

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

# MARCH 2020

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|--|---|---|--|
| <b>Weekly -</b><br>8:30-3:30 Fitness Room Open<br>8:30-9:30 Cardio Dance<br>9:30-10:30 Fitness Fury<br>1:00 Women's Bridge                     | <b>Weekly -</b><br>9-4 BUS IN WOODBURY<br>8:30-3:30 Fitness Room Open<br>8:30-9:30 Yoga<br>8:30-9:30 Mat Pilates<br>10-10:45 Exercise for Balance<br>11:00 Indoor Walking Class<br>12:00 Hot Lunch (by reservation)<br>1:00 Mah Jongg<br>1-2 Strength Training | <b>Weekly -</b><br>8:30-3:30 Fitness Room Open<br>8:30-9:30 Cardio Dance<br>9:30-10:30 Fitness Fury<br>10-12:30 Bridge (time change through March)<br>12:30 Canasta<br>2:15-3:45 Table Tennis                       | <b>Weekly -</b><br>9-4 BUS IN WOODBURY<br>8:30-3:30 Fitness Room Open<br>8:30-9:30 Mat Pilates<br>8:30-9:30 Yoga<br>10-10:45 Exercise for Balance<br>11:00 Indoor Walking Class<br>12:00 Hot Lunch (by reservation)<br>1-2 Strength Training<br>1:00 Bridge | <b>9:Weekly -</b><br>8:30-3:30 Fitness Room Open<br>8:30-9:30 Cardio Dance<br>9:30-10:30 Fitness Fury<br>9:30 Mah Jongg<br>9:30-11:30 Stitches of Love<br>10:00 BUS TO SOUTHBURY<br>12:00 Duplicate Bridge |
| March 2 -<br>8:30-12:30 AARP Driving Class<br>9-11 A Matter of Balance<br>10:00 BUS TO NAUGATUCK<br>1-2 Tai Chi<br>1-4 AARP Tax Aide (by appt) | March 3 -<br>9:15-11 Techie Tuesday (by appt)<br>10-11 Blood Pressure Clinic   | March 4 -<br>SENIOR BUS TRIP: J. Timothy's Restaurant in Plainfield<br>9-11 A Matter of Balance<br>10-2 Massages with Andrea (by appt)<br>10:30 Current Events with Penny<br>1-2 Tai Chi                            | March 5 -<br>1-4 AARP Tax Aide (by appt)  | March 6 -<br>10:00 Stitches of Love<br>10-1 Massages with Andrea (by appt)<br>11-12 Unconditional Love: Dog Days with Matt Hughes<br>7:00 Woodbury Ukulele Band  |
| March 9 -<br>9-11 A Matter of Balance<br>10:00 BUS TO TORRINGTON<br>1-2 Tai Chi<br>1-4 AARP Tax Aide (by appt)                                 | March 10 -<br>9:15-11 Techie Tuesday (by appt)<br>1:00 Open Art Space  | March 11 -<br>SENIOR BUS TRIP: Whole Foods and Trader Joe's/Lunch at Rosy Tomorrows in Danbury<br>9-11 A Matter of Balance<br>10-2 Massages with Andrea (by appt)<br>10:30 Current Events with Penny<br>1-2 Tai Chi | March 12 -<br>11-12:30 Writing Class<br>1-4 AARP Tax Aide (by appt)   | March 13 -<br>10-1 Massages with Mary (by appt)<br>12-3 Pizza & Movie  |
| March 16 -<br>10:00 BUS TO NEW MILFORD<br>10:30 Cooking with Marianne<br>1-2 Tai Chi<br>1-4 AARP Tax Aide (by appt)                            | March 17 -<br>9:15-11 Techie Tuesday (by appt)<br>10-11 Blood Pressure Clinic<br>12:00 St. Patrick's Day Luncheon (by reservation only)<br>1-2 Handmade Cards for Veteran's  | March 18 -<br>SENIOR BUS TRIP: "Lives Lived Well" Movie Documentary at Edmond Town Hall in Newtown<br>10:30 Current Events with Penny<br>1-2 Tai Chi  | March 19 -<br>11-12:30 Writing Class<br>1-4 AARP Tax Aide (by appt)   | March 20 -<br>10:00 Stitches of Love<br>10-1 Massages with Andrea (by appt)<br>12:30-1:20 An Afternoon of Cartoons, Comics and Hilarity with Rick Stromoski<br>1:30-3 Memory Café                          |
| March 23 -<br>10:00 BUS TO DANBURY<br>10-2 Haircuts with Jamie (by appt)<br>1-2 Tai Chi<br>1-4 AARP Tax Aide (by appt)                         | March 24 -<br>9:15-11 Techie Tuesday (by appt)   | March 25 -<br>9-4 BUS IN WOODBURY<br>10-2 Massages with Andrea (by appt)<br>10:30 Current Events with Penny<br>1-2 Tai Chi  | March 26 -<br>11-3 Bus to Nonnewaug High School Luncheon and Musical (by reservation only)<br>12:00 Birthday Lunch<br>1-4 AARP Tax Aide (by appt)   | March 27 -<br>10-1 Massages with Mary (by appt)<br>1:00 Incapacity, Conservatorships and the Probate Court   |
| March 30 -<br>10:00 BUS TO BLUE BACK SQUARE IN WEST HARTFORD<br>1-2 Tai Chi<br>1-4 AARP Tax Aide (by appt)                                     |  |   |   |  |

