

# THE CENTER NEWS

## WOODBURY SENIOR CENTER

August 2025

### 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 August programs begin on  
Wednesday, July 23 at 9 a.m.**

### FROM THE DIRECTOR'S DESK

Hi, everyone and happy summer! Beginning this month, our newsletter has a fresh new look. It's easier to locate the items you're interested in, and we'll have more copies for you to share and keep. Also, beginning in September you'll be able to get an e-copy right in your in-box if you like; just call the Center to enroll in the free email option. We also have a new logo, seen on Page 1. You'll see this image of Woodbury Senior Center and a gentle green tree representing our warm and growing community in many places from now on...maybe even on a hat or T-shirt one of these days.

As summer's heat and humidity continue, remember the Center is a cool and welcoming place to be. Join a class or simply sit in the air-conditioned comfort of our lounge and enjoy the free wi-fi or a conversation with others. You might like to consider joining a "summer special" program in August- maybe a local hike or a luncheon for making friends, a presentation on saving money on your electric bill or a cooking class. Do look around in this issue – there are plenty of options!

I hope to see you at the Center soon,  
Loryn



Happy summer! No...we don't have a swimming pool, but we have a lot of other fun things to do. Check them out inside!

### 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

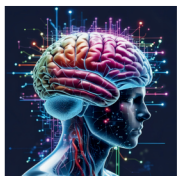
John White  
Mike Duggan  
Jacob Firlings

#### -Senior Nutrition Services

Donna Cole

## HIGHLIGHTS

### Healthy Brain Series Session 2: Importance of Diet and Nutrition Thursday, August 21 from 1:30 to 2 :30 p.m.



Julianne Ramia, Dementia Care Partner from Hartford Healthcare, is presenting a 5-part Healthy Brain Series. For the second session Julianne will discuss the importance of diet and nutrition on your brain health. Please sign up. Limited to 25.

### Book Club

Book club is on hiatus until September. See you then.



### A Summer Writing Warm Up with Lin Northrup Wednesday, August 13 from 10 to 11:30 a.m. Cost: \$5

Through myth and ancient fables, Joseph Campbell traced the "Hero's Journey," a journey we all go through. Its different stages - Call to Adventure, Crossing Thresholds, Gathering Allies, Facing Adversaries, Tests, Dark Night of the Soul, Return with the Prize (new wisdom) - are the elements that make a movie, a novel, a poem, a personal story go straight to our hearts. Let's explore some of these cyclical life stages and write about how they transformed you into the human being you are today. Please sign up.

Limited to 12.

Lin Northrup, the author of *Leela and the Forest of Light*, teaches workshops on creative writing, Native American wisdom and has a private practice (Sacred Circle Healing Arts).

## 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.**

Heather can help Woodbury residents with all their applications - Medicare Saving Program, SNAP (food stamps), Medicaid, Medigap, nursing homes, respite care, day care, the Home Care Program (CCC) and other services and benefits for seniors.

### Notes from Heather:

Heather has a 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.

**Renter's Rebate Eligibility: Woodbury residents at least 65 years old or disabled with an annual 2024 income not exceeding \$45,200 for an unmarried person and \$55,100 for a married couple. Call Heather to apply.**

# GET OUTSIDE

## HIKING



### Advanced Hike Basset Preserve, Southbury Thursday, August 14 at 10 a.m.

This is a hike for those who can enjoy easy/moderate trails with a distance of 2.8 miles. We'll meet at the trailhead and enjoy the blue trail, a wooded hike among brooks, rock walls and mountain laurel. The hike will begin promptly at 10 am.

**FOR ALL HIKES: Bring water to drink, bug spray and poles if you use them.**

**Sign up in advance for hikes so we know you are attending. Each registered participant will receive hike details and driving directions prior to the hike. Fair weather only; rain cancels. Please sign up.**



### WALKING CLUB Walking Club with Lynn Wednesday, August 27 at 1 p.m.

### Walking Club with KathySue Fridays, August 8 & 22 at 9:30 a.m.

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

### Beginner Hike Marzahl Refuge, Woodbury Tuesday, August 26 Meet 9:45 at the Center

Are you curious about whether hiking is for you? Try a gentle guided hike for beginners at a Woodbury location. You'll be with others just starting out, hiking at a slow pace on mostly flat surfaces for distances of less than a mile. Get in touch with nature and make friends along the way! Sign up at the office for this hike and stay tuned for more beginner hikes announced for September and October.

