

# WOODBURY SENIOR CENTER REPORTER



AUGUST 2021

**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.



**BRASS CITY HARVEST MOBILE FARM MARKET**  
Wednesdays from 10 a.m. to 12 p.m.  
through October 27

The produce at the Brass City Mobile Farmer's Market is super-fresh, CT grown, delicious and fairly priced. Each week features veggies, fruits and other farm market specialties like local meats, honey, and/or cheeses. along with baked goods and specialty items. Prior weeks had fresh garlic, eggplant, blueberries, sweet corn, snap peas, radishes, baked goods, kale, butter lettuce, baby potatoes, ruby chard and much more. Don't miss your opportunity to buy FRESH at reasonable prices. Stop by the parking lot of the Woodbury Senior Center. The Farm Market is open to everyone regardless of age or residency. They accept cash, credit/debit cards, SNAP, and Farmer's Market Nutrition Coupons for WIC households and senior and disabled persons. We'll see you at the market!

The fun continues with Nichole Texeira from Brass City Harvest with the return of her cooking class



**BRASS CITY EATS!**  
Thursdays, August 5, 12, 19 & 26  
1 to 2 p.m. via ZOOM!

Participants receive a weekly healthy recipe with a free recipe kit which includes the main ingredients of the dish. Then we cook together (or watch Nichole's cooking demo) on Zoom! We will need your email to send you the ZOOM link. You must sign up by August 9 and receive a BC Eats key fob card.

Recipe and recipe kit pick-ups will be Wednesdays at 10:30 a.m. on 8/4, 11, 18 & 25. **Recipe kits include perishable items and MUST be picked up promptly, as WSC is not able to store the kits. Please make arrangements for someone else to pick it up for you if you cannot be here on time. No delivery.**

**THE CENTER IS FULLY OPEN**

Just in time for the hot weather, our air-conditioned center is fully open. Come on in to see friends, have a coffee or cold drink, take a class, play a game, access a service or more. Appointments are still needed for bus rides, in the Fitness Room, for personal appointments and for groups wishing to meet here.



**ANNOUNCEMENT: OUT WITH THE OLD, IN WITH OUR NEW TECHNOLOGY/MAKER SPACE**

We've made some exciting changes to our computer learning program. The lab now features some cutting edge new technologies.

Two desktop computers will continue to be available by appointment for your use. We will continue to have Ancestry.com software available on one of these computers.



We have also added 6 iPad tablets and 6 Fire HD tablets which we will be using to teach tablet skills and get you comfortable with using electronic tablets and the internet.



In addition, we have added some creative technology - a CRICUT crafts maker and a GLOWFORGE, an amazing 3D laser cutter and cutter. Both these machines will be available for classes and individual use, and use computers to make amazing tangible products possible.



Your imagination is the limit for what you can create with these two machines and a computer (we will have one computer dedicated for this use). Classes for the CRICUT and the GLOWFORGE will soon be announced. Your creativity IS ALIVE AND WELL...let us show you how.



See full details on Page 2.

**NEