

# THE CENTER NEWS

## WOODBURY SENIOR CENTER

March 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 March programs will begin on Wednesday, February 25 at 9 a.m.**



Sunday, March 8

### Baked Potato Lunch

Wednesday, March 11 from 12 to 1 p.m.



You asked for it! This popular meal gives you a large baked potato with all the fixings, dessert and beverage for just **\$6**. Limited to 35, so sign up soon. It's a great way to engage with your friends.

### OUR STAFF

**-Director of Senior Services**  
Loryn Ray

**-Program Assistant**  
Diana Brandt

**-Office Manager**  
Karen Blanchet

**-Municipal Agent/  
Social Services Director**  
Heather Zuckerman

**-Senior Bus Drivers**  
Nancy Gubbiotti  
Paul Sagnella  
Dave Deakin  
Michael Cintron  
Jerry Simmons

**-Custodians**  
John White  
Mike Duggan  
Jacob Firlings

**-Senior Nutrition Services**  
Donna Cole



**America's Founding Fathers:  
Robert Morris' Money and Benjamin Franklin's Leather Apron**  
Monday, March 9 from 10 to 11 a.m.

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



**Dial-A-Ride Information and Sign Up Session**  
Thursday, March 17 at 1:30 p.m.

The new dial-a-ride service is almost ready to roll out in Woodbury. If you are interested in knowing more and using this transportation service, plan to attend this information. You'll learn how to use the system, get tips on making it work for you, and fill out your free application on the spot. Eligible riders are Woodbury residents age 60 and up, with or without disability, or younger adults with disability. Please sign up!



**National Anthem Day**  
Tuesday, March 3 from 10 to 10:45 a.m.



March 3rd is National Anthem Day! Learn about the fascinating backstory of The Star-Spangled Banner in a video presentation with narrators Mike Rowe and Ranger Vince. Please sign up.

## THIS IS THE YEAR TO LEARN



### Technology Bar - Apple Products with Jim Wednesdays, March 11 & 25 at 1 p.m.

Bring your Apple laptop, iPad or iPhone for some small group help with Techie Jim Parks. Jim can help with quick issues like finding emails and photos or can help you research how to make your Apple device work better for you. Limited to 5. Please sign up.

### Technology with Clyde Wednesday, March 18 at 1 p.m.



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



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



Join Bob for a weekend afternoon of stories and music. "The History of the Harmonica" program is an effort to expand the awareness of the instrument. Using storytelling, historical facts and playing the instrument in many styles, Bob tells the story and plays music that will open your ears and minds. All ages welcome; bring a friend! Bus transportation is available - please contact the center if you need a ride for this event. Please sign up.

### Genealogy Beyond the Basics - How to Use FamilySearch Full-Text Search with Genealogist Penny Hartzell Thursday, March 12 from 2 to 3:30 p.m.

FamilySearch's AI-enhanced Full Text Search is a new tool worth investigating. Hopefully it will take your research beyond the basics while also providing original sources. Penny Hartzell will demonstrate how to use Full-Text Search. If you wish to bring your laptop and follow along, please do. Please sign up.



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



**Cost: \$15 (checks only - made out to "AAA Northeast" paid directly to the class instructor)**  
This course can save you money on your auto insurance (check with your insurance company). The cost includes the course materials and certification. AAA requires a minimum of 15 participants to run the class. Please sign up.

## MUNICIPAL AGENT/SOCIAL SERVICES

**Heather Zuckerman, Social Services/Municipal Agent**

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

#### Important Notes from Heather:

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

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

Last 2 digits of Client ID Benefits Issuance Day:

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

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

# HIGHLIGHTS



## DIGITAL LITERACY INITIATIVE (DLI)

### DLI Office Hours

Tuesdays, March 3, 10, 17, 24 & 31 from 9 to 11 a.m.

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

### DLI Extracurricular Course: Cleaning out Old Files/Emails

Wednesday, March 4 from 1 to 2:30 p.m.

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



### DLI: Cyber Security Basics Class

Friday, March 20 from 1 to 2:30 p.m.



Join us for an essential session on protecting your digital life! This program covers practical tips to keep your personal information secure. Learn how to create strong passwords, recognize scams, and safeguard your devices. Empower yourself with the knowledge to browse confidently and avoid common online threats.

Limited to 25. Please sign up.