We will meet at the Center at 9:45 a.m. for this hike and ride the bus together to ensure we can all attend (very limited parking at the trail). The trail is about ½ mile long and flat. In that short time, we go from a meadow to light woods, to deep woods with a stream and waterfall and a bridge. After time to enjoy our surroundings, we will hike back out to the parking area for a ride back to the Center.



### Outdoor Games

Enjoy an outdoor game at the Center. Corn Hole, Bocce and other games are available and can be played daily outdoors on our patio and lawn area. Come to the office if you are interested and staff will help set up the games.





## FOOD AND NUTRITION

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

### TUESDAY

#### **August 5**

*(sign up by July 28)*

Berry Salad  
Marry Me Chicken  
Whipped Sweet Potatoes  
Sweet Corn  
Fruit Salad

#### **August 12**

*(sign up by August 4)*

Vegetable Salad  
Turkey Meatloaf  
Rainbow Grain Pilaf  
Vegetable Medley  
Chocolate Cookie

#### **August 19**

*(sign up by August 11)*

Garden House Salad  
Italian Pasta Bolognese  
Vegetable Medley  
Brownie

#### **August 26**

*(sign up by August 18)*

House Salad Salad  
Chicken Milanese  
Herb Pasta  
Vegetable Medley  
Crumb Cake

### THURSDAY

#### **August 7**

*(sign up by July 28)*

Chicken & Rice Soup  
Chicken Picatta  
Rice Pilaf  
Vegetable Medley  
Applesauce

#### **August 14**

*(sign up by August 4)*

Caesar Salad  
Grilled Pesto Chicken  
Red Bliss Mashed  
Potatoes  
Vegetable Medley  
Rice Pudding

#### **August 21**

*(sign up by August 11)*

Chicken Noodle Soup  
Chicken Marsala  
Buttered Noodles  
Vegetable Medley  
Cake

#### **August 28**

*(sign up by August 18)*

Garden Salad  
Tuna Bowtie Salad  
Garlic Knots  
Vegetable Medley  
Jello

### **Happy Lunch News!**

The Center recently received a grant from Connecticut Community Foundation, which will allow us to continue with our unique Chef on Site nutrition program. These lunches are offered on Tuesdays and Thursdays at noon to 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 The Art of Yum through New Opportunities, Inc. and is funded by Western CT Area Agency on Aging, CT Community Foundation and your donation. Please make your check out to "Senior Nutrition Services." Cash is also accepted. No credit cards. The suggestion 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.**



### **Farmers Market Party Food**

**Monday, August 18 from 1 to 2 p.m.**

**Cost: \$2**

Is your kitchen overrun with wonderful fresh garden goodies? Sign up for an afternoon focused on Farmers Market Party Food! We will take those plentiful harvests and share amazing yet simple recipes to highlight produce and entertain your friends and family. Please sign up. Limited to 20.

### **Brass City Harvest Cooking Class with Nichole Wednesdays, August 6 & 20 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. Due to the abundance of fresh vegetables during the summer months, class will be held twice in August. Class will be followed by a nutrition talk. Class size is limited to 15. Please sign up.

### **Nutrition Talk: Understanding Processed Foods with Nichole**

**Tuesday, August 26 from 11 a.m. to 12 p.m.**

Nichole Theriault from Brass City Harvest, will be here to lead a discussion on what processed foods are and how they affect your health. This is bound to be an eye-opening and informative presentation. Please sign up.

Limited to 25.



## TECHNOLOGY

### Technology with Clyde

**Wednesdays, August 6 & 20 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, August 27 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.



**Cybersecurity  
with Matt Smith  
Tuesday, August 5  
1:30 to 2:30 p.m.**

**Woodbury native, Matt Smith of Litchfield County Computer will lead a presentation on the Three Big Rules of Cybersecurity. Come and learn how to identify the latest cyber scams and how to keep yourself and your electronics safe. Please sign up. Limit to 25.**

## EXERCISE CLASSES

### STRETCH, STRENGTH AND CORE WITH SUSAN

**Tuesday and/or Thursdays at 11 a.m.**

**August 5, 7, 12, 14, 19, 21 26 & 28**

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 band and a small ball. The cost for August (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.**

**August 1, 6, 8, 13, 15, 20, 22, 27 & 29**



Join Emperatriz for her unique, lively dance class. Dance to Latin rhythms and popular tunes, and get a great workout while having fun! The cost for August (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.**

**August 6, 13, 20 & 27**

The cost for the August (4 classes) is \$20. 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.



