

WOODBURY SENIOR CENTER REPORTER



APRIL 2023 - Stay Curious!

Mission Statement: The 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.



The Center will be closed on **Friday, April 7** for the **Good Friday** holiday.
There will be no senior bus transportation.

NONNEWAUG HIGH SCHOOL 14TH ANNUAL REGION 14 SENIOR CITIZEN SPRING LUNCHEON

Thursday, April 20

Pick up between 11 a.m. to 12 p.m.



Nonnewaug High School is pleased to host this yearly drive-through event for Region 14 seniors.

Woodbury seniors should sign up at the Center by Monday, April 10. Limited to 50.

The menu will include a greenhouse marinated spring salad with fresh herbs, lemon-balsamic vinaigrette, cous cous, white beans and lentils; baked cheese stuffed shells al forno stuffed with ricotta, mozzarella and greenhouse basil in marinara sauce; meatballs; spiced pear & blueberry pie, made with honey from the school bee hives, and lemon zest.

You will be directed upon entering the Nonnewaug High School parking lot to the area where you can pick up your meal.

Seniors that do not drive should contact the Senior Center to make arrangements to get a meal.



We are no longer able to email our newsletter.
Please find our monthly newsletter on our website:
woodburyseniorct.org

New! HAPPINESS COURSE

**Mondays, April 10, 17, May 1, 8, 15 & 22 (6 weeks)
from 11 a.m. to 12:30 p.m.**

Professor Laurie Santos' course, *The Science of Wellbeing*, is the most popular class ever offered at Yale University. Now offered for free on Coursera, over 4 million people have enrolled in the class. Now it's your turn! Together, over 6 weeks, we'll engage in a series of challenges designed to increase your own happiness and build more productive habits. Our series will highlight the coursework, including videos and research, and will include readings to do on your own. Those interested will be encouraged to take the entire Coursera course individually (we'll show you how) and our conversations are sure to be engaging. Sign up now! Limited to 20.



Aging Mastery Program is back....sign up NOW!

**Aging Mastery Program: 10 weeks beginning
Wednesday, May 3**

2:30 to 4:00 p.m. at the Center

Join the adventure! Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together. This spring, do something for YOU! Sign up now for the Aging Mastery Program.

Grant support from the CT Healthy Living Collaborative allows us to offer this class, with a value of more than \$120, for FREE this spring. Sign up now, as seats are limited. Surveys have shown that 98% of participants said the class helped them improve the quality of their life, 98% of participants rated the quality of the program as excellent or good, and 99% of participants said the program was fun.



VIRTUAL EXERCISE CLASS***Fitness Fury with Susan*****Tuesdays at 10:30 a.m. and Thursdays at 10 a.m. on Zoom****April 4, 6, 11, 13, 18, 20, 25 & 27**

Fitness Fury is an excellent all-around fitness program that helps older adults safely enhance their strength, flexibility and endurance. You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost for the April (8 classes) is \$24.

You must sign up for the full session. Call the Center to sign up. We will need your email to send you the Zoom link.

IN-HOUSE EXERCISE CLASSES***Zumba Gold with Emperatriz*****Wednesdays and Fridays from 9 to 10 a.m.****April 5, 12, 14, 19, 21, 26 & 28 (no class on 4/7)**

The cost for the April session (7 classes) is \$21. You must sign up for the full session.

Tai Chi with Susan - in person or on Zoom**Wednesdays from 1:30 to 2:30 p.m.****April 5 & 12 (no class on 4/19 & 26)**

The cost for the April session (2 classes) is \$10. Please call the Center to sign up and let us know if you opt to take the class virtually so we can send you the link.

Deep Stretch and Meditation Class with Jennifer**Mondays and Thursdays from 8:30 to 9:30 a.m.****April 3, 6, 10, 13, 17, 20, 24 & 27**

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.

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

Cardio Drumming with Kathleen**Wednesdays at 2:45 p.m.**

In cardio drumming, participants stand (or sit) behind an elevated ball holding drumsticks. Keeping time to the upbeat music, we get our exercise and up our energy while keeping the beat. Beat the afternoon doldrums! Registration for the monthly session is needed. Limited to 15 participants. The class is FREE. All equipment is provided.

