

# THE CENTER NEWS

## WOODBURY SENIOR CENTER

January 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 January programs will begin on Tuesday, December 23 at 9 a.m.**

What the New  
Year brings to you  
will depend a great  
deal on what you  
bring to the New  
Year.

VERN MCLELLAN

### 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 Gubiotti

Paul Sagnella

Dave Deakin

Michael Cintron

Jerry Simmons

#### -Custodians

John White

Mike Duggan

Jacob Firlings

#### -Senior Nutrition Services

Donna Cole

### Director's Message

Happy New Year 2026! Each year we choose a theme to guide our program planning; this year's theme will be **Learning at Every Age**. I hope as the new year dawns, you leave some room in your calendar for learning something new; it keeps us young at heart, and in our minds. Whether you want to learn a new skill online or try a new craft, or volunteer with a local group or learn a new language, keep on exploring and engaging with your community this year. We're here to help with lots of interesting and educational ideas and opportunities; you're invited to be part of it.

- Loryn



**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. **Call for an appointment starting on Monday, January 5, as appointments will fill up quickly.** Make an appointment even if you have not yet received your tax documents to avoid disappointment of the program being 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 for the **New Year's Day** Holiday on **Thursday, January 1** and for **Martin Luther King, Jr. Day** on **Monday, January 19**.

There will be no senior bus transportation, lunch or medical bus transportation available on these days.



## THIS IS THE YEAR TO LEARN



### Technology with Clyde Wednesdays, January 7 & 21 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 Wednesday, January 14 & 28 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.



### Runes with Karen Maleri Monday, January 5 from 1 to 3:30 p.m.

Discover the ancient world of runes - symbols from the Elder Futhark, the oldest known runic alphabet, gifted to us by Viking ancestors. In this hands-on workshop, you'll learn the meanings behind these 24 powerful symbols and create your own personalized rune set to take home. No experience needed. All materials provided. Limited to 10. Please sign up.



### Genealogy - Beyond Basics...Where to go from here! with Genealogist Penny Hartzell Thursday, January 15 from 2 to 3:30 p.m.

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](mailto:hzuckerman@woodburyct.org)**

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

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.

### A Note from Heather:

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

## 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. Come to one workshop or more; it's up to you. Each program you join will add another chance to win a new iPad. Prizes aside, we're excited to have this opportunity for us all! 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. as posted on the calendar on Page 14.

**January is a two-fer month for Digital Literacy programs.** Sign up for one or both! Each session provides instruction, leaves time for Q & A, offers handouts for you to take home and the offer for follow-up with 1:1 skills coaching during Digital Learning office hours.

### Digital Learning Initiative (DLI) Course: Internet Basics Tuesday, January 13 from 1 to 2:30 p.m.



Ready to throw your hands in the air at the very idea of using the internet? You CAN do this. Learning a new skill is a key factor in staying sharp and finding meaning as we age. Let this year be the year YOU learn to actually use a laptop, tablet or smartphone. Please sign up.

### DLI Extracurricular: How to Order Your Groceries Online Friday, January 23 from 1 to 2:30 p.m.

Don't want to risk going out in poor weather? Is your car out of commission? Is your schedule too crammed to fit in a shopping trip? Order your groceries online and watch as they appear on your doorstep! This program will give you ideas you can use, and will offer a view as we "order" from local stores in class. This is a skill everyone should have. Please sign up.



### Winter Hike with Loryn Flanders Nature Center Wednesday, January 21 at 11 a.m.

The beauty of nature in winter is something special. Come enjoy a lovely hike at Flanders Nature Center. We'll meet at our destination; wear sturdy boots, bring boot grips and/or hiking poles if you like and dress for the weather. Do bring water...we all get more dehydrated in the winter. Loryn will have hot chocolate for us all to enjoy as well. Full details at sign up. You **MUST** sign up for this hike so we can keep you posted on details as we get close to the date. Winter lovers, join us!



### Walking Club with KathySue Fridays, January 2 & 16 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. Walk as much or as little as you like; there are opportunities for rest breaks.

Be sure to sign up so we know that you are coming to join us.



