


Be sure to visit our website at:  
[woodburyseniorct.org](http://woodburyseniorct.org)  
 for the newsletter, calendar, and more.

# FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Weekly -</b> 8:30-3:30 Fitness Room Open 8:30-9:30 Cardio Dance 9:30-10:30 Fitness Fury 1:00 Women's Bridge	<b>Weekly -</b> 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	<b>Weekly -</b> 8:30-3:30 Fitness Room Open 8:30-9:30 Cardio Dance 9:30-10:30 Fitness Fury 10-12:30 Bridge (time change through March) 12:30 Canasta 2:15-3:45 Table Tennis	<b>Weekly -</b> 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	<b>9: Weekly -</b> 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 SOUTHBURY 12:00 Duplicate Bridge
February 3 - 9-10:30 Oatmeal Monday 10:00 BUS TO NAUGATUCK 1-2 Tai Chi 1-4 AARP Tax Aide (by appt)	February 4 - 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic	February 5 - SENIOR BUS TRIP: IKEA New Haven 10-2 Massages with Andrea (by appt) 10:30 Current Events with Penny	February 6 - February 13 - 11-12:30 Writing Class	February 7 - 10-1 Massages with Andrea (by appt) 1-2 Practical Probate: When to Review Your Estate Plan 7:00 Woodbury Ukulele Band
February 10 - 9-10:30 Oatmeal Monday 9-11 A Matter of Balance 10:00 BUS TO TORRINGTON 10:30 Flower Arranging 1-2 Tai Chi 1-4 AARP Tax Aide (by appt)	February 11 - 9:15-11 Techie Tuesday (by appt) 11:00 Dealing with Climate Change in your Landscape 1:30 Open Art Space	February 12 - Center Closed for the Lincoln's Birthday Holiday	February 20 - 11-12:30 Writing Class	February 14 - 9:30-11 Senior Center Mini Golf Golf Off 10-1 Massages with Mary (by appt)
February 17 - Center Closed for the Washington's Birthday Holiday	February 18 - 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic	February 19 - 9-4 BUS IN WOODBURY 9-11 A Matter of Balance 10:30 Current Events with Penny 12-3 Foot Care Clinic (by appt) 1-2 Tai Chi 1:30-3:30 BINGO!	February 27 - 11-12:30 Writing Class 12:00 Birthday Lunch	
February 24 - 9-10:30 Oatmeal Monday 9-11 A Matter of Balance 10:00 BUS TO DANBURY 10-2 Haircuts with Jamie (by appt) 1-2 Tai Chi 1-4 AARP Tax Aide (by appt)	February 25 - 9:15-11 Techie Tuesday (by appt)	February 26 - 9-4 BUS IN WOODBURY 9-11 A Matter of Balance 10-2 Massages with Andrea (by appt) 10:30 Current Events with Penny 12:00 Mac & Cheese and Movie Matinee 1-2 Tai Chi	February 21 - 10-1 Massages with Andrea (by appt) 12:00 Lunch & Learn: Social Security Explained	February 28 - 10-1 Massages with Mary (by appt)

PLEASE NOTE -  
 ALL PROGRAMS ARE  
 SUBJECT TO CHANGE!

## CORRECTION

Class Cancellation...(Page 1 in newsletter)  
**LUNCH & LEARN: SOCIAL SECURITY EXPLAINED**  
that was scheduled for Friday, February 21

Date Correction...(Page 3 in newsletter)  
**ADVENTURES IN COOKING WITH CHEF MARIANNE DESILVA**  
Instant Pot Cooking  
Monday, March 16 at 10:30 a.m.

**U.S. CENSUS BUREAU RECRUITING EVENT AT THE CENTER**  
Friday, February 7 from 12 to 3 p.m.  
Friday, February 21 from 1 to 3:30 p.m.

The U.S. Census Bureau is recruiting people to assist with the 2020 Census. Join them and shape the future of your community. Full and part time job available. Flexible schedules. \$25 per hour plus mileage. If you are interested, stop in to see Kristal Mitchell, Recruiting Assistant. She will answer questions and assist with your online application here at the Center.

### 11TH ANNUAL INDOOR WOODBURY MINIATURE GOLF OPEN

Friday, February 14: 10 a.m. to 7 p.m.  
Saturday, February 15: 10 a.m. to 7 p.m.  
Sunday, February 16: 12 p.m. to 6 p.m.  
Monday, February 17: 10 a.m. to 4 p.m.

Fees for 9 Hole Play:

Children 10 and Under (must be accompanied by an adult): \$2  
Adult (when accompanying child) and Seniors (60 and older): \$3  
Teens and Adults: \$4

### FRIENDS OF THE SENIOR COMMUNITY CENTER BAKE SALE

If you would like to bake for the "Friends" Bake Sale, which is held during mini golf, please drop off your wrapped baked "goodies" to the Senior Center Health Office on Thursday, February 13 or the morning of Friday, February 14. Please identify if your baked item contains nuts. Proceeds will benefit a retractable wall for the small activity room at the Center. For more information contact Sharon Sherman at 203-695-5410.

### WOODBURY SENIOR CENTER MINI GOLF, GOLF OFF

Friday, February 14  
9:30 to 11 a.m.

Get your friends together! Register your 4 person team at the Center office. Senior teams will play for the grand prize, 4 LaBonne's gift cards worth \$10 each. Return your score cards to the office and we will track the winners. The winning team will be posted on the big screen hall display. Good luck! Registration fee of \$3 will be paid directly to the Mini Golf table in hallway that day.

## THE ART OF YUM MEAL MENU

### TUESDAY

February 3 -  
Mardi Gras Salad  
Cajun Pork  
Louisiana Rice/Spinach  
Biscuit  
Red Velvet Cake

February 11 -  
French Onion Soup  
Italian Meat Lasagna  
Cheesy Garlic Bread  
Balsamic Roasted Brussel  
Sprouts  
Pudding with Whipped Topping

February 18 -  
Cobb Salad  
Honey Chicken Breast  
Toasted Orzo Pilaf  
Vegetable Medley  
Watermelon & Blueberries

February 25 -  
Creamy Tomato Soup  
Turkey Lentil Meatloaf  
Roasted Potato  
Herbed Green Beans  
Fresh Cherries



### 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.

### THURSDAYS

February 5 -  
Corn Chowder  
Lemon Herb Marinated Chicken  
Quarter  
Basmati Rice  
Broccoli & Carrot Medley  
Applesauce

February 13 -  
Caesar Salad  
Herb Crusted Cod  
Toasted Barley  
Roasted Tomato, Pepper & Onion  
Fresh Fruit Salad

February 20 -  
Potato Leek Soup  
Traditional Stuffed Pepper  
Pomodoro Sauce  
Baked Ziti  
Roasted Zucchini  
Marble Pound Cake

February 27 -  
Mediterranean Salad  
Chili Lime Roasted Pork Loin  
Organic Quinoa Rice Blend  
Broccoli  
Birthday Cake