Cardio Dance with Andrea**Thursdays, April 6, 13, 20 & 27 at 10 a.m.****\$5 drop in fee - stop in the office to pay and receive a ticket to give to Andrea when you enter the class**

Dance style aerobics exercise and toning set to the upbeat tempo of our favorite pop music of old and new to create a fun-filled fitness class. Wear something comfy and shoes you can dance in, and don't forget a water bottle.

Total Body Tone & Strength with Andrea - NEW!**Come try a free demo class on Tuesday, April 4 at 1 p.m.****Tuesdays at 1 p.m. and Thursdays at 11 a.m. - April 6, 11, 13, 20, 25 & 27 (no class April 18)**

Build muscle and strength with a mix of functional strength training exercise. A chair, light hand weights and your own body will be used in this class. This is an all levels class. The cost for the April (6 classes) is \$18

Balance with Loryn or Kathleen**NOW ON...Mondays and Fridays from 11 to 11:45 a.m.****April 3, 7, 10, 14, 17, 21, 24 & 28**

Join Loryn or Kathleen for a jump start on regaining your balance. Free, but you must sign up. **Please note: now on Fridays.**

Silver Age Chair Yoga with Nicole

The next session will start in May. Enrollment in this current session does not automatically enroll you in the next session. Please sign up for the May session beginning April 3.

Tai Ji Quan: Moving for Better Balance with Tracy

For those currently enrolled, the class is held on

Mondays and Wednesdays at 10 a.m. through June 2023

CTAW THEATRICAL MATINEE TRIP***The Fantasticks*****Sunday, May 7 at 2 p.m. at the Old Town Hall**

Community Theatre at Woodbury is presenting the musical *The Fantasticks* this May. This classic musical is perfect for spring. It features the story of two fathers who trick their children into falling in love by pretending to feud.



Full of music you'll remember (including the ballad "Try to Remember"), tickets will sell fast for this show.

Woodbury Senior Center will have tickets on sale for each performance. However, for the Sunday, May 7 matinee only, we will have transportation available (both from home and a shuttle from the Senior Center parking lot) with preferred seating and a ticket price of \$18. Payment to Community Theatre at Woodbury by cash or check will be accepted; credit card payments are now accepted at the CTAW box office at <https://www.ctaw-ct.org/>. Don't delay, as tickets are limited!

**BOOK CLUB****Tuesday, April 25 at 10:30 a.m.**

This month's selection is ***Hamnet* by Maggie O'Leary**. Drawing on Maggie O'Farrell's long-term fascination with the little-known story behind Shakespeare's

most enigmatic play, *Hamnet* is a luminous portrait of a marriage, at its heart the loss of a beloved child.

Warwickshire in the 1580s. Agnes is a woman as feared as she is sought after for her unusual gifts.

She settles with her husband in Henley street,

Stratford, and has three children: a daughter,

Susanna, and then twins, Hamnet and Judith. The boy, Hamnet, dies in 1596, aged eleven. Four years or so later, the husband writes a play called Hamlet.

Copies are available in the Woodbury Public Library for you to borrow. Please sign up.

CHECK OUT THIS NEW EXERCISE CLASS!**TOTAL BODY TONE & STRENGTH WITH ANDREA****Try a free demo class on Tuesday, April 4 at 1 p.m.****Class will be held on Tuesdays at 1 p.m. and****Thursdays at 11 a.m. - April 6, 11, 13, 20, 25 & 27 (no class on 4/18)**

Build muscle and strength with a mix of functional strength training exercises. A chair, light hand weights and your own body will be used in this class. This is an all levels class. The cost for the April (6 classes) is \$18.

APRIL CONGREGATE MEAL MENU**You must sign up by Monday morning the previous week.****TUESDAY****April 4 -***(sign up by March 27)*