### DEEP STRETCH AND MEDITATION CLASS WITH JENNIFER

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

**August 4, 7, 11, 14, 18, 21, 25 & 28**



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

### CHAIR YOGA WITH JENN

**Tuesdays from 9:30 to 10:30 a.m.**

**August 5, 12, 19 & 26**

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 breath. Please wear comfortable clothes. The cost for August (4 classes) is \$16. You must register for the entire series. Limited to 20.

## EXERCISE

### BALANCE WITH LORYN OR DIANA

**Mondays, Wednesdays & Fridays at 11 a.m.**

**August 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27 & 29**

**Mondays at 12 p.m.**

**August 4, 11, 18 & 25**

**Thursdays at 9:45 a.m.**

**August 7, 14, 21 & 28**

Join Loryn or Diana for a jump start on regaining 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, please choose one class only to attend due to space limitations.**

### FITNESS ROOM

The Fitness Room is open from 8 a.m. to 4 p.m., Monday through Friday. Equipment includes 2 treadmills, 1 recumbent bike, 1 functional trainer and 2 NuStep recumbent crosstrainers.

Membership is \$30 for 6 months/\$60 for 12 months for Woodbury residents and \$40 for 6 months/\$80 for 12 months for out of town residents. January - July (6 months) January - December (12 months). If you join mid-year, your cost will be prorated.

Medical approval with a signature from your health provider is required and a completed registration/release of liability form (available in the office).

An orientation and training session is required prior to using the equipment.

## TRANSPORTATION

### SENIOR BUS SHOPPING TRIPS

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

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

**Naugatuck - Monday, August 4 (10 a.m.)**

**Torrington - Monday, August 18 (10 a.m.)**

**Southbury - Wednesdays, August 13 & 27**

**and Fridays, August 1, 8, 15, 22 & 29**

**(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 with Karen to ensure your place on the bus. Limit 8 shoppers per day on out of town trips.

If you haven't received your two free tote bags, please let us know. All your purchases must fit into these totes (it's okay to put them in another bag first).

### MEDICAL TRANSPORTATION

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

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

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

Please make your appointments accordingly - ideally between 9:30 a.m. to 1:30 p.m. As requests for rides increase, **please be aware that your request is not a guarantee of a ride.** At times, we may be unable to accommodate you as we have limited resources and staff. To the best of your ability, making appointments at least one to two weeks ahead of time will be helpful. Once your ride is confirmed by Karen, you can rest assure knowing we will pick you up on time and get you where you are going. Please note we are unable to drive people to surgical procedures, including outpatient or one day procedures.

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



## SPECIAL EVENTS

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



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



### **Brass City Harvest Mobile Farmer's Market Wednesday, August 6 and September 24 from 12 to 1 p.m.**

The Brass City Harvest Mobile Farmer's Market will be at the Senior Center with a variety of local fruits, vegetables, meat and dairy products for you to buy. Stop by and take advantage of this local fresh food that is coming directly to us. The market takes cash, credit and Farmer's Market Debit Cards! Please support this effort to bring farm fresh produce to Woodbury residents. All ages welcome.

Eligibility for Farmer's Market Debit Cards: Seniors over 60 meeting income guidelines of: Household of 1 - \$2,413 gross monthly; Household of 2 - \$3,261 gross monthly. See Heather if you qualify.

### **Pizza and Bingo Night sponsored by KindCare at Naugatuck Friday, August 22 from 4 to 6:30 p.m.**



Enjoy an evening of Pizza and Bingo here at OUR Senior Center. Come for San Remo's Pizza and stay for an evening of Bingo and prizes. You must stay for both the pizza dinner and play Bingo. Limit to 30. Please sign up.



