

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

JANUARY 2020

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
January 6 - 9-10:30 Oatmeal Monday 10:00 BUS TO NAUGATUCK 1-2 Tai Chi 1-2 Wine Glass Painting	January 7 - 9:15-11 Techie Tuesday (by appt)	January 1 - Center Closed for the New Year Holiday! Happy 2020!	January 2 - January 9 -	January 3 - 10-1 Massages with Mary (by appt) 7:00 Woodbury Ukulele Band
January 13 - 9-10:30 Oatmeal Monday 10:00 BUS TO TORRINGTON 1-2 Tai Chi	January 14 - 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic 1:30-3 Memory Café 1:30 Open Art Space	January 8 - 9-4 BUS IN WOODBURY 10-3 Massages with Andrea (by appt) 10:30 Current Events with Penny 1-2 Tai Chi	January 16 - January 23 - January 30 -	January 10 - 10-1 Massages with Andrea (by appt)
January 20 - Center Closed for the Martin Luther King Jr. Holiday	January 21 - 9:15-11 Techie Tuesday (by appt)	January 15 - 9-4 BUS IN WOODBURY 10:30 Current Events with Penny 12-3 Foot Care Clinic (by appt) 1-2 Tai Chi		January 17 - 10-1 Massages with Mary (by appt) 1:00 New Estate Planning Opportunities
January 27 - 9-10:30 Oatmeal Monday 10:00 BUS TO DANBURY 10-2 Haircuts with Jamie (by appt) 1-2 Tai Chi	January 28 - 9:15-11 Techie Tuesday (by appt)	January 22 - SENIOR BUS TRIP: Black Rock Tavern in Thomaston 10-3 Massages with Andrea (by appt) 10:30 Current Events with Penny 1-2 Tai Chi		January 24 - 10-1 Massages with Andrea (by appt) 12:30 It's Uber Easy to Get a Lyft: Ride Hailing for Mature Riders
		January 29 - 9-4 BUS IN WOODBURY 10-3 Massages with Andrea (by appt) 10:30 Current Events with Penny 1-2:30 Beyond Death, Medical Facts, Mysticism & Meditation 2:15 No Table Tennis Today 1-2 Tai Chi (at the old Town Hall)		January 31 - 10-1 Massages with Andrea (by appt) 1:30-3 Memory Café at Woodbury 1:30-3:30 Near & Far Travel Club Information Meeting

PLEASE NOTE -
 ALL PROGRAMS ARE
 SUBJECT TO CHANGE!

UPCOMING EVENTS...

Practical Probate: When to Review Your Estate Plan
presented by Probate Judge Domenick Calabrese
Friday, February 7 from 1 to 2 p.m.

Ensure your wishes are followed for who will receive your assets after you pass away - Judge Calabrese will discuss providing for loved ones, minimizing estate taxes and maximizing family wealth for future generations, maintaining your independence should you become incapacitated, avoiding conservatorships, avoiding court intervention, minimizing family conflict, asset protection and more. Please sign up for this informative program.

Writing from the Inside Out Writing Workshop
instructed by Lin Northrup, M.Ed., R.H.

Thursdays, February 13 through March 19 from 11 a.m. to 12:30 p.m.
\$25/\$30 out of town

Writing joins the mind and health. It expands the way you relate to the challenges, beauty and mystery of life. By taking the time to listen to your inner voice, you will be amazed by the ideas that want to come forth. The key is to give yourself the freedom to experiment and let your words find their own shape. This class will weave together lyrics, poetry, stories and writing exercises to help you develop your unique style. Join in and have fun going on a creative journey of self-discovery. Please sign up.

Woodbury Senior Center Masters Mini Golf, Golf Off
Friday, February 14 from 9:30 to 11 a.m.

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.

Lunch & Learn: Social Security Explained
with special guest speakers Chad Burroughs and Kathryn Dennen
sponsored by The Society for Financial Awareness (SOFA)
and lunch by The Hearth of Southbury

There are hundreds of ways for a couple to collect Social Security. Do you understand your options? Learn strategies to maximize your benefits, timing of your Social Security benefit filing and the effect of taxes on benefits.
Please sign up.

Chiefs Senior Passes 2019-2020 are available!

Stop in the Senior Center office to receive your senior citizen pass. The passes are good for free admission into any regular season athletic competition, music and arts events at Nonnewaug High School.

THE ART OF YUM MEAL MENU

TUESDAY

January 7 -
Cream of Broccoli Soup
Blackened Chicken Breast
with Pineapple Relish
Roasted Sweet Potatoes
Cauliflower & Broccoli Medley
Melon & Grapes

January 14 -
Arugula Salad
Cabernet Braised Top Round
Thyme Roasted Red Bliss Potatoes
Glazed Carrots
Pears

January 21 -
Lemongrass & Vegetable Broth
Orange Ginger Cod
Sticky Rice & Snow Peas
Sliced Peaches & Blueberries

January 28 -
Garden Salad
Turkey Piccata
Whipped Butternut Squash
Garlic Sautéed Spinach
Cocktail Fruit



THURSDAYS

January 2 -
Italian Wedding Soup
Coq Au Vin
Whipped Potatoes
Vegetable Medley
Orange Segments

January 9 -
Three Bean Salad
Rosemary Crusted London Broil
Rice Pilaf
Sautéed Kale
Carrot Cake

January 16 -
Minestrone Soup
Herb Roasted Porchetta
Toasted Orzo Pilaf
Vegetable Medley
Cheesecake Brownie

January 23 -
Wedge Salad
Chicken Marsala
Wheat Pasta
Broccoli
Crumb Cake

January 30 -
Beet Salad
Beef Lasagna
Herbed Pull Apart Bread
Green Beans
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.