New England

Clam Chowder

Smothered Pork Chops

Whipped Sweet Potatoes

Vegetable Medley

Fresh Fruit

April 11 -*(sign up by April 3)*

Garden Salad

Chicken Cacciatore

Orzo Pilaf

Vegetable Medley

Cookie

April 18 -*(sign up by April 10)*

Garden House Salad

Spinach & Mushroom

Stuffed Pork Loin

Wild Rice Pilaf

Vegetable Medley

Fresh Fruit

April 25 -*(sign up by April 17)*

House Salad

Hearty Turkey Chili

Baked Idaho Potato

Vegetable Medley

Cinnamon Apple

Bread Pudding

THURSDAY**April 6-***(sign up by March 27)*

Vegetable Soup

Chicken Parmesan

Pasta Pomodoro Medley

Applesauce

April 13 -*(sign up by April 3)*

Greek Salad Spanakopita

Lemon Herb Potatoes

Vegetable Medley

Crumb Cake

April 20 -*(sign up by April 10)*

Minestrone Soup

Chicken Marsala

Buttered Noodles

Green Beans

Birthday Cake

April 27 -*(sign up by April 17)*

Cream of Broccoli

Chicken Picatta

Rice Pilaf Vegetable

Medley

Fresh Fruit



Reservations are required! Chef-On-Site meals are provided by Art of Yum and is funded by Western CT Area Agency on Aging, CT Community Foundation & your donation. Please make your check out to "Senior Nutrition Services." Cash is also accepted. No credit cards. The suggested donation is \$3.50-\$5 per meal.

THERAPEUTIC MASSAGE WITH ANDREA**Wednesdays, April 5, 12, 26****Thursdays, April 6, 13, 20, 27****by appointment****Please call the Center for appointment times.**

All State protocols will be followed to ensure a safe and relaxing experience. Massage reduces stress and increases relaxation, reduces pain, while improving circulation and lowers heart rate and blood pressure.

30 minute massage - \$30

60 minute massage - \$55

Andrea is now also offering**10-minute Chair Massages and Foot/Hand Massages!**

10 minute massage - \$10

COOKBOOK CLUB RETURNS**Wednesday, April 26 at 6 p.m.**

April's Cookbook Club will feature the **Half Baked Harvest books by Tieghan Gerard**. Check out the featured books at Woodbury Public Library and sign up quickly to be one of 20 cooks to make a dish and sample all twenty of the recipes!

Here's how it works:

Copies of cookbooks will be available to check out at the Woodbury Library - join us - all levels welcome! We meet **on the 4th Wednesday of the month** at the Woodbury Senior Community Center to share recipes and a meal. To avoid any duplicates, we ask for you to call Marla Martin at the WPL 203-263-3502 or Loryn Ray at the WSCC 203-263-2828 and let us know the recipe you are planning to share. We will discuss the recipes/cookbooks/chefs over a delicious pot luck dinner made by the group members. Cookbook Club is limited to a total of 20 participants so registration is a must.

THE MONTHLY MUFFIN**Stop in on Thursday, April 13****beginning at 9 a.m.**

Your favorite monthly muffin is back.

April's muffin is a Fool Me Not Donut Muffin. Celebrate the earlier sunrise these days by stopping in for a freshly baked warm muffin, hot coffee or tea and good conversation! Muffins available while supplies last!

INDOOR CORNHOLE LESSONS**Tuesdays, April 11 & 25****Please note new time - 2 to 4 p.m.**

Come learn to play and score this popular social game. The Center has all the equipment; just wear comfortable clothes and be ready to have fun.

SOCK BUNNY CRAFT

sponsored by Candlewood Valley Health
and Rehabilitation Center

Monday, April 3 at 10:30 a.m.

Please sign up for this free craft class -
just in time for spring!

**ASK THE REALTOR****with Gina Jacobs Real Estate****Friday, April 28 at 1 p.m.**

Agents will advise & answer your questions
about buying, selling, & downsizing.

Please sign up.

**BLOOD PRESSURE CLINIC**

First and Third Tuesdays of the month
Tuesdays, April 4 & 18 from 10 to 11 a.m.

Get your blood pressure checked twice per
month by a registered nurse from the Housatonic
Valley Health Department. This is a **FREE** service.

**WOODEN BUNNY CRAFT****Monday, April 3 at 1 - 2:30 OR 2:30 - 4 p.m.**

**Cost: \$3 for small, 16 1/2" OR \$5 for large, 24" (only 10
large available - let us know what size you'd like to
make at sign up - first come, first served for large)**

Just in time for Easter! Create this adorable bunny for yourself or for that special someone's Easter Basket. The bunnies were graciously cut out by one of our own seniors. You'll paint the bunny, then add the face and ears - using either ones made on our Cricut, or you're also welcome to paint one on. Then finish it off with a lovely bow (made by another one of our creative seniors). The class size is limited to 24 (12 in each time slot), so sign up soon. You can see a sample in the Office. Payment is due at sign up.