### **Stop the Bleed Presentation sponsored by the Woodbury Ambulance Association Friday, August 8 at 2:30 p.m.**

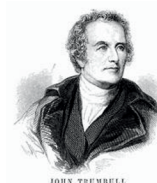


**SAVE A LIFE**

Candice from the Woodbury Ambulance Association will be here to lead a Stop the Bleed Presentation. This educational session teaches people how to recognize and control life-threatening bleeding in emergency situations. It empowers bystanders to become immediate responders, potentially saving lives by controlling bleeding before professional help arrives. Please sign up.

### **Leon DiMartino presents: John Trumbull Thursday, August 28 from 1 to 2 p.m.**

The American Revolutionary War generation historic painter is known as The Father of the American Revolutionary War Paintings. John Trumbull painted some of the more interesting and historic paintings of our War of Independence, as well as the founding fathers of our nation. Learn the story of John Trumbull and his place in American History. Limited to 30. Please sign up.



JOHN TRUMBULL

#### **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



### Preserving Flowers for All Year with Amy from Bloom Where Planted

**Friday, August 8 from 1 to 2 p.m.**

Enjoy the beauty of flowers all year long by preserving them through drying. Learn three ways to preserve your flowers and then use some already preserved flowers to create a beautiful craft. Please sign up. Cost \$8 per person. Limit to 16.

### Jewelry Making Class: Fun Summer Jewelry Tuesday, August 19 10:30 to 11:30 a.m.



Come and join Vanessa Lucewicz from FirstLight Home Care of Southbury. Make fun summer jewelry. Please sign up for this creative program. Limited to 10.



### Citrus Printing with Diana

**Monday, August 4 from 1:30 to 2:30 p.m.**

Come join Diana for an afternoon of citrus printing. Using tea towels, paint and a variety of citrus we will print our own unique design to take home to brighten our homes. Please sign up. Limited to 10.

### Craft Class with Danielle

**Monday, August 25 from 1 to 2 p.m.**

This month Danielle, from Village Crest, will be making **Shell Lighthouse Magnets** with us! Please sign up. Limited to 12.



### Imagery Journaling

**Wednesdays, August 6, 13, 20 & 27 at 1 p.m.**

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



## MUSIC...GOOD FOR THE SOUL



### Video Concert: Diana Krall at North Sea Jazz Tuesday, August 19 at 1 p.m.

**Diana Krall at North Sea Jazz Festival** is an armchair travel experience where we listen to smooth jazz and enjoy watching the outdoor scenery! Come for a short while or enjoy the full length concert from our TV Room or Lounge.

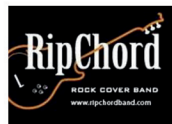
### Pop Up Summer Music

Talented music students will be dropping by the Center this summer to entertain us. Please thank them for sharing their talents!



### Summer Concert Series at Hollow Park Wednesday, August 6 at 6:30 p.m.

The Center will offer Senior Bus transportation to this concert sponsored by Woodbury Parks & Recreation. Performing is RipChord, a 10-pc Army horn band doing pop, rock and funk covers from the 60s to now. Sign up!





## BUS TRIPS



### SENIOR BUS TRIPS

#### **The American Mural Museum in Winsted and Lunch at Railway Cafe Saturday, August 9 - leaving Woodbury at 9:30 a.m.**

Come and join us for a day in Winsted to the largest indoor collaborative artwork in the world - a mural 120 feet long and five stories high! The mural is a tribute to American workers and highlights what has defined the country over the last century. After the 10:30 a.m. tour, head down the street to the Railway Café for a lovely lunch. Cost: \$10 (cash - due at sign up) for museum entrance. Cash is recommended for lunch on your own, as separate checks are not available. Woodbury residents only. Limited to 12. Please sign up.

#### **The Shops at Farmington Valley in Canton Monday, August 11 from 9:30 a.m. to 2:30 p.m.**

Join us for a day of shopping and lunch at the Shops at Farmington Valley. This outdoor shopping area has a wide variety of shops to choose from, including Kohl's, Barnes & Noble, Old Navy, J. Jill, Talbots, The Paper Store, The Loft, Stride Rite, Shop Rite, Chico's, Dick's Sporting Goods, Sephora, Shop Rite, Claires and more. Restaurants include Chipotle, Panera, Mercato, American Flatbread, 110 Grill, Ben & Jerry's and more. The bus will leave the center at 9:30 a.m. for the Shops. Once there you will be on your own for shopping and lunch. Woodbury residents only. Please sign up. Limited to 12.