### DLI Online Learning Modules

For computer users with basic or moderate skills, the online modules from the DLI offer the opportunity to learn and practice skills independently at home or here at the Center. In addition to basic skills refreshers (search engines, email, etc.), the following topics are available 24/7 to you online:

- Skills: Basic Video and Audio Conferencing on Computers
- Skills: Basic QR Codes
- Skills: Using a Computer (separate modules for PC and Mac computers)
- Skills: Using a Mobile Device (separate modules for Android and iOS devices)
  - Online Safety: fraud and scams
  - Online Safety: accounts and passwords
  - Digital Connections: how to balance technology use
  - Connecting with Kindness: the ins and outs of online relationships
  - Connecting with Kindness: digital drama (cyberbullying and online hate)
    - Connecting with Vigilance: online safety
  - Connecting with Vigilance: online misinformation (finding credible news & being a responsible creator)
    - Connecting with Purpose: learn to use technology to achieve goals and as a force for good

You can use these modules independently at home or at the Center or with a coach assisting you here at the Center. You may do one module or all; each takes about 10-15 minutes. You may repeat a module as often as you like. **Please call the Center for more details and sign-on information.**



## Senior Citizen Nonnewaug High School Drama Club Musical Preview of *Guys and Dolls* and *Minestrone Soup Pick-Up* (distributed after the show)

Wednesday, March 18 - Showtime: 12:30 to 2:30 p.m. (including a brief intermission)

Fifty Woodbury seniors are invited to attend this event. **All attendees should arrive at NHS by 12 p.m.** Sign up by February 27. Free! Senior bus transportation will be available - please let us know at sign up if you need transportation from home or a shuttle from the Center parking lot.

# FOOD AND NUTRITION

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

## TUESDAY

### March 3

*(sign up by February 23)*  
 Caesar Salad  
 Chicken Cacciatore  
 Red Bliss  
 Mashed Potatoes  
 Vegetable Medley  
 Peaches

### March 10

*(sign up by March 2)*  
 Spring Vegetable  
 Salad  
 Chicken Florentine  
 Herb Pasta  
 Vegetable Medley  
 Chocolate Cookie

### March 17

*(sign up by March 9)*  
**HAPPY ST. PATRICK'S DAY**  
 Irish Potato Leek Soup  
 Braised Corn Beef  
 Boiled Potatoes  
 Stewed Cabbage

### March 24

*(sign up by March 16)*  
 French Salad  
 Chicken Milanese  
 Herb Pasta  
 Vegetable Medley  
 Crumb Cake

### March 31

*(sign up by March 23)*  
 Chicken Orzo Soup  
 Italian Meat Lasagna  
 Garlic Bread  
 Vegetable Medley  
 Fruit Cocktail

## THURSDAY

### March 5

*(sign up by February 23)*  
 Chicken Rice Soup  
 Chicken Picatta  
 Rice Pilaf  
 Vegetable Medley  
 Applesauce

### March 12

*(sign up by March 2)*  
 Garden House Salad  
 Spinach, Mushroom  
 Pork Loin  
 Roasted Potatoes  
 Vegetable Medley  
 Brownie

### March 19

*(sign up by March 9)*  
 Cream of Broccoli Soup  
 Chicken Marsala  
 Buttered Noodles  
 Vegetable Medley  
 Cake

### March 26

*(sign up by March 16)*  
 Greek Salad  
 Spring Veloute Chicken  
 Rice Pilaf  
 Vegetable Medley  
 Fresh Fruit

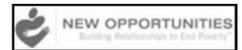


## LUNCH NEWS

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.**



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



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

- Session One: Introduction: Mindful Beginnings: Setting the Stage
- Session Two: Physical and Emotional Eating
- Session Three: Awareness and Shared Humanity
- Session Four: Conclusion: Everyday Mindfulness: Making Mindful Eating a Habit

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

## Brass City Harvest Cooking Class with Nichole Wednesdays, March 4 & 25

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

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



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

**BE GOOD TO YOUR BODY!**

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



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

**Cardio Drumming with Diana**  
**Thursday, March 26 at 2:45 p.m.**

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



**Spring Solstice Yoga with Jen**  
**Thursday, March 19 from 1:15 to 2:15 p.m.**



Embrace the season of renewal with Registered Yoga teacher, Jennifer Worhle. Flow into a rejuvenating, gentle and accessible practice, anchored by a sturdy chair as your steadfast prop. Jennifer will guide you through soothing asanas (poses) mindful pranayama (breathing techniques) and balance work to nourish joints, cultivate flexibility and build inner steadiness and confidence. No prior yoga experience is required, just bring your curiosity and a spark of spring energy to awaken your practice.

