - Wednesdays, May 14 & 28 and Fridays, May 9, 16, 23 & 30 (leaves at 10 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 as soon as you can to ensure your place on the bus. Limit 8 shoppers per day.

Shoppers will receive two free shopping totes on their first shopping trip. All your purchases must fit into these totes (it's okay to put them in another bag first).

Be sure to ask for your free totes when shopping with the Senior Bus (limit 2 per person).



ASK AN ATTORNEY

with Attorney Alyson R. Marcucio Friday, May 30 from 1 to 3 p.m.



Attorney Marcucio will offer 8 free individual 15-minute appointments this month. Atty. Marcucio's 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.

Atty. Marcucio will be on hiatus during the summer months.



ONCE AT CTAW Sunday, May 18 2 p.m. matinee show



From the very first note, *Once* draws you in and never lets go. This emotionally captivating musical is the only show to have music that won an Academy Award, a Grammy Award, an Olivier Award and a Tony Award. On the streets of Dublin, an Irish musician and a Czech immigrant are drawn together by their shared love of music. Over one fateful week, an unexpected friendship and collaboration quickly evolves into a powerful but complicated love story, underscored by emotionally charged music.

Featuring all the magical songs from the critically acclaimed film, including the Oscar-winning "Falling Slowly," this achingly beautiful, joyously uplifting show strikes an unforgettable chord in audiences and speaks to the power of music to connect us all.

A show like this only comes around *Once*.

We'll have a bus available for the Sunday, May 18 matinee. Buy a ticket for the show and be sure to let us know you want to ride the bus! Tickets, for this show only, are available at the Senior Center. Cost: Senior Discount Rate \$22

Other show dates are May 2, 3, 4; May 9, 10, 11; May 16, 17, 18.

Tickets for those performances are available on the CTAW website.

Seniors/students - \$24;
General admission - \$28.



Heather Zuckerman

Social Services Director/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.**

Heather can help **Woodbury residents** with all their 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:

- Last call for energy assistance.
The program ends on May 31!

- 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.

SOLO AGING - SESSION 4: TRAVELING ALONE

Monday, May 19 from 1 to 2 p.m.

Come and join us for the 4th session of our Solo Aging Series. Just because you are a solo ager does NOT mean you can't go on adventures! For this session, we will have a panel discussion on Traveling Alone.

The panel will include local seniors that are active solo travelers as well as a local travel agent who is also a solo traveler. These experts will offer you tips and tricks to help plan exciting trips when you are traveling alone. Please sign up!



Toiletry Drive a Great Success...Thanks to YOU!

The response to the March Toiletry Drive was positively overwhelming! A HUGE thanks to all who donated. Over 400 items came rolling in to the donation bin, with over 100 toothbrushes leading the list, followed by 49 toothpastes, body wash, shampoo, bar soaps, Wet Ones, disposable razors, body lotion and any other toiletry/personal care item you can name. Dierdre Bologna, manager of the Woodbury Food Bank, was extremely grateful for all of our donations. So many clients in need will benefit from your generosity. Your donations are but one example of what we can do when we all pitch in together. Thanks to Robyn Dohrenwend, Renée Laux and Michèle Finn for assisting in sorting, bagging and delivering the donations on April 4th.

WOODBURY SENIOR CENTER STAFF



Loryn Ray
Director of Senior Services



Diana Brandt
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



Michael Cintron
Senior Bus Driver



Jerry Simmons
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.

**SUPPER CLUB: The Painted Pony in Bethlehem
Wednesday, June 4 at 4:30 p.m.**

Come for an early bird dinner with some friends at The Painted Pony in Bethlehem.

The Painted Pony has a wide menu to choose from and they are offering our group a **10% discount!** Cash is preferred, as separate checks are not always available.



You are welcome to drive yourself or take our bus (limited to 12) to the restaurant. Register in the office for this early dinner and we will make your reservation. **Cost \$3 (cash; non-refundable) to confirm your registration.**

**TECHNOLOGY HELP WITH CLYDE
Wednesdays, May 7 & 21 at 1 p.m.**

Are you having technology problems? Bring in your phone, laptop or tablet with your questions and let Clyde help you. Class size is limited to 8. Please sign up.



**RAGTIME AT THE GOODSPEED
OPERA HOUSE
Wednesday, May 7**

For those currently signed up, the bus will be departing Woodbury at 10 a.m.



**HEALTHY CHATS WITH HEIDI:
SLEEP AND NUTRITION**

Friday, May 16 from 10 to 11 a.m.

May is Mental Health Awareness Month. Heidi, public health nurse from Housatonic Valley Health District, will discuss sleep and diet habits to improve your overall physical and mental health. Please sign up.



**MENTAL HEALTH AWARENESS
Tuesday, May 20 from 1 to 2 p.m.**

Join Heidi the HVHD nurse in May for Mental Health Awareness month. Become a gatekeeper for your community. We will discuss topics as mental health stigmas, recognize warning signs of mental health issues and how to offer hope. You will be receiving a certificate after the program. Please sign up.