#### **Supper Club - San Remo Restaurant in Woodbury Thursday, August 14 at 4:30 p.m.**

Come for an early bird dinner with some friends at San Remo's Restaurant in Woodbury. This local favorite is bound to be a great dinner! Cash is preferred as separate checks are not always available. You are welcome to drive yourself or take our bus to the restaurant. Register in the office for this early dinner and we will make your reservation. Cost \$3 (cash) to confirm your registration.

#### **Oxford Farmer's Market Monday, August 25 leaving Woodbury at 11:30 a.m.**

Join us for a trip to Oxford and do some fresh shopping at their Farmer's Market. At the Market you will find a variety of local fruits, vegetables, meat and dairy products. The market takes cash, credit and Farmer's Market Debit Cards! If you meet the requirements for the Farmer's Market Debit Card, see Heather Zuckerman for a card - see Page 9 for eligibility details. Please sign up. Limited to 12.

### FRIENDSHIP TOUR BUS TRIPS



**This trip is FULL!**

#### **Narragansett Lighthouse Cruise - Sunday, September 14**

Depart: 10:30 a.m. at Hollow Park, Hollow Road, Woodbury.  
(It is suggested to arrive at least 15 minutes earlier than departure time)  
Estimated return: 7 p.m. to Woodbury

### UPCOMING TRIPS

#### **November**

##### **Fireplace Feast at the Salem Cross Inn**

The Salem Cross Inn is a restored 18<sup>th</sup> Century farmhouse in West Brookfield MA. Enjoy a full day of "New England" Activities and a delicious fall feast. Please see the office for more information.

#### **December**

##### **Lyndhurst Mansion & Lunch at '76 House**

Have lunch at the '76 House in Tappan, NY then head to the Lyndhurst Mansion in Tarrytown, NY for a guided tour of this beautifully decorated Gothic Revival country house. Please see the office for more information.



## PROGRAMS

### FRIDAY MOVIE

*The Lady in the Van*

Friday, August 15 from 12:15 to 2:15 p.m.



This movie tells the story of Alan Bennett's (Alex Jennings) strained friendship with Miss Mary Shepherd (Dame Maggie Smith), an eccentric homeless woman who Bennett befriended in the 1970s before allowing her temporarily to park her Bedford van in the driveway of his Camden house. She stayed there for fifteen years. As the story develops, Bennett learns that Miss Shepherd is really Margaret Fairchild, a former gifted pupil of pianist Alfred Cortot. Run time 1hr. 44 min. Rated PG-13. 2015

### Seniors Helping Seniors Presentation

Monday, August 11 from 10 to 11 a.m.

Seniors Helping Seniors is a non-medical home care agency that has a unique mission. They employ seniors to provide non-medical care for other seniors such as companionship, light housekeeping, transportation to shopping or appointments, meal prep, medication reminders and activities of daily living if needed such as assistance with dressing and showering. They find that having a caregiver close in age increases acceptance of care, deepens the trust and connection between caregiver and client and is mutually beneficial for both. If you are a caregiver to a spouse or family member who may need a little extra help OR if you are an active senior who still drives and would like to earn a bit of extra income, Seniors Helping Seniors looks forward to meeting you. Light Refreshments will be served. Please sign up. Limit to 25.

### Dime Bingo!

Tuesdays, August 12 & 26 at 1:15 p.m.



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

### Stitches of Love

Thursdays, August 7 & 21 from 1 to 2:30 p.m.

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



### Solo Aging Social Club

Wednesday, August 13 from 12 to 1 p.m.

Solo Agers will meet in the Activity Room. Feel free to bring a snack or lunch and use this time to connect with other solo agers, discuss topics important to you and make plans together. If there is any other support we can give you, please reach out to the staff.

Please sign up.

### Coffee Chat with Loryn

Thursday, August 7 from 10-11 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 good discussion and enjoy participating in the life of our Center community.

Please sign up.

### Healthy Chats with Heidi: Immunizations

Friday, August 15 from 10 to 11 a.m.

August is national immunization awareness month! Come and join public health nurse, Heidi from HVHD to discuss all the vaccines necessary as we age as well as answer any questions you have. Please sign up.

### Table Tennis

Mondays, August 4, 11, 18 & 25 and Fridays, August 8, 15, 22 & 29 from 1:30 to 3:30 p.m.