What participants need: comfortable, breathable clothing, water bottle, bolster (or pillow), a light blanket or shawl for support, a listening heart - willingness to honor your body's pace and boundaries. Reserve your spot today and greet the Spring Solstice with a nourishing, breath-led flow that honors body, mind and spirit. May this season of renewal refresh your joints, deepen your breath and reconnect you with the vibrant energy of spring. Cost \$5. Limited to 20. Please sign up.

# EXERCISE CLASSES

## STRETCH, STRENGTH AND CORE WITH SUSAN

**Tuesdays and Thursdays at 11 a.m. - March 3, 5, 10, 12, 17, 19, 24, 26 & 31**

**Changes are coming to Stretch, Strength and Tone.** Beginning in March, the in-person sessions of Stretch Strength and Tone, taught by Susan Krusko of Fitness Fury, will be limited to **25 Woodbury residents only**. Those members of the Center who live in other areas, as well as Woodbury residents who are not among the first 25 to register and pay, will be welcome to participate in the class virtually on Zoom. This has become necessary to ensure (a) the safety of all participants and (b) that each participant in the room has space enough to fully enjoy the class. Also, the class will no longer be available as a once-per-week option; all participants will be registered for both classes each week. We know that change is hard and we appreciate your understanding and cooperation as the Center grows. The cost for March (9 classes) is \$36.



**Wednesdays and Fridays from 9 to 10 a.m. - March 4, 6, 11, 13, 18, (20 - at the firehouse), 25 & 27**

## ZUMBA GOLD WITH EMPERATRIZ

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

## TAI CHI WITH SUSAN

**Wednesdays from 1:30 to 2:30 p.m. - March 4, 11 & 18 at the old Town Hall in March (no class on 3/25)**

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 March (3 classes) is \$15. You must sign up for the full session.



## DEEP STRETCH AND MEDITATION CLASS WITH JENNIFER

**Mondays and Thursdays from 8:30 to 9:30 a.m. - March 2, 5, 9, 12, 16, 19, 23, 26 & 30**

This class is set to soothing music. Low impact stretching and breathing exercises are designed to de-stress you physically and mentally while increasing flexibility. All levels of activity/fitness welcome. Dress comfortably and bring a mat. You must sign up for the full session. The cost for March (9 classes) is \$27.

## CHAIR YOGA WITH JENN

**Tuesdays from 9:30 to 10:30 a.m. - March 3, 10, 17, 24 & 31**

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 March (5 classes) is \$20. You must register for the entire series. Limited to 20.



## BALANCE WITH LORYN OR DIANA

**Mondays at 11 a.m. - March 2, 9, 16, 23 & 30**

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

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

**Fridays at 11 a.m. - March 6, 13, (20 - at the Firehouse) & 27**

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.

### PLEASE NOTE:

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

## PROGRAMS

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



Art Marcelynas, a retired State Utility Regulator, has presented to our members about choosing an electric supplier for the past two years. Our members have asked that Art return to explain more about Connecticut's electric rates, the Public Benefits Charge and what can be done to affect change.

Art has agreed to return to discuss the Public Benefits Charge, Smart Meters, time-of-use electric rates and more. Bring your questions and a recent copy of your bill; you won't be disappointed with this presentation! Art worked on electric issues at PURA for 32 years and has considerable knowledge about CT's electricity policies and rates. Please sign up.



### Better Questions, Better Answers with Wally Kostrzewa Tuesday, April 7 from 1 to 2:30 p.m.

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

## TRANSPORTATION

### SENIOR BUS SHOPPING TRIPS

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

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

**Torrington - Monday, March 16 (leaving Woodbury at 10 a.m.)**

**Southbury - Wednesdays, March 11 & 25  
Fridays, March 6, 13, 20 & 27 (leaving Woodbury at 10:30 a.m.)**

Please remember that shopping bags are limited to 2 per person when the bus is full and you must be able to carry your own bags. Please sign up with Karen to ensure your place on the bus. Limit 8 shoppers per day on out of town trips. If you haven't received your two free tote bags, please let us know. All your purchases must fit into these totes (It's okay to put them in another bag first).