WHITE HOUSE MEMORIES - PART II
with Alan Devalerio, former White
House butler and author of White House
Memories

Tuesday, April 18 at 1 p.m.

This presentation is a continuation of White House Memories Part I. There will be more celebrity sightings and more insight into what working as a butler at the White House entailed. There is also an in depth look at First Lady Nancy Reagan (the good and the bad). If you enjoyed Part I, then you won't want to miss Part II.
Please sign up.





ASK AN ATTORNEY
with Attorney Alyson R. Marcucio
Friday, April 21 from 2-3 p.m.

Attorney Marcucio will offer 4 free individual 15-minute appointments.
Bring your questions.

Please call the Center to make your appointment.

REIKI & REFLEXOLOGY SESSIONS

with Reiki Master & Reflexologist Lucy McInerney
Friday, April 14
11:30 a.m. to 12:30 p.m.



Reiki Appointments
10 minute appointments/\$10

Reflexology Appointments
30-minute appointments/\$30

THE LIFE AND TIMES OF PRESIDENT GRANT
sponsored by Synergy and Village Crest
Monday, April 24 at 1 p.m.



President Ulysses S. Grant was best known for leading the troops during the Civil War; he was invited to join Lincoln that fated night at Ford's Theater but declined; a regret he carried all his life. Art Gottlieb will fill in the blanks in Grant's life and share wonderful stories about our 18th president. Please sign up.

HEALTHY CHATS WITH HEIDI: TICKBORNE ILLNESSES
Friday, April 21 at 10 a.m.

Ticks are a fact of life in New England. We all need to know how to recognize disease carrying ticks, how to prevent bites, and what to do if we are bitten. Join Heidi Bettcher, RN, for a lively roundtable discussion of our experiences with ticks and how to prevent problems. This is the first of a series of roundtable chats on healthy topics. Each month on the third Friday at 10 am, we'll tackle another timely topic with conversation, facts and questions. Let us know what topics you would like to discuss in future chats. Please sign up.



TRANSPORTATION SCHEDULE FOR MEDICAL APPOINTMENTS

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

Mondays - Waterbury & Watertown

Wednesdays - Waterbury & Middlebury

Tuesday, Thursday & Fridays - Woodbury & Southbury

Please make your appointments accordingly. 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-two weeks ahead of time will be helpful. Once your ride is confirmed by the Senior Center office staff, you can rest assured knowing we will pick you up on time and get you where you are going. Also, please note we are unable to drive people to surgical procedures, including outpatient or one day procedures.

TECHNOLOGY HELP

with Sarah Johnson of

Candlewood Valley Health & Rehabilitation Center
Wednesday, April 12 at 10:30 a.m.

Bring your questions and your technology item (laptop, Ipad, phone) for help in all areas. The class is limited to 10 participants.

Please sign up.



APRIL GIVEAWAY – FREE EMERGENCY RAIN PONCHO!

If April showers bring May flowers, you're going to need a rain poncho! The Center will have free emergency rain ponchos the week of **April 3 - 6 while supplies last.** Stop by and pick one up at the office. These are the perfect "emergency" ponchos packed in a small envelope to keep in your car or outdoor bag just in case an April (or summer) shower catches you by surprise.



GRANDMA'S ATTIC TAG SALE

Saturday, May 20 9:00 a.m. to 2:00 p.m.

An event for tag sale sellers and crafters. Time to start thinking about spring cleaning! Clear out your attic and cellar, and rent a table to market your wares. Table sizes vary: \$15 for a large round table, \$10 rental for a long rectangular table and \$5 rental for a card table. You keep all proceeds of sale. Limited tables available; first committed, first served. Do you have questions? Contact Kathleen at the Center (203) 263-2828.

SENIOR BUS TRIP**Monday, April 17****Lunch at the Mill Plain Diner and
Trader Joe's in Danbury****The bus will leave Woodbury by 10:15a.m.**

Back by popular demand for those who didn't get the chance to go on this trip in March, you can now enjoy lunch on your own at the diner and then shop at Trader Joe's. Please bring a small cooler if you plan to purchase cold/frozen foods. Please sign up. Bus seating is limited to 8.