Please bring your own paddle.

All are welcome.



## PEOPLE OF THE MONTH



### Member of the Month - Clerinda Grabovsky

Clerinda is like many members here - she enjoys certain activities at the Center, but also has a vibrant life at home. Clerinda is a quiet, friendly person who has a smile and kind greeting for everyone. At the Center she especially enjoys walking groups, imagery journaling and the balance class. She's also a devoted reader (she is currently very interested in the Amish). She is also active in her church. As a singer, she has a deep love of sacred music, an interest she shares with her granddaughter, who this summer is studying early music at Duke University.

Nice to know you, Clerinda!



### Volunteer of the Month - Judy Harmon

Judy volunteers at the Woodbury Senior Center both as a greeter and as a proofreader and she is training as a visitor for our Friendly Visitor Program. Never one to have an idle mind, Judy enjoys challenging herself by reading, trying classes such as our recent Logical Frameworks class and enjoying lunch with friends here. You will often find her at the Puzzle Table finding a piece or two (or 20) to place in just the right spot. Judy says she recently had to purchase a new car, and she's not happy to let go of her 23 -year-old Subaru Legacy. Nice to know you, Judy!

## SERVICES

### Ask a Mental Health Professional

**Tuesdays, August 12 & 26**

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

We all need support and resources to take care of ourselves, including our mental health. Twice a month, Ed Cole, LCSW will be here to meet with people who have questions on how to access mental health services in the community. Call the Center to make your half hour appointment with Ed.

### Therapeutic Massage Appointments with Lea Ricard, LMT

**Mondays, August 4, 18 & 25**

**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 the Center to make your appointment.

30 minute massage - \$35

1 hour massage - \$60

### Personalized Mini Facials with Laura, Licensed Aesthetician

**Wednesday, August 27 from 11 a.m. to 2 p.m. by appointment only**

Experience a skin analysis followed by a customized mini facial with Laura. Treating yourself with care is always a good idea and a healthy skin goes a long way toward feeling well. Facials help hydrate, plump and protect your skin through every season. 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.

### Fairy Hair with Judy Ryan

**Thursday, August 21 from 10a.m. to 12 p.m.**

Get Your Sparkle On! \$5 for up to 5 strands. Fairy hair are fine filaments that attach to your own hair. It's painless, adds a touch of glitter and glamour to your look and remains in place as long as you wish. Your \$5 suggested donation will be donated to the Senior Center by Judy. Join in the fairy hair fun! Please sign up.

### Blood Pressure Clinic

**Tuesdays, August 5 & 19**

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.

**Please note -**

**September 1 through January 2 there will be no blood pressure clinics at the Center due to HVHD's flu shot clinics schedules.**

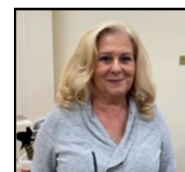
### Haircuts with Lucy

**Friday, August 8 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.

Men - \$10 Women - \$15



### Ask an Attorney

**with Attorney Alyson R. Marcucio**

Atty. Marcucio will return in September.

### Dental Clinic

Let us know if you are interested in a routine dental cleaning by a registered dental hygienist.

You must be 60 years old. Income eligibility: \$40,000 or under per year visits are \$10. \$40,001 and over per year your visit would be \$80. Shelley is here the third Thursday of every other month.

### Foot Care Clinic

Have your toenails cut by a Doctor of Podiatry every other month (must commit to 6 treatments a year). Eligibility is 60 years or older and \$70,000 per year or less. \$10 per visit. Dr. Kilkenny is here the third Wednesday of each month.

We have **Deterra** drug deactivation system packets available at the Center to safely dispose of any prescription medications.