### MEDICAL TRANSPORTATION

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

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

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

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

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

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

# SOMETHING FOR EVERYONE

### A MESSAGE FROM HEATHER REGARDING YOUR EVERSOURCE BILL

Eversource bills are based on usage. Eversource offers ways to lower your bill with tips on their website <https://www.eversource.com/residential/save-money-energy>

“Energy savings tips” are available at the Social Services office or on the bulletin board in the main hallway. Eversource also offers a tiered discount from 5% to 50% based on eligibility of income and/or public assistance programs.

Matching Payment Program is available if you have \$100 or more past due 60 days or more on your bill. Once you are caught up on your bill, you will be removed from the MPP.

If you call Eversource and go on a budget program you will pay the same amount every month based on your previous usage.

Energizect.com has a rate board and you can check it on a regular basis to find out if you are paying the cheapest rate and change suppliers.

Energy assistance is available to those who heat with electricity and you could see a one-time credit from the Connecticut Energy Assistance Program (CEAP) on your bill even if you have another heat source or have heat included in your rent. You can contact Woodbury Social Services for more information on applying for the Connecticut Energy Assistance Program (CEAP).



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

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

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

This month topic is:  
**SPRING INTO FRIENDSHIP**

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.



### Table Tennis Wednesdays, March 4, 11, 18 & 25 1:30 to 3:30 p.m.

While AARP Tax Aide is being held at the Center, there will be no table tennis on Mondays and Fridays until April 13. Please check the April newsletter for hours.

### Mah Jongg

Tuesdays, March 10 & 24, 12:30 to 3:30 p.m.  
Every Wednesday, 1 to 3 p.m.  
Every Thursday, 12:30 to 3:30 p.m.  
Every Friday, 9:30 to 11:30 a.m.



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

Items will be donated to the Woodbury Food Bank. Place donations in the marked toiletry drive donation bin under the office window.

All NEW toiletries accepted including:  
Toothpaste, wrapped toothbrushes, body wash, soaps (travel soaps too!), shampoo, shaving cream, razors and any other personal care items. Thank your for your continued generosity.

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

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

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

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

CARDS ANYONE?

**ALL ARE WELCOME HERE**

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

## CREATIVE CORNER

### Stitches of Love

Thursdays, March 12 & 26 from 1 to 2:30 p.m.



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

### Crochet Corner

Mondays, March 2, 9, 16, 23 & 30  
10 to 11:30 a.m.

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

### Imagery Journaling

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

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

### Craft Class with Danielle from Village Crest Monday, March 23 from 1 to 2 p.m.



Make a **pressed flower plaque** with Danielle. It's always a fun and creative class. Limited to 12. Please sign up for this FREE craft class.

### Brian is Back! Veteran's Group Coffee And... Tuesday, March 10 from 10 to 11 a.m.



All veterans are invited to enjoy coffee, snacks and camaraderie at this monthly meeting headed by Brian Naylor, MSgt USAF retired and Veterans Advocate for Independence Northwest, Inc. Brian can also answer your VA questions and help with support. Please let us know if you would like to attend.

### America 250: Dirty Blue Shirts - The Webs they Wove: Women and Their Wardrobes during New England's Revolution Sunday, April 12 from 1:30 to 3 p.m.



Join us for this fascinating program that focuses on underpinning the sensationalism of battle reports and broadsides is the often-silent steadiness of women's work with textiles. The choices they made every day about fashion, fabric consumption and creation drove the course of Revolution just as determinedly as any congress. As southern New England commemorates the 250th anniversary (semi quincentennial) of the War for Independence, it is these local lives dressed in fulled wool or spun silk that continue to inspire creativity, resilience and empathy in us today. From the mythology of homespun to legends of midnight rides in red cloaks and calashes, the Dirty Blue Shirts share stories of women who waged war on multiple fronts as well as a look at what they wore as their world's turn'd upside down. This program is presented by costumed historians and includes reproduction clothing pieces and fabric samples as well as a PowerPoint presentation with images of extant originals. Please sign up. This special weekend program is open to people of all ages.