**AAA DEFENSIVE DRIVER COURSE****Monday, April 24 from 9 a.m. to 1 p.m.****Cost: \$15****checks only - made out to "AAA Northeast"**

This course could save you money on your auto insurance (check with your insurance company). The cost includes the course materials and certification.

**PAINTING WITH WENDY MUTTER****Monday, April 10 at 1 p.m.**

Create a painting with acrylics. No experience necessary. Wendy will have all the supplies needed. Please sign up for this free class.

**WRITING UNBOUND: FINDING YOUR VOICE****A Creating Writing Workshop
with Lin Northrup****Wednesdays, April 19, 26, May 3, 10, 17 (5 sessions)
10 to 11:30 a.m.****Cost: \$25**

To write you need: curiosity, the courage to find your voice, and speak your truth. This workshop will explore the soundtrack of your life through poetry and story. By writing, we observe, ask questions, and discover who we are and how we see the world.



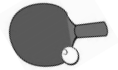
Lin Northrup, M.Ed., is the author of *Leela and the Forest of Light* and has a private practice, Sacred Circle Healing Arts.

DIME BINGO!**Tuesdays, April 4 & 18 at 10:30 a.m.**

10¢ per card, per game. Please sign up.

**TABLE TENNIS****Monday, April 17 and Fridays, April 21 & 28
from 1 to 4 p.m.**

Please bring your own paddles.
All are welcome.

**SENIOR BUS SHOPPING TRIPS****Monday, April 3 - Naugatuck****Tuesdays & Thursdays - Woodbury****Wednesday, April 19 - Torrington****Fridays - Southbury**

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.

HAIRCUTS WITH LUCY**Make your appointment today!****Friday, April 21****10 a.m. to 12 p.m.**

Lucy has 36 years experience as a hairdresser and is now offering this service at the Senior Center.

Men - \$10

Women - \$15

Call the Center to make your appointment.

**COFFEE NEWS**

Thanks to everyone who offered their comments during our Keurig experiment. The results were mixed, with many people preferring the Keurig and many people preferring the pot of free coffee. You'll now find we've gone back to regular and decaf free coffee by the pot at the coffee station, but the Keurig is also still available. Stop in the office to buy a K-cup for 50¢ or bring a K-cup from home to use the Keurig machine, which is located in the Activity Room.

**FREE CONCERT FOR A SUNDAY AFTERNOON**

Sunday, April 30 at 2 p.m. featuring the **TJ Thompson Jazz Trio**. Sponsored by the Friends of Woodbury Senior Community Center. Mark your calendars now!
No reservations required.

READY, SET, KNIT!**STITCHES OF LOVE**

The needlework group will meet in the Lounge on **Thursdays, April 13 & 27** from 1 to 2 p.m. Whether you enjoy to crochet or knit, all are welcome.



HEATHER ZUCKERMAN**OFFICE OF SOCIAL SERVICES/MUNICIPAL AGENT****203-263-4117****203-266-4310 (fax)****Heather's hours:****Monday through Friday - 8 a.m. to 4 p.m.**

Heather can help with all your applications - Medicare Savings Program, Medicaid, Medicap, nursing homes, respite care, day care, the Home Care Program (CCCI) and other services and benefits for seniors

Notes from Heather:**Energy Assistance**

The federal-funded Connecticut Energy Assistance Program (CEAP) is designed to help low-income households pay their winter heating bills. For Woodbury residents in need of Energy Assistance, several forms of documentation are required. Please call Heather if you are unsure if you are eligible and need income guidelines or need a further explanation on required documentation.

We have all seen a rise in electric bills and one way to cut costs may be to change your supplier. To learn more you can utilize the website:

<https://energizect.com/>

Renter's Rebate**April 1, 2023 – October 1, 2023****2023 income guidelines have not been published yet.**

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits. Persons renting an apartment or room or living in cooperative housing, or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies.

Eligibility

Recipient or spouse must be 65 years of age or older or be 50 years of age or older and the surviving spouse of a renter who at the time of the renter's death had qualified and was entitled to tax relief provided such spouse was domiciled with such renter at the time of the renters' death, or 18 years of age or older and eligible to receive Social Security Disability benefits. Must meet a one-year state residency requirement. Annual income must not exceed \$40,300 for a single person and \$49,100 for a married couple.