**INTRODUCTION TO DISC GOLF
WITH RAY ROBILLARD**

Tuesday May 13 from 2:30 - 3:30 p.m.

We are lucky to have a state-of-the-art Disc Golf Course right HERE at our CENTER! This course is NOT just for the YOUNG but for the Young at HEART! Come and join local Disc Golf enthusiast Ray Robillard as he teaches us the basic elements of tossing the discs and playing the game.

Please sign up!



**PAINT POURING CRAFT WITH DIANA
Wednesday, May 28**

1 to 2 p.m.

Flipping the script on CRAFTS! Come and join Diana for a paint pouring craft. This is a fun, messy and immersive craft that is NOT just for kids! If the weather cooperates, we will paint outside.

Please sign up. Limit to 10.



**A CAN OF CHICKPEAS AND YOU...WHAT TO DO!
TAKE TWO**

Monday May 12 from 12 to 1 p.m.

Back by popular demand! This cooking demo and tasting is all about celebrating the humble chickpea which is so versatile, tasty and nutritious that they have their own holiday every April. Join Loryn in making and tasting some delicious chickpea dishes, including a few that just might surprise you. Wake up your thinking about chickpeas! **Cost: \$2 Limit: 15**



**JEWELRY CLASS: STRETCHY BRACELETS
Tuesday, May 20**

10:30 to 11:30 a.m.

Come and join Vanessa Lucewicz from FirstLight Home Care of Southbury. You'll create a stretchy cord bracelet this month for yourself or to give for a gift.

Please sign up for this fun and creative program! Limited to 10.





FRIENDSHIP TOURS
THE SHIP SHOP

FRIENDSHIP TOUR TRIPS 2025

Make your reservation at the Senior Center. Payment required at time of sign up. Full itineraries are available in the office.

New York Botanical Garden (NYBG) & Arthur Avenue: Saturday, May 31 (sign ups are closed)

Depart: 7:30 a.m. Hollow Park, Hollow Road, Woodbury
Estimated Return: 6:30 p.m. Woodbury

Narragansett Lighthouse Cruise: Sunday, September 14

COST: \$158 pp based on 35-50 (Checks only - payable to Friendship Tours - Memo Line: Lighthouse Tour)

Depart: 7:45 a.m. Hollow Park, Hollow Road, Woodbury
Estimated Return: 7:15 p.m. Woodbury

Tanglewood: Boston Symphony Orchestra and the Tanglewood Festival Chorus: Sunday, August 24

COST: \$128 pp based on 35-50 (Make checks payable to Friendship Tours - Memo Line: Tanglewood)

Depart: 10:30 a.m. Hollow Park, Hollow Road, Woodbury
Estimated Return: 7 p.m. Woodbury

**CHALK AND SNACKS
WITH MITCHELL ELEMENTARY SCHOOL
5TH GRADE STUDENTS**

**Monday, June 2 from 1 to 2:30 p.m.
(rain date Wednesday, June 4)**



We will welcome 5th grade students from Mitchell Elementary at the Center to enjoy some outside chalk drawing and snacks together.

Students coming are part of the class that we have been pen pals with throughout the school year. Help us finish off the school year with this fun afternoon.



All are welcome to attend, whether you participated in the pen pal program or not! Please sign up.



**ANSEL ADAMS PRESENTATION
WITH ART GOTTLIEB**

**Tuesday, June 3
10 to 11 a.m.**



Join us for a fascinating and informative presentation on Ansel Adams (1902-1984) given by Art Gottlieb and sponsored by Synergy HomeCare. Adams was a famous American photographer known for his black-and-white images of the American West, especially Yosemite National Park. His sharp focus and rich tonal range were achieved through the Zone System, which he co-developed. Adams was also a passionate environmentalist, using his art to promote conservation and support the National Park system. Come and learn more about this interesting artist. Please sign up.



KNOW YOUR ELECTRIC BILL WITH ART MARCELYNAS

Thursday, June 5 from 1 to 2 p.m.

Eversource electric supply rates will change on July 1, 2025. Learn how this change affects your electric bill and how to lower your cost. Bring a recent copy of your electric bill and learn how the July 1st supply rate, or choosing an electric supplier, can lower your bill. Art Marcelynas, a former state regulator at the Public Utilities Regulatory Authority (PURA), will explain how to choose a supplier and answer questions about the NEW Eversource Standard Service generation supply rate, licensed electric suppliers, the electric bill and any questions you have about Connecticut's electric rates and policies.



Please sign up.