### Leon DiMartino Presents: The Life & Times of Benedict Arnold - Part I: The Early Years Monday, April 20 from 1 to 2:30 p.m. (changed from March 9)



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

### Wadsworth Atheneum Museum of Art in Hartford & Lunch Friday, March 6 from 9:30 a.m. to 3:30 p.m.

Join us for a delightful day trip to the Wadsworth Atheneum Museum of Art in Hartford! Enjoy a guided museum tour from 11a.m. to 12 p.m. followed by free time to explore the galleries on your own and enjoy lunch at your leisure at the BMUSE Café, located on site. Don't miss this wonderful opportunity to experience art, culture and a relaxed afternoon with friends!



Woodbury residents only. Limit to 12. Cost: \$12 (includes museum admission and guided tour). Please sign up. Level 3

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



Dave Colucci gives us a spectacular show that pays tribute to music legends who left us far too soon. The songs and stories of artists including Elvis, Buddy Holly, Bobby Darin, Janice Joplin, John Lennon, Patsy Cline and more, will be enjoyed by all during this show!! Cost: \$57 pp includes show and lunch of Chicken Kathryn/Baked Ham. Please sign up by **March 20**. Limited to 20. Senior bus transportation available for 12 Woodbury seniors. Level 1



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



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



## FRIENDSHIP TOURS TRIPS



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

Here's a chance to visit 3 New York Food 'Hot Spots'...all in one fun day! Stop at 3 locations to eat, shop and bring home your Italian food favorites! Bring a cooler!

**ZABAR'S UPPER WEST SIDE:** Gourmet Market with cheeses, breads, meats, smoked fish, cooking gadgets, coffees, teas and New York bagels plus lots of international foods.

**CARMINE'S UPPER WEST SIDE:** Sit and indulge in an Italian lunch served family-style at this famous restaurant - be amazed by the enormous portions! Menu: Breadbasket, Mixed Green Salad, Zucchini Fries, Rigatoni, Broccoli & Sausage in Marinara, Ravioli Marinara, Chicken in Lemon Butter, Chocolate Cannoli with Pistachios.

**ARTHUR AVENUE in the BRONX:** Some consider this the real Little Italy of New York for bread, pasta, sausage, and pastries. Arthur Avenue Retail Market is a covered Italian market bringing together under one roof all the Italian food specialties you could want. **Reserve your space by March 30, 2026**

Depart: 8:30 a.m. Hollow Park, Woodbury. Estimated Return: 7:30 p.m. Hollow Park, Woodbury.

Cost: \$148 pp (Checks ONLY, made out to Friendship Tours) Limited to 24. Level 2

# PROGRAMS

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



### Friday, March 13 *Brooklyn*

Young Irish immigrant Eilis Lacey (Saoirse Ronan) navigates her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. Soon, her past disrupts her new vivacity and Eilis must choose between two countries and the lives that exist within. 2015. Rated: PG13. Running Time: 117 min. Please sign up.



### Friday, March 27 *The Best Exotic Marigold Hotel*

Some British retirees (Judi Dench, Maggie Smith, Bill Nighy) decide to outsource their retirement to exotic -- and less expensive -- India. Lured by advertisements for the newly restored Marigold Hotel and imagining a life of leisure in lush surroundings, they arrive and find that the Marigold is actually a shell of its former self. Though their new home is not quite what they had imagined, the retirees find that life and love can begin again when they let go of their pasts. 2012. Rated: PG13. Running Time: 124 min. Please sign up.



### Coffee Chat with Loryn Tuesday, March 10 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.

### Book Club

#### Tuesday, March 24 at 10 a.m.

This month we are reading the runaway hit *The Housemaid* by Frieda McFadden. A woman takes a job as a housemaid for a wealthy couple and soon gets involved in their secrets and mysteries...



Copies are available at the Woodbury Public Library. Sign up please!



### Mah Jongg Afternoon Fundraiser Tuesday, March 24 1 to 3:30 p.m.

Join us for a fun-filled Mah Jongg afternoon at the Senior Center! Enjoy playing with friends, both new and old, while supporting a great cause! Mah Jongg! The cost is just \$5 per person, which covers coffee/tea and paper goods. Please bring a snack to share. We'll also have exciting raffle baskets available! Tickets can be purchased at the event for \$1 each or 6 for \$5. All proceeds for the day will go towards new Mah Jongg supplies. All Mah Jongg players are welcome! Pre-registration is required, so reserve your spot today and don't miss out on this lively afternoon of games and camaraderie. Limited to 32.