### IMPORTANT INFORMATION ABOUT FISH

**FISH** (Friends In Service Here) will be ceasing operation as of April 1, 2020. We at the Senior Center are working at identifying other options for medical transportation.

### FOOT CARE

Foot Care appointments in March will be held on Thursday, March 19 (instead of Wednesday, March 18).

### AGING MASTERY PROGRAM

This program is being postponed until the Fall.

### A Reminder from Jennifer Moshier Regarding Energy Assistance and Fuel Deliveries through CEAP

Call the automated New Opportunities phone number, 203-756-8151, to request a delivery. Do not wait until you are out of fuel, as it can take up to 72 hours for a delivery from the time you call in your request. If you have used up your Basic Benefit, you may be eligible to receive Crisis and Safety Net Assistance, call the New Opportunities office for more information.

**March 16, 2020** is the last day to call New Opportunities for a fuel delivery.

**May 1, 2020** is the last day that a household can apply to establish its eligibility for benefits.

**May 29, 2020** is the last day to submit fuel bills for payment.

### Operation Field 2019-2020 Winter/Spring Guidelines

This program is for households living up to 75% of state median income.

There is not an asset test. Maximum grant is up to \$500.

For deliverable fuels-primary heating source - if you have qualified and utilized this program, you must exhaust your CEAP benefits before applying for Operation Fuel funding. For those that are eligible for Safety Nets, they will not qualify for Operation Fuel funding.

For Secondary Energy, you must have a shut-off notice for no utility service or need assistance with making a payment in order to maintain a payment arrangement, or have a past due balance for 30 days or more and have made at least 4 payments during a 12 month period.

The program started December 2, 2019, and ends Friday, May 29, 2020, or when funding runs out, whichever comes first. Closing dates for deliverables is April 30, 2020.

Please call Jennifer with any questions at 203-263-4117.

### THE ART OF YUM MEAL MENU

#### TUESDAY

**March 3 -**  
Lentil & Potato Soup  
Honey BBQ Cornbread Stuffed  
Chicken  
Cheddar Smashed Potato  
Green Beans  
Fresh Fruit

**March 10 -**  
Chicken Noodle Soup  
Honey Glazed Ham  
Potato Au Gratin  
Peas, Carrots & Corn  
Ambrosia

**March 17 -**  
**HAPPY ST. PATRICK'S DAY**  
Creamy Cucumber Salad  
Irish Soda Bread  
Dijon Crusted Corned Beef  
Boiled Potatoes  
Stewed Cabbage  
Green Jello with Whipped Topping

**March 24 -**  
House Salad  
Cheddar Turkey Salisbury Steak  
Whipped Sweet Potato  
Steamed Corn  
Fresh Melon Medley

**March 31 -**  
Miso Soup  
Shrimp Vegetable Stir Fry  
Jasmine Rice  
Ginger Snap Peas  
Pear Crisp

#### THURSDAYS

**March 5 -**  
Santa Fe Salad  
Mojo Pork & Rice Stuffed Roma  
Tomato  
Stewed Black Beans  
Tres Leche Cake

**March 12 -**  
Caesar Salad  
Chicken Florentine  
Buttered Noodles  
Steams Broccoli  
Cocktail Fruit

**March 19 -**  
Chop Chop Salad  
Italian Meatballs  
Pomodoro Ziti  
Squash Medley  
Orange Segments

**March 26 -**  
Butternut White Bean Soup  
Coconut Crusted Tilapia  
Rice & Beans  
Sautéed Jicama & Carrots  
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.