MAY 2025

S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
	<p>Once at CTAW Sunday, May 18 at 2 p.m. Matinee Show</p> <p>The senior bus will be available for transportation (you must pre-register for the bus)</p>	<p>Friendship Tours: New York Botanical Garden Saturday, May 31 at 7:30 a.m.</p> <p>Please meet the bus at Hollow Park</p>		<p>1</p> <p>8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies' Bridge 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Stitches of Love 1:30 Pilobolus</p>	<p>2</p> <p>9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10-11 Logical Frameworks (last class of series) 11:00 Balance Class 12:15 Movie: <i>Chocolat</i> 1:30-3:30 Table Tennis</p>	3
4	<p>5</p> <p>8:30 Stretch & Meditation 10:00 Bus to Naugatuck 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 1:30-3:30 Table Tennis 2-3 Milkshake Monday</p>	<p>6</p> <p>6am-8pm Region 14 Budget Referendum (TV Room/Lounge) 9-3 Bus in Woodbury 9:30 Balance Class 10-12 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1-3 Board Game and Chat 1:15 Bingo 1:30 Play Reading with CTAW</p>	<p>7</p> <p>9-10 Zumba Gold® 9:30-10:45 Beginner Mah Jongg 10:00 Senior Bus Trip: <i>Ragtime</i> at Goodspeed Opera House 10-11 Cortisol program 11:00 Balance 1-2 Imagery Journaling 1:00 Technology with Clyde 1:30-2:30 Tai Chi</p>	<p>8</p> <p>8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies' Bridge 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Beginner Mah Jongg Class 1:30 Commission for Seniors 1:30 Pilobolus</p>	<p>9</p> <p>9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10-1:30 Haircuts with Lucy (by appt) 11:00 Balance Class 1-2 Mother's Day Event 1:30-3:30 Table Tennis</p>	10
11	<p>12</p> <p>8:30 Stretch & Meditation 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 12-1 A Can of Chickpeas and You...What to Do 1-2 Woodlawn Cemetery with Leon DiMartino 1:30-3:30 Table Tennis</p>	<p>13</p> <p>9-3 Bus in Woodbury 9:30 Balance 10-11 Veteran's Group 10-11:30 Ask a Mental Health Professional (by appt) 11:00 Coffee Chat with Loryn 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1-3 Board Games and Chat 1:30-2:30 Kristal Bell Rehearsal 2:30-3:30 Intro to Disc Golf</p>	<p>14</p> <p>9-10 Zumba Gold® 10:00 Bus to Southbury 11:00 Balance Class 12-1:30 Cooking Class 1-2 Imagery Journaling 1:00 Walking Club 1:00 Technology Bar: Apple Products 1:30-2:30 Tai Chi 1:30-2:30 Genealogy</p>	<p>15</p> <p>8:30-9:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies' Bridge 10-12 Hearing Screenings (by appt.) 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Stitches of Love 1:30 Pilobolus (last class of session)</p>	<p>16</p> <p>9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10-11 Healthy Chats with Heidi: Sleep & Nutrition 11:00 Balance Class 1-2 Herbs for Relaxation 1-3 Ask an Attorney (by appt) 1:30-3:30 Table Tennis</p>	17
18	<p>19</p> <p>8:30 Stretch & Meditation 10:00 Bus to Torrington 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 1-2 Solo Aging - Session 4: Traveling Alone 1:30-3:30 Table Tennis</p>	<p>20</p> <p>9-3 Bus in Woodbury 9:30 Balance Class 10-12 Blood Pressure Clinic 10:30-11:30 Jewelry Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1-2 Mental Health Awareness 1-3 Board Games and Chat 1:15 Bingo</p>	<p>21</p> <p>9-10 Zumba Gold® 9-3 Bus in Woodbury 11:00 Balance Class 11-12 What to Expect Before, During and After your Total Hip or Knee Replacement 12-2:30 Foot Care (by appt) 1-2 Imagery Journaling 1:00 Technology with Clyde 1:30-2:30 Tai Chi</p>	<p>22</p> <p>8:30-9:30 Stretch & Meditation 8:30-1:30 Dental Clinic 9-3 Bus in Woodbury 9:30-12 Ladies' Bridge 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Beginner Mah Jongg Class 1:30-3:30 Senior Bus Trip: Rich Farm Ice Cream in Oxford</p>	<p>23</p> <p>9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Hike with Loryn: Topsmead 10:00 Bus to Southbury 11:00 Balance Class 12:15 Movie: <i>Thelma</i> 1:30-3:30 Table Tennis</p>	24
25	<p>26</p> <p>Center Closed for the Memorial Day Holiday</p>	<p>27 Plant Swap Week</p> <p>8-4 Plant Swap 9-3 Bus in Woodbury 9:30 Balance Class 10-11:30 Ask a Mental Health Professional (by appt) 10:00 Book Club 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1-3 Board Games and Chat 1:30-2:30 Kristal Bell Rehearsal 2-3:15 Wowzitude Tour</p>	<p>28</p> <p>8-4 Plant Swap 9-10 Zumba Gold® 10:00 Bus to Southbury 11:00 Balance Class 11-2 Mini Facials (by appt) 1-2 Imagery Journaling 1:00 Walking Club 1:30-2:30 Tai Chi 2-3 Paint Pouring</p>	<p>29</p> <p>8-4 Plant Swap 8:30-9:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies' Bridge 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Stitches of Love</p>	<p>30</p> <p>8-4 Plant Swap 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 11:00 Balance Class 1-3 Ask an Attorney (by appt) 1:30-3:30 Table Tennis</p>	31

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