### CTAW Presents: *The Gin Game* Sunday, March 22 at 2 p.m.

Enjoy an afternoon of drama and wit as the Community Theatre at Woodbury (CTAW) brings *The Gin Game* to life! This Pulitzer Prize-winning play explores friendship, rivalry and the complexities of aging - all through a spirited game of gin rummy. Don't miss this engaging performance that promises laughter, reflection and great entertainment. Cost: \$18 per person (cash or check made out to CTAW ONLY). Bus transportation is available.

### Dime Bingo! Tuesdays, March 3 & 31 at 1:15 p.m.

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



**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: Robin Johnson



The first thing you notice about Robin is her quiet elegance. As you get to know her you realize there is much more to Robin than meets the eye. A woman who created her own path through life, Robin has traveled widely and is a fan of adventure. She's hiked in high mountains and walked around Japan, lived comfortably both in massive cities and in wilderness settings. After many years in New York, working as a professional artist and teacher in Westchester, NY, Robin and her husband designed and built a home in Woodbury and she taught art at Westover School. Her ceramics are displayed at Yale Art Gallery and in private collections. Robin enjoys coming to the Center for companionship, writing classes, hikes, lunches and learning new technology.

### Featured Staff Member of the Month: John White

John has been the Senior Center's custodian since 2007. In between then and now there's not much he hasn't seen! He worked through the 2011 October snowstorm when the Center became a 24 hour emergency shelter for a week. He has cleaned up after dozens of community and private events (and removed silly string from the ceiling to prove it!) and still comes to work with a smile on his face. John is a proud veteran and member of the local American Legion- you'll see him volunteering on Legion projects and in our town parades. John and his wife Ellen live in town and are the proud grandparents of Joey and Tommy Okesson, who are talented snowboarding athletes representing the US in international competition (Joey is on the USA Snowboarding Team).



# SERVICES

## Ask a Mental Health Professional Tuesdays, March 10 & 24

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

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

Call the Center to make your half hour appointment with Ed.

## Therapeutic Massage Appointments with Lea Ricard, LMT

**Mondays, March 2, 9, 16, 23 & 30  
from 10 a.m. to 2 p.m. (by appointment only)**

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



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

## HVHD Blood Pressure Clinic

**Tuesdays, March 3 & 17 from 10 to 11 a.m.**

Get your blood pressure checked twice per month by a registered nurse from the Housatonic Valley Health Department in the Center's Health Office. This is a free service.



**AARP Volunteer Tax Assistance Program  
Mondays and Fridays from 12 to 4 p.m.  
(no taxes on 3/20)**

**Mondays and Fridays through Friday, April 10  
(by appointment only)**

## Haircuts with Lucy

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

Lucy has 36 years experience as a hairdresser.

Call the Center to make your appointment.

New Pricing:

Men and Women - \$15



## Healthy Chats with Heidi: Sleep Apnea Friday, March 20 from 10 to 11 a.m.

Join HVHD public health nurse Heidi as we explore sleep apnea, a common condition where breathing repeatedly stops and starts, causing loud snoring, gasping, and daytime exhaustion, even after a full night's rest. Please sign up.

## Dementia Screenings (by appointment) Wednesday, March 25 from 12 to 3 p.m.



Julie Ramia (Gerontologist, CDP, Dementia Specialist) from Hartford Healthcare, will be offering free 20-minute dementia screenings at the Woodbury Senior Center. These confidential screenings are designed to identify early signs of memory or cognitive changes and can help determine whether further evaluation may be helpful. Please note that a screening is not a diagnosis. Appointments are limited. Sign up!



## Ask an Attorney with Attorney Alyson R. Marcucio Friday, March 27 from 2 to 3 p.m.

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

## Medicare Counseling

**with CHOICES Counselor, Paul Hinckley  
Thursday, March 12 from 9 a.m. to 3 p.m.**

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

## Hearing Screening by Hearing Life

**Thursday, March 12 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. Please sign up.

By appointment only.