WOODBURY SENIOR CENTER STAFF

Loryn Ray
Director of Senior
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Karen Blanchet
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Heather Zuckerman
Municipal Agent/
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Paul Sagnella
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Website: woodburyseniorct.org

Our newsletter is available on our website.

APRIL 2023

S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T
						1
2	3 April 3-6 Rain Poncho Giveaway 8:30 Stretch & Meditation 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10:00 Bus to Naugatuck 10:30-12 Current Events (virtual) 10:30 Sock Bunny Craft 11:00 Balance Class 12-4 Tax Prep Appointments 1-2:30 Wooden Bunny Craft 2:30-4 Wooden Bunny Craft	4 10:00 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 10:30 BINGO 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12-3:30 Canasta 1:00 Total Body Tone & Strength Demo class	5 9-10 Zumba Gold® 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10-2 Massages with Andrea 1:30-2:30 Tai Chi 2:45 Cardio Drumming	6 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the 12-3:30 Massages with Andrea 12:30-1 Take Out Lunch Pick Up 12:30-3:30 Mah Jongg 1-2 Commission for Seniors 2:00 Brass City Eats on Zoom	7 The Center will be closed for the Good Friday Holiday	8
9	10 8:30 Stretch & Meditation 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10:30-12 Current Events (virtual) 11:00 Balance Class 11-12:30 Happiness Course 12-4 Tax Prep Appointments 1:00 Painting with Wendy	11 10:30 Fitness Fury on Zoom 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12-3:30 Canasta 1:00 Total Body Tone & Strength 2-4 Indoor Cornhole	12 9-10 Zumba Gold® 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10:30 Technology Help 1:30-2:30 Tai Chi 2:45 Cardio Drumming	13 8:30-9:30 Stretch & Meditation 9:00 Monthly Muffin 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the 12-3:30 Massages with Andrea 12:30-1 Take Out Lunch Pick Up 12:30-3:30 Mah Jongg 1-2 Stiches of Love 2:00 Brass City Eats on Zoom	14 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 11-11:45 Balance Class 11:30-12:30 Reiki/Reflexology (by appt) 12-4 Tax Prep Appointments	15
16	17 8:30 Stretch & Meditation 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10:15 SENIOR BUS TRIP: Mill Plain Diner/Trader Joe's 10:30-12 Current Events (virtual) 11:00 Balance Class 11-12:30 Happiness Course 1-4 Table Tennis	18 10-11 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 10:30 BINGO 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12-3:30 Canasta 1:00 Total Body Tone & Strength 1:00 White House Memories, Part II	19 9-10 Zumba Gold® 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10:00 Bus to Torrington 10:30 Technology Help 10-11:30 Writing Class 12-3 Foot Care Clinic 1:30-2:30 NO Tai Chi today 2:45 Cardio Drumming	20 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10:00 Cardio Dance 11-12 NHS Senior Spring Luncheon Pick Up 11:00 Total Body Tone & Strength 11-3:30 Massages with Andrea 12:00 Lunch in the Café 12-3:30 Massages with Andrea 12:30-1 Take Out Lunch Pick Up 12:30-3:30 Mah Jongg 2:00 Brass City Eats on Zoom	21 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10:00 Health Chats: Tickborne Illnesses 10-12 Haircuts with Lucy 11-11:45 Balance Class 1-4 Table Tennis 2-3 Ask an Attorney (by appt)	22
23	24 8:30-9:30 Stretch & Meditation 9-1 AAA Defensive Driver Course 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10:30-12 Current Events (virtual) 11:00 Balance Class 1:00 Life & Times of President Grant	25 10:30 Fitness Fury on Zoom 10:30 Book Club 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12-3:30 Canasta 1:00 Total Body Tone & Strength 2-4 Indoor Cornhole	26 9-10 Zumba Gold® 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10-11:30 Writing Class 1:30-2:30 NO Tai Chi today 2:45 Cardio Drumming 6:00 Cookbook Club	27 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-3:30 Massages with Andrea 12:30-1 Take Out Lunch Pick Up 12:30-3:30 Mah Jongg	28 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 11-11:45 Balance Class 1:00 Ask the Realtor 1-4 Table Tennis	29