## FOOD AND NUTRITION

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

**The congregate Chef-On-Site lunch menu was unavailable at the time of publication.**

**Please refer to the sign-up menu that we will have available at the Center and online.**



### 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, January 7 & 21

**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 class only.



### 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.

### 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.



### Cooking Club with Steven Wednesdays, January 14, 28 and February 11, 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: \$16 (series) OR \$5 per class. Limited to 8.

## PROGRAMS



### Bounce Back with Pilobolus

#### Demo Class:

**Thursday, January 8 at 1:30 p.m.**

#### 8 Week Session:

**Thursdays, January 15 through  
March 5 at 1:30 p.m.**

Fear of falling doesn't have to hold you back! In this fun and supportive series of classes, you'll learn practical techniques to help you fall safely and get up with ease. Designed for adults of all mobility levels, Pilobolus's Bounce Back combines gentle movement, balance exercises, and practical skills to help you move with greater confidence and peace of mind. Come join us and discover the tools you need to move safely and live more freely. Please sign up. Limited to 20. You are encouraged to attend the full 8 week session to obtain the full benefits.

### MATT ON THE GO!

#### Presents Photography in Waterbury

**Thursday, January 22 from 1:30 to 2:30 p.m.**

MATT on the GO! is an adult-focused outreach program that brings the Mattatuck Museum out to the community. Join the museum educators here at the Center to learn about the history of photography in Waterbury and how local factories and businesses played a role in the evolution of photography. Local histories and personal stories from the families who played a part in this history take you on a fascinating journey across 200 years. Please sign up. Limited to 25.

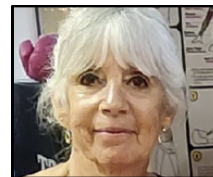


## EXERCISE CLASSES

### STRETCH, STRENGTH AND CORE WITH SUSAN

**Tuesday and/or Thursdays at 11 a.m. - January 6, 8, 13, 15, 20, 22, 27 & 29 (no class 1/1)**

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 January (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. - January 2, 7, 9, 14, 16, 21, 23, 28 & 30**

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

### TAI CHI WITH SUSAN

**Wednesday from 1:30 to 2:30 p.m. - January 7, 14, 21 & 28**

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 January (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. - January 5, 8, 12, 15, 22, 26 & 29 (no class on 1/1 & 1/19)**

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 January (7 classes) is \$21.

### CHAIR YOGA WITH JENN

**Tuesdays from 9:30 to 10:30 a.m. - January 6, 13, 20 & 27**

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



### BALANCE WITH LORYN OR DIANA

**Mondays at 11 a.m. and 12 p.m. - January 5 & 26 (no class 1/19) On 1/12 there will only be an 11 a.m. class**

**Wednesdays at 11 a.m. - January 7, 14, 21 & 28**

**Thursdays at 9:45 a.m. - January 8, 15, 22 & 29 (no class 1/1)**

**Fridays at 11 a.m. - January 2, 9, 16, 23 & 30**

**Fridays at 12 p.m. - No classes in January**

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.

**On Mondays and Fridays, please choose one balance class only to attend due to space limitations.**

## 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!

**The registration year begins in January 2026. Get on track to improved fitness in the new year!**

For those currently a Fitness Room member, you will receive a letter in the mail in December to reregister for the new year. 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 beginning in January:

Woodbury residents: \$30/\$60

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

## TRANSPORTATION



### SENIOR BUS SHOPPING TRIPS

**Woodbury - Tuesdays & Thursdays and some Mondays & Wednesdays (noted on calendar)**

**9 a.m. to 3 p.m.**

**Naugatuck - Monday, January 5  
(leaving Woodbury at 10 a.m.)**

**Torrington - Monday, January 26  
(leaving Woodbury at 10 a.m.)**

**Southbury - Wednesdays, January 14 & 28  
Fridays, January 2, 9, 16, 23 & 30  
(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 and Suggestions

**Monday, January 12 from 12 to 1:30 p.m.**



Yes, there is such a thing as a free lunch: that is, at Soup and Suggestions! The "price" is an idea or suggestion for the Center – a program you'd like to see, an idea to make the Center more welcoming or convenient for you, a suggestion for the good of us all at the Center. After writing down and submitting your suggestion in the box, you'll be treated to fresh homemade vegetable soup (gluten free and vegetarian), plus crackers or bread and cookies. After we eat, we'll go through the suggestions together; we use these when planning for the year. Thank you!



### Cardio Drumming with Diana

**Monday, January 26**

**1 to 1:45 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.

### Mah Jongg

**Tuesdays, January 13 & 27, 12:30-3:30 p.m.;**  
**Wednesdays, 1 to 3 p.m.; Thursdays, 12:30 to 3:30 p.m.; Fridays, 9:30 to 11:30 a.m.**



### Table Tennis

**Mondays, January 5, 12 & 26**

**Fridays, January 2, 9, 16, 23 & 30**  
**from 1:30 to 3:30 p.m.**



Please bring your own paddle. All are welcome.

### Friendship Friday!

**Friday, January 2 from 1 to 2 p.m.**  
**starting with your brown bag**  
**lunch at 12:30 p.m.**



This month topic is:

#### **New Year Reflections and Hopes**

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.

### 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 sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.**

## CREATIVE CORNER

### Afghan Project

**Wednesdays, January 7, 14, 21 & 28**  
**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.



### Imagery Journaling

**Wednesdays, January 7, 14, 21 & 28**  
**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.



### Stitches of Love

**Thursdays, January 15 & 29**  
**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.

### Winter White Button Tree

**with Danielle from Village Crest**  
**Monday, January 26 from 1 to 2 p.m.**

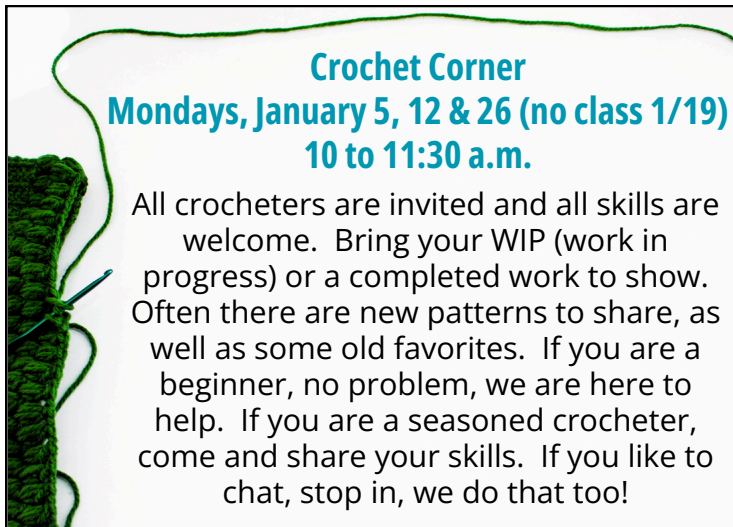


Make this adorable winter tree craft with Danielle. Limited to 12. Please sign up for this FREE craft class.

### Crochet Corner

**Mondays, January 5, 12 & 26 (no class 1/19)**  
**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. Often there are new patterns to share, as well as some old favorites. If you are a beginner, no problem, we are here to help. If you are a seasoned crocheter, come and share your skills. If you like to chat, stop in, we do that too!



### 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.



### Questions and Answers with Amy Clark, Woodbury Emergency Management Director

#### Topic: Preparing for Winter Storms

**Tuesday, January 27 from 1:30 to 2:30 p.m.**

Join us for a presentation on how to prepare for upcoming winter storms and what to do if you have property damage or need help during a storm. 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

**The Shops at Stone Bridge in Cheshire**  
**Friday, January 16 from 9:30 a.m. to 2 p.m.**

Take a shopping trip to the brand new shopping center in Cheshire - The Shops at Stone Bridge. Stores include Whole Foods, TJ Maxx, Barnes & Noble, Sephora, J. Crew and Choice Pet. If you'd like to grab a bite to eat while you're there, eateries include Chipotle, Mercato, Ramen & Bao and Starbucks. The trip is limited to 12 Woodbury seniors. Please sign up. **Level 2**



## PROGRAMS

**Mandalas with Margot Saraceno**  
**Tuesday, January 20**  
**9:30 a.m. to 12 p.m.**



Join Margot Saraceno for an inspiring session on the art of mandala creation. Mandalas are celebrated for their ability to restore balance and promote inner harmony. Through the process of designing and crafting your own mandala, you'll explore areas of life that may be causing stress or discomfort. By acknowledging these challenges, you open the door to healing and transformation. This creative practice offers a calming, reflective experience that nurtures both mind and spirit. Limited to 20. 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!