# MARCH 2026 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>8:30 Stretch &amp; Meditation            9:30-11 Setback            10:00 Bus to Naugatuck            10-11:30 Crochet Corner            10-2 Massages with Lea (by appt)            10:30 Current Events (virtual)            11:00 Balance Class            12-4 AARP Tax Assistance (by appt only)            1-2 Nourish to Flourish: Intro: Mindful Beginnings, Setting the Stage</p>	<p><b>3</b></p> <p>9-3 Bus in Woodbury            9-11 DLI Office Hours            9:30-10:30 Chair Yoga            10:00 National Anthem Day  <b>Video Presentation</b>            10-11 Blood Pressure Clinic            11:00 Stretch, Strength &amp; Core            12:00 Lunch in the Cafe            12-3:30 Canasta            1:15 Dime Bingo</p>	<p><b>4</b></p> <p>9-10 Zumba Gold            9-3 Bus in Woodbury            10:00-11:30 Writing Class            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            1-2:30 DLI: Cleaning out Old Files/Emails with Clyde            1:30 Tai Chi at old Town Hall            1:30-3:30 Table Tennis</p>	<p><b>5</b></p> <p>8:30 Stretch &amp; Meditation            9-3 Bus in Woodbury            9:30-12 Ladies Bridge            9:45 Balance Class            11:00 Stretch, Strength &amp; Core            12:00 Lunch in the Cafe            12:30-3:30 Mah Jongg            1-3 Learn to Play Mah Jongg            1:30-2:30 Bounce Back with Pilobolus (Last Class)</p>	<p><b>6</b></p> <p>9-10 Zumba Gold            9:30 Senior Bus Trip: Wadsworth Atheneum Museum of Art (Bus 1)            9:30-11:30 Mah Jongg            9:30 Walking Club with KathySue            10:30 Bus to Southbury (Bus 2)            11:00 Balance Class            12-4 AARP Tax Assistance (by appt only)            1:00 Friendship Friday: Spring Into Friendship</p>
<p><b>9</b></p> <p>8:30 Stretch &amp; Meditation            9-3 Bus in Woodbury            9:30-11 Setback            10-11 America's Founding Fathers: Robert Morris' Money and Ben Franklin's Leather Apron            10-11:30 Crochet Corner            10-2 Massages with Lea (by appt)            10:30 Current Events (virtual)            11:00 Balance Class            12-4 AARP Tax Assistance (by appt only)</p>	<p><b>10</b></p> <p>9-3 Bus in Woodbury            9-11 DLI Office Hours            9:30-10:30 Chair Yoga            10-11 Veteran's Group            10:00 Ask a Mental Health Professional (by appt)            10:00 Coffee Chat with Loryn            11:00 Stretch, Strength &amp; Core            12:00 Lunch in the Cafe            12-3:30 Canasta            12:30-3:30 Mah Jongg            1-2:30 Electric Rates 101</p>	<p><b>11</b></p> <p>9-10 Zumba Gold            10:00-11:30 Writing Class (last class of session)            10:30 Bus to Southbury            11:00 Balance Class            12-1 Baked Potato Lunch            12-3:30 Pinochle            1-2 Imagery Journaling            1:00-3:00 Mah Jongg            1:00 Technology Bar            1:30 Tai Chi at old Town Hall            1:30-3:30 Table Tennis</p>	<p><b>12</b></p> <p>8:30 Stretch &amp; Meditation            9-3 CHOICES Medicare Counseling (by appt)            9-3 Bus in Woodbury            9:30-12 Ladies Bridge            9:45 Balance Class            10-12 Hearing Screenings (by appt)            11:00 Stretch, Strength &amp; Core            12:00 Lunch in the Cafe            12:30-3:30 Mah Jongg            1-2:30 Stitches of Love            1:30 Commission Meeting            2-3:30 Genealogy</p>	<p><b>13</b></p> <p>9-10 Zumba Gold            9:30-11:30 Mah Jongg            10-1:30 Haircuts (by appt)            10:30 Bus to Southbury            11:00 Balance Class            12-4 AARP Tax Assistance (by appt only)            12:15 Movie: <i>Brooklyn</i></p>
