




Be sure to visit our website at:
woodburyseniorct.org
 for the newsletter, calendar, and more.

DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Weekly - 8:30-3:30 Fitness Room Open 8:30-9:30 Cardio Dance 9:30-10:30 Fitness Fury 1:00 Women's Bridge	Weekly - 9-4 BUS IN WOODBURY 8:30-3:30 Fitness Room Open 8:30-9:30 Yoga 8:30-9:30 Mat Pilates 10-10:45 Exercise for Balance 11:00 Indoor Walking Class 12:00 Hot Lunch (by reservation) 1:00 Mah Jongg 1-2 Strength Training	Weekly - 8:30-3:30 Fitness Room Open 8:30-9:30 Cardio Dance 9:30-10:30 Fitness Fury 9:30 Bridge 12:30 Canasta 2:15-3:45 Table Tennis	Weekly - 9-4 BUS IN WOODBURY 8:30-3:30 Fitness Room Open 8:30-9:30 Mat Pilates 8:30-9:30 Yoga 10-10:45 Exercise for Balance 11:00 Indoor Walking Class 12:00 Hot Lunch (by reservation) 1-2 Strength Training 1:00 Bridge	9: Weekly - 8:30-3:30 Fitness Room Open 8:30-9:30 Cardio Dance 9:30-10:30 Fitness Fury 9:30 Mah Jongg 9:30-11:30 Stitches of Love 10:00 BUS TO SOUTHURY 12:00 Duplicate Bridge
December 2 - 10:00 BUS TO NAUGATUCK 10-2 Haircuts with Jamie (by appt) 1-2 Tai Chi 1-3 Wine Glass Painting	December 3 - 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic	December 4 - 9-4 BUS IN WOODBURY 10-3 Massages with Andrea (by appt) 10:30-12:30 America with Penny O'Connell (last class of session) 1-2 Tai Chi	December 5 - 11-12:30 Writing Class	December 6 - 10-11:30 Aging Mastery Program 10-1 Massages with Mary (by appt) 7:00 Woodbury Ukulele Band
December 9 - 10:00 BUS TO TORRINGTON 10:30 Cooking with Marianne	December 10 - 9:15-11 Techie Tuesday (by appt)	December 11 - 9-4 BUS IN WOODBURY 10-3 Massages with Andrea (by appt) 1-2 Tai Chi 1-2:30 Financial Fraud Bingo	December 12 - 11-12:30 Writing Class (last class of session) 12:00 NHS Holiday Meal	December 13 - 10-11:30 Aging Mastery Program 12:30 Pizza & Movie Afternoon
December 16 - 10:00 BUS TO DANBURY 10-2 Haircuts with Jamie (by appt) 1-2 Tai Chi	December 17 - 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic 1:30-3 Memory Café	December 18 - 9-4 BUS IN WOODBURY 12-3 Foot Care Clinic (by appt) 1-2 Tai Chi	December 19 -	December 20 - 10-1 Massages with Mary (by appt) 12-2 Holiday Pot Luck Party
December 23 - 10:00 BUS TO TRADER JOE'S AND WHOLE FOODS IN DANBURY 1-2 Tai Chi	December 24 - 8:30-10:30 Morning Cookies & Hot Cocoa	December 25 - Center Closed for the Christmas Holiday	December 26 -	December 27 -
December 30 - 10:00 BUS TO TORRINGTON				

UPCOMING EVENTS...

GIFT BASKET DRAWING



Check out the gift baskets that will be on display in the display case in the hallway through December. The baskets will feature many of our handmade crafts and special gifts. They would make a perfect gift for the holidays. Stop in the office to purchase your tickets for the gift basket drawing. Tickets are \$1 each.

The drawing will take place at 2 p.m. at the close of our Annual Holiday Party on Friday, December 20.

OATMEAL MONDAYS

Will be back starting in January!

JANUARY PIZZA & MOVIE

Friday, January 10 at 12:30 p.m.

Enjoy this free pizza and movie combo sponsored by the Center and The Lutheran Home of Southbury. The featured movie will be *The Biggest Little Farm*, a documentary film that profiles Chester and his wife Molly as they acquire and establish themselves on Apricot Lane Farms in Moorpark, CA. Sign ups are a must and we ask that you please attend both the pizza lunch and movie as it is one event. Seating is limited to 30.

NEW ESTATE PLANNING OPPORTUNITIES

with Probate Judge Calabrese

Friday, January 17 at 1 p.m.

Judge Calabrese will discuss dramatic changes in CT law that have increased the flexibility and utility of Powers of Attorney in CT. He will also discuss how the CT Uniform Limited Liability Company Act has strengthened liability protection for Connecticut LLC's. Judge Calabrese will present how the changes in these laws can be used to assist us in estate planning drawing on his 17 years on the bench and 24 years as a practicing attorney. Please sign up.

ON THE ROAD AGAIN...JUST LUNCH

Black Rock Tavern in Thomaston

Wednesday, January 22

The tavern offers selections of "International American" cuisine, complete with a wide selection of entrees, lunches and appetizers for casual and elegant dining. Build your own burger or be your own chef with sizzling hot rock entrees. Seating is limited to 12. Please sign up.

THE ART OF YUM MEAL MENU

TUESDAYS

December 3 -

Cannellini Bean Soup
Honey Glazed Ham
Roasted Potato
Edamame & Carrot Medley
Coconut Custard Pie

December 10 -

Creamy Tomato Soup
French Country Chicken
with Mushroom Cream Sauce
Pasta with Spinach, Garbanzo
Beans & Broccoli
Marble Pound Cake

December 17 -

Quinoa & Lentil Salad
Coconut Crusted Tilapia
Rice Pilaf
Green Beans
Fruit Cocktail

December 24 -

Cole Slaw
BBQ Pork Chops
Baked Beans
Collard Greens
Jello with Whipped Cream

December 31 -
NEW YEARS EVE!

Garden Salad
Chicken Pot Pie in Puff Pastry
Vegetable Medley
Banana Tapioca Pudding

THURSDAYS

December 5 -

Mediterranean Salad
Caramelized Shallot Meatloaf
Whipped Potato
Vegetable Medley
Diced Pineapples

December 12 -

Garden Salad
Coffee Braised Pot Roast
Pureed Root Vegetable
Braised Celery
Sliced Melon

December 19 -

Split Pea Soup
Chardonnay Glazed Chicken Breast
Stewed Cannellini Beans
Vegetable Medley
Lemon Poppy Pound Cake

December 26 -

Caesar Salad
Sage Butternut Squash Lasagna
Tomato Focaccia
Spinach
Birthday Cake



CONGREGATE MEAL LUNCHES

Please remember to sign up at least 3 days in advance to enjoy the *Art of Yum* lunches on Tuesdays and Thursdays at noon. The lunch day is considered FULL once the meal counts have been received by New Opportunities. The suggested donation for lunch is \$3.50.