**Writing from the Inside Out with Instructor Lin Northrup**  
**Wednesdays, January 28, February 4, 11, 25 and March 4 & 11 (6 sessions) from 10 - 11:30 a.m.**  
**Cost: \$30**

"One's destination is never a place, but a new way of seeing things."

Why do we write? Writing helps us slow down and pay attention. It helps us be a witness to all we see, hear and feel. Our experiences turn into stories, our questions turn into essays and our visions turn into poems. Writing stretches us beyond the landscape of our individual lives to the greater part we play in our global world. When we write, we are listening to the words that want to write through us. They speak back to us in new and surprising ways. With a variety of themes and exercises we'll experience the joy of sharing our words in a welcoming, open space as we keep listening and discovering what it means to be human.

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.



# PROGRAMS



## FRIDAY MOVIES Showtime: 12:15 p.m.

### Friday, January 16 *84 Charing Cross Lane*



New York City Bibliophile Helene Hanff (Anne Bancroft) writes to the London bookshop, Marks & Co., in search of some titles she has not been able to turn up locally. Store manager Frank Doel (Anthony Hopkins) responds politely to her chatty letters, and over the course of two decades, a deep, long-distance friendship evolves. Based on Hanff's epistolary memoir and its later two-person stage adaptation, the film version incorporates new characters, including Doel's wife, Nora (Judi Dench). 1987. Rated: PG Running Time: 1 hr. 40 min.

Please sign up.



### Friday, January 30 *Book Club*

Four longtime friends and book club members--Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen--have their lives upended when they aim to spice up their mundane routines by reading the provocative bestseller *Fifty Shades of Grey*. With newfound confidence, they each begin to come alive as exciting romances are ignited, and old flames are rekindled. Through it all, the ladies inspire one another to make this next stage of their lives the best and steamiest thus far. 2018. Rated: PG13 Running Time: 1 hr. 44 min. Please sign up.

## Afternoon Pizza & Dime Bingo sponsored by East Hill Senior Living Friday, January 9 from 12 to 2:30 p.m.



Enjoy an afternoon of Pizza and Dime Bingo here at our senior center. Come for San Remo's Pizza and stay for an afternoon of Bingo. You must stay for both the pizza and play Bingo. Limit to 40. Please sign up.

## Coffee Chat with Loryn Tuesday, January 6 at 10 a.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, January 6 & 20 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, January 27 at 10 a.m.



This month's read is ***How Not to Drown in a Glass of Water* by Angie Cruz.**

"Cara Romero thought she would work at the factory of little lamps for the rest of her life. But when, in her mid-50s, she loses her job in the Great Recession, she is forced back into the job market for the first time in decades. Set up with a job counselor, Cara instead begins to narrate the story of her life. Over the course of twelve sessions, Cara recounts her tempestuous love affairs, her alternately biting and loving relationships with her neighbor Lulu and her sister Angela, her struggles with debt, gentrification and loss, and, eventually, what really happened between her and her estranged son, Fernando. As Cara confronts her darkest secrets and regrets, we see a woman buffeted by life but still full of fight" (Amazon Books). 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: Sue and Larry Gannon



Sue and Larry have been active at the Center for just under a year. At the Center they enjoy Balance Class, Imagery Journaling, social events and Friendship Fridays. Prior to retirement, Larry was a school bus driver for 5 years in Southbury and before that he was an electrical engineer for 18 years. In his younger years Larry spent 18 years as a Trappist monk in Kentucky. He met Sue when both were older-than-typical college students in Kentucky. Sue became a registered nurse who worked as a maternal and child health educator. They have three married children and four grandchildren. They state their favorite part of Center life is the warm, welcoming and friendly people.

### Featured Staff Member of the Month: Karen Blanchet

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!

This month we feature Karen Blanchet, our office manager. Loryn likes to say that Karen is the heart of the Center – the first smiling face you may see, the voice you hear on the phone, the genius behind our newsletter and the person who manages our bus schedules, among many other duties - it's all Karen. Karen will have been employed at the Senior Center for 25 years in May of 2026. She is so thankful for the wisdom she has gained from each member over the years. Karen lives in Woodbury with her husband of almost 40 years, Gene. Her two daughters, Jamie and Kellie are both married to their respective husbands, Travis and Rich. You all know by now about her precious 3 year old granddaughter, Priscilla (check out the photos on her desk), who she spends cherished one-on-one time watching two afternoons a week. In her spare time she loves crafting, making wooden projects on her lathe, doing resin projects, crocheting and gardening. Karen is also a certified Level 2 Reiki practitioner.



## SERVICES

### Ask a Mental Health Professional Tuesday, January 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 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, January 6 & 20 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.

### Healthy Chats with Heidi Seasonal Affective Disorder Friday, January 16 from 10 to 11 a.m.



Do you notice yourself having less energy during the winter months? You could be suffering from seasonal affective disorder, come join HVHD public health nurse to learn about common symptoms like persistent sadness, low energy, and changes in appetite or sleep and how they can impact daily life including some self-care tips. Please sign up.

### Personalized Mini Facials with Laura, Licensed Aesthetician

Laura will not be here in January.



### Emergency Shelter Volunteer Recruitment and Training Thursday, January 15 from 6:30 to 8 p.m.

In an emergency, the Senior Community Center may be called upon to serve as a community shelter. Volunteering in an emergency can be both rewarding and challenging. You can help your neighbors as an emergency shelter volunteer. Learn more and be added to the list of people trained to help by attending this recruitment and training session. Open to all people age 18 and up.

### Therapeutic Massage Appointments with Lea Ricard, LMT

**Mondays, January 5, 12 & 26  
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

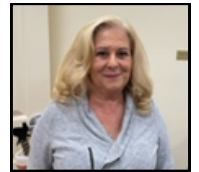
1 hour massage - \$60

### Haircuts with Lucy Friday, January 9 from 10 a.m. to 1:30 p.m. by appointment only

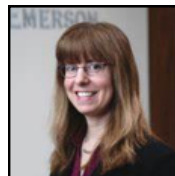
Lucy has 36 years experience as a hairdresser.

Call the Center to make your appointment.

New Pricing:  
Men and Women - \$15



### Ask an Attorney with Attorney Alyson R. Marcucio Friday, January 30 2 to 3 p.m. by appointment





Attorney Marcucio offers 8 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.

### 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.

# JANUARY 2026 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>  <b>Center Closed for New Year's Day Holiday</b>  	<b>2</b>  9-10 Zumba Gold 9:30-11:30 Mah Jongg 9:30 Walking Club with KathySue 10:30 <b>Bus to Southbury</b> 11:00 Balance Class 1-2 Friendship Friday 1:30-3:30 Table Tennis
<b>5</b>  8:30 Stretch & Meditation 9-3 <b>Bus in Woodbury</b> 9:30-11 Setback 10:00 <b>Bus to Naugatuck</b> 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 12:00 Balance Class 1-3:30 Runes Program 1:30-3:30 Table Tennis	<b>6</b>  9-3 <b>Bus in Woodbury</b> 9:00-11:00 Digital Literacy Office Hours 9:30-10:30 Chair Yoga 10:00 Coffee Chat with Loryn 10-12 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 1:15 Dime Bingo	<b>7</b>  9-10 Zumba Gold 9-3 <b>Bus in Woodbury</b> 9:30-10:30 Afghan Project 11:00 Balance Class 12-1:30 Brass City Cooking Class 12-3:30 Pinochle 1-2 Imagery Journaling 1:00-3:00 Mah Jongg 1:00 Technology with Clyde 1:30-2:30 Tai Chi	<b>8</b>  8:30 Stretch & Meditation 9-3 <b>Bus in Woodbury</b> 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 1:30-2:30 Commission Meeting 1:30 Bounce Back with Pilobolus Demo	<b>9</b>  9-10 Zumba Gold 9:30-11:30 Mah Jongg 10-1:30 Haircuts (by appt) 10:30 <b>Bus to Southbury</b> 11:00 Balance Class 12-2:30 Pizza & Bingo 1:30-3:30 Table Tennis
<b>12</b>  8:30 Stretch & Meditation 9-3 <b>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 12:00 <b>NO</b> Balance Class 12-1:30 Soup & Suggestions 1:30-3:30 Table Tennis	<b>13</b>  9-3 <b>Bus in Woodbury</b> 9:00-11:00 Digital Literacy Office Hours 9:30-10:30 Chair Yoga 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 12:30-3:30 Mah Jongg 1-2:30 Digital Literacy Initiative: Internet Basics	<b>14</b>  9-10 Zumba Gold 9:30-10:30 Afghan Project 10:30 <b>Bus to Southbury</b> 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	<b>15</b>  8:30 Stretch & Meditation 8:30 Dental Clinic (by appt) 9-3 <b>Bus in Woodbury</b> 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 2-3:30 Genealogy Beyond Basics 6:30 Shelter Volunteer Training	<b>16</b>  9-10 Zumba Gold 9:30-11:30 Mah Jongg 9:30-2 <b>Bus Trip to Shops @ Stone Bride in Cheshire (Bus 2)</b> 9:30 Walking Club with KathySue 10-11 Health Chats with Heidi: Seasonal Affective Disorder 10:30 <b>Bus to Southbury</b> 11:00 Balance Class 12:15 Movie: <i>84 Charing Cross Ln</i> 1:30-3:30 Table Tennis
<b>19</b>  <b>Center Closed for the Martin Luther King, Jr. Holiday</b>  	<b>20</b>  9-3 <b>Bus in Woodbury</b> 9:00-11:00 Digital Literacy Office Hours 9:30-10:30 Chair Yoga 9:30-12 Mandalas Class 10-12 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 1:15 Dime Bingo	<b>21</b>  9-10 Zumba Gold 9-3 <b>Bus in Woodbury</b> 9:30-10:30 Afghan Project 11:00 Balance Class 11:00 Winter Hike with Loryn: Flanders Nature Center 12-1:30 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	<b>22</b>  8:30 Stretch & Meditation 9-3 <b>Bus in Woodbury</b> 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 1:30 Bounce Back with Pilobolus 1:30 MATT on the GO: Photography in Waterbury	<b>23</b>  9-10 Zumba Gold 9:30-11:30 Mah Jongg 10:30 <b>Bus to Southbury</b> 11:00 Balance Class 1-2:30 Digital Literacy Initiative: How to Order Your Groceries Online 1:30-3:30 Table Tennis
<b>26</b>  8:30 Stretch & Meditation 10:00 <b>Bus to Torrington</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 12:00 Balance Class 1-1:45 Cardio Drumming 1-2 Craft Class with Danielle 1:30-3:30 Table Tennis	<b>27</b>  9-3 <b>Bus in Woodbury</b> 9:00-11:00 Digital Literacy Office Hours 9:30-10:30 Chair Yoga 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 12:30-3:30 Mah Jongg 1:30-2:30 Preparing for Winter Storms with Amy Clark	<b>28</b>  9-10 Zumba Gold 9:30-10:30 Afghan Project 10-11:30 Writing Class (first class of 6 sessions) 10:30 <b>Bus to Southbury</b> 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	<b>29</b>  8:30 Stretch & Meditation 9-3 <b>Bus in Woodbury</b> 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	<b>30</b>  9-10 Zumba Gold 9:30-11:30 Mah Jongg 10:30 <b>Bus to Southbury</b> 11:00 Balance Class 12:15 Movie: <i>Book Club</i> 1:30-3:30 Table Tennis 2-3 Ask an Attorney (by appt)