<p><b>16</b></p> <p>8:30 Stretch &amp; Meditation            9:30-11 Setback            10:00 Bus to Torrington            10-11:30 Crochet Corner            10-2 Massages with Lea (by appt)            10:30 Current Events (virtual)            11:00 Balance Class            12-4 AARP Tax Assistance (by appt only)            1-2 Nourish to Flourish: Physical and Emotional Eating</p>	<p><b>17</b></p> <p>9-3 Bus in Woodbury            9-11 DLI Office Hours            9:30-10:30 Chair Yoga            10-11 Blood Pressure Clinic            11:00 Stretch, Strength &amp; Core            12:00 Lunch in the Cafe            12-3:30 Canasta            1:30 Dial-A-Ride Information and Sign Up Session</p>	<p><b>18</b></p> <p>9-10 Zumba Gold            9-3 Bus in Woodbury            11:00 Balance Class            12:00 arrival to NHS Musical &amp; Minestrone Soup            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 Tai Chi at old Town Hall            1:30-3:30 Table Tennis</p>	<p><b>19</b></p> <p>8:30 Stretch &amp; Meditation            8:30 Dental Clinic (by appt)            9-3 Bus in Woodbury            9:30-12 Ladies Bridge            9:45 Balance Class            11:00 Stretch, Strength &amp; Core            12:00 Lunch in the Cafe            12:30-3:30 Mah Jongg            1-3 Learn to Play Mah Jongg            1:15-2:15 Spring Solstice Yoga</p>	<p><b>20</b></p> <p>9-10 Zumba Gold at Firehouse            9:30-11:30 Mah Jongg            9:30 Walking Club with KathySue            10-11 Healthy Chats with Heidi            10:30 Bus to Southbury            11:00 Balance Class at Firehouse            12-4 NO AARP TAXES TODAY            1-2:30 DLI: Cyber Security Basics</p> <p>Indoor Miniature Golf will be held at the Center today from 10 a.m. to 8 p.m. Come play like a kid again!</p>
<p><b>23</b></p> <p>8:30 Stretch &amp; Meditation            9-3 Bus in Woodbury            9:30-11 Setback            10-11:30 Crochet Corner            10-2 Massages with Lea (by appt)            10:30 Current Events (virtual)            11:00 Balance Class            12-4 AARP Tax Assistance (by appt only)            1-2 Craft Class with Danielle</p>	<p><b>24</b></p> <p>9-3 Bus in Woodbury            9-11 DLI Office Hours            9:30-10:30 Chair Yoga            10:00 Book Club            10:00 Ask a Mental Health Professional (by appt)            11:00 Stretch, Strength &amp; Core            12:00 Lunch in the Cafe            12-3:30 Canasta            1-3:30 Mah Jongg Afternoon Fundraiser</p>	<p><b>25</b></p> <p>9-10 Zumba Gold            10-30 Bus to Southbury            11:00 Balance Class            12-1:30 Brass City Cooking Class            12-3 Dementia Screenings (by appt)            12-3:30 Pinochle            1:00-3:00 Mah Jongg            1-2 Imagery Journaling            1:00 Technology Bar            1:30 NO Tai Chi today            1:30-3:30 Table Tennis</p>	<p><b>26</b></p> <p>8:30 Stretch &amp; Meditation            9-3 Bus in Woodbury            9:30-12 Ladies Bridge            9:45 Balance Class            11:00 Stretch, Strength &amp; Core            12:00 Lunch in the Cafe            12:30-3:30 Mah Jongg            1-2:30 Stitches of Love            2:00-2:45 Cardio Drumming</p>	<p><b>27</b></p> <p>9-10 Zumba Gold            9:30-11:30 Mah Jongg            10:30 Bus to Southbury            11:00 Balance Class            12-4 AARP Tax Assistance (by appt only)            12:15 Movie: <i>The Best Exotic Marigold Hotel</i>            2-3 Ask an Attorney (by appt)</p>
<p><b>30</b></p> <p>8:30 Stretch &amp; Meditation            9-3 Bus in Woodbury            9:30-11 Setback            10-11:30 Crochet Corner            10-2 Massages with Lea (by appt)            10:30 Current Events (virtual)            11:00 Balance Class            12-4 AARP Tax Assistance (by appt only)            1-2 Nourish to Flourish: Awareness &amp; Shared Humanity</p>	<p><b>31</b></p> <p>9-3 Bus in Woodbury            9-11 DLI Office Hours            9:30-10:30 Chair Yoga            11:00 Stretch, Strength &amp; Core            12:00 Lunch in the Cafe            12-3:30 Canasta            1:15 Dime Bingo</p>	<p><b>CTAW Presents:</b>  <i>The Gin Game</i>            at the old Town Hall            Sunday, March 22            at 2 p.m.            Senior Bus transportation available by reservation</p>		<p><b>History of the Harmonica with Bob Hennessy</b>            Sunday, March 29            1:30 to 3 p.m.            at the Senior Center            Senior Bus transportation available by reservation</p>