# AUGUST CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Senior Bus Trip:</b> <b>American Mural Museum</b> <b>Saturday, August 9</b> <b>Leaving Woodbury from</b> <b>the Senior Center at</b> <b>9:30am.</b> <b>Estimated return 3:00pm.</b>	<b>Reminder -</b> <b>Tanglewood with</b> <b>Friendship Tours</b> <b>Sunday, August 24</b> <b>Depart 11:00 a.m. from</b> <b>Hollow Park</b> <b>Estimated return 7 p.m.</b>			<b>1</b> <b>9-10</b> Zumba Gold <b>9:30-11:30</b> Mah Jongg <b>10:00</b> Bus to Southbury <b>11:00</b> NO Balance today <b>12-2:30</b> Blossoming Friendships: A Special Luncheon Event <b>1:30-3:30</b> NO Table Tennis today
<b>4</b> <b>8:30</b> Stretch & Meditation <b>10:00</b> Bus to Naugatuck <b>10-2</b> Messages with Lea (by appt) <b>10:30</b> Current Events (virtual) <b>11:00</b> Balance Class <b>12:00</b> Balance Class <b>1:30-2:30</b> Citrus Printing <b>1:30-3:30</b> Table Tennis	<b>5</b> <b>9-3</b> Bus in Woodbury <b>9:30-10:30</b> Chair Yoga <b>10-12</b> Blood Pressure Clinic <b>11:00</b> Stretch, Strength & Core <b>12:00</b> Lunch in the Cafe <b>12-3:30</b> Canasta <b>1:30-2:30</b> Cybersecurity with Matt Smith <b>1:30</b> Commission for Seniors	<b>6</b> <b>9-10</b> Zumba Gold <b>9-3</b> Bus in Woodbury <b>10-12</b> Review Your Electric Bill <b>11:00</b> Balance Class <b>12-1</b> Mobile Farmers Market at the Center <b>12-1:30</b> Cooking Class <b>1-2</b> Imagery Journaling <b>1:00</b> Technology with Clyde <b>1:30-2:30</b> Tai Chi <b>6:30</b> Bus Transportation to Summer Concert Series at Hollow Park: RipChord	<b>7</b> <b>8:30</b> Stretch & Meditation <b>9-3</b> Bus in Woodbury <b>9:30-12</b> Ladies Bridge <b>9:45</b> Balance Class <b>10-11</b> Coffee Chat with Loryn <b>11:00</b> Stretch, Strength & Core <b>12:00</b> Lunch in the Cafe <b>12:30-3:30</b> Mah Jongg <b>1-2:30</b> Stitches of Love	<b>8</b> <b>9-10</b> Zumba Gold <b>9:30-10:30</b> Walking Club with KathySue <b>9:30-11:30</b> Mah Jongg <b>10:00</b> Bus to Southbury <b>10-1:30</b> Haircuts with Lucy <b>11:00</b> Balance Class <b>1-2</b> Preserve Flowers for all Year <b>1:30-3:30</b> Table Tennis <b>2:30-3:30</b> Stop the Bleed Class
<b>11</b> <b>8:30</b> Stretch & Meditation <b>9:30-2:30</b> Senior Bus Trip: Shops at Farmington Valley <b>10-11</b> Seniors Helping Seniors Presentation <b>10-2</b> NO Messages with Lea today <b>10:30</b> Current Events (virtual) <b>11:00</b> Balance Class <b>12:00</b> Balance Class <b>1:30-3:30</b> Table Tennis	<b>12</b> <b>9-3</b> Bus in Woodbury <b>9:30-10:30</b> Chair Yoga <b>10-11:30</b> Ask a Mental Health Professional (by appt) <b>11:00</b> Stretch, Strength & Core <b>12:00</b> Lunch in the Cafe <b>12-3:30</b> Canasta <b>1:15</b> Dime Bingo	<b>13</b> <b>9-10</b> Zumba Gold <b>10:00</b> Bus to Southbury <b>10-11:30</b> Writing Class <b>11:00</b> Balance Class <b>12-1</b> Solo Aging Social Club <b>1-2</b> Imagery Journaling <b>1-2:30</b> How to Boil Water (Part 3) <b>1:30-2:30</b> Tai Chi	<b>14</b> <b>8:30</b> Stretch & Meditation <b>9-3</b> Bus in Woodbury <b>9:30-12</b> Ladies Bridge <b>9:45</b> Balance Class <b>10:00</b> Hike: Basset Preserve, Southbury <b>11:00</b> Stretch, Strength & Core <b>12:00</b> Lunch in the Cafe <b>12:30-3:30</b> Mah Jongg <b>1-2:30</b> Learn to Play Mah Jongg <b>4:30</b> Supper Club - San Remo	<b>15</b> <b>9-10</b> Zumba Gold <b>9:30-11:30</b> Mah Jongg <b>10:00</b> Bus to Southbury <b>10-11</b> Healthy Chats with Heidi: Immunizations <b>11:00</b> Balance Class <b>12:15</b> Movie: <i>The Lady in the Van</i> <b>1:30-3:30</b> Table Tennis
<b>18</b> <b>8:30</b> Stretch & Meditation <b>10:00</b> Bus to Torrington <b>10-2</b> Messages with Lea (by appt) <b>10:30</b> Current Events (virtual) <b>11:00</b> Balance Class <b>12:00</b> Balance Class <b>1-2</b> Farmers Market Party Food Class <b>1:30-3:30</b> Table Tennis	<b>19</b> <b>9-3</b> Bus in Woodbury <b>9:30-10:30</b> Chair Yoga <b>10-12</b> Blood Pressure Clinic <b>10:30-11:30</b> Jewelry Making Class <b>11:00</b> Stretch, Strength & Core <b>12:00</b> Lunch in the Cafe <b>12-3:30</b> Canasta <b>1-2:30</b> Diane Krall Video Concert: North Sea Jazz Fest	<b>20</b> <b>9-10</b> Zumba Gold <b>10:00</b> Bus in Woodbury <b>11:00</b> Balance Class <b>12-1:30</b> Cooking Class <b>12-3</b> Foot Care Clinic (by appt) <b>1-2</b> Imagery Journaling <b>1:00</b> Technology with Clyde <b>1:30-2:30</b> Tai Chi	<b>21</b> <b>8:30</b> Stretch & Meditation <b>9-3</b> Bus in Woodbury <b>9:30-12</b> Ladies Bridge <b>9:45</b> Balance Class <b>10-12</b> Fairy Hair <b>11:00</b> Stretch, Strength & Core <b>12:00</b> Lunch in the Cafe <b>12:30-3:30</b> Mah Jongg <b>1-2:30</b> Stitches of Love <b>1:30</b> Healthy Brain Series: Session 2	<b>22</b> <b>9-10</b> Zumba Gold <b>9:30-10:30</b> Walking Club with KathySue <b>9:30-11:30</b> Mah Jongg <b>10:00</b> Bus to Southbury <b>11:00</b> Balance Class <b>1:30-3:30</b> Table Tennis <b>4-6:30</b> Evening Pizza & Bingo
<b>25</b> <b>8:30</b> Stretch & Meditation <b>9-11</b> Bus in Woodbury <b>10-2</b> Messages with Lea (by appt) <b>10:30</b> Current Events (virtual) <b>11:00</b> Balance Class <b>11:30</b> Senior Bus Trip - Oxford Farmers Market Trip <b>12:00</b> Balance Class <b>1-2</b> Craft Class: Shell Lighthouse Magnet <b>1:30-3:30</b> Table Tennis	<b>26</b> <b>9-3</b> Bus in Woodbury <b>9:30-10:30</b> Chair Yoga <b>9:45</b> Beginner Hike: Marzahl Refuge <b>10-11:30</b> Ask a Mental Health Professional (by appt) <b>11:00</b> Stretch, Strength & Core <b>11-12</b> Nutrition Talk with Nichole <b>12:00</b> Lunch in the Cafe <b>12-3:30</b> Canasta <b>1:15</b> Dime Bingo	<b>27</b> <b>9-10</b> Zumba Gold <b>10:00</b> Bus to Southbury <b>11:00</b> Balance Class <b>11-2</b> Mini Facials (by appt) <b>1-2</b> Imagery Journaling <b>1-2</b> Walking Club with Lynn <b>1-2:30</b> How to Boil Water (Final Class) <b>1:00</b> Technology Bar - Apple Products <b>1:30-2:30</b> Tai Chi	<b>28</b> <b>8:30</b> Stretch & Meditation <b>9-3</b> Bus in Woodbury <b>9:30-12</b> Ladies Bridge <b>9:45</b> Balance Class <b>11:00</b> Stretch, Strength & Core <b>12:00</b> Lunch in the Cafe <b>12:30-3:30</b> Mah Jongg <b>1-2</b> John Trumbull Presentation with Leon DiMartino <b>1-2:30</b> Learn to Play Mah Jongg	<b>29</b> <b>9-10</b> Zumba Gold <b>9:30-11:30</b> Mah Jongg <b>10:00</b> Bus to Southbury <b>11:00</b> Balance Class <b>1:30-3:30</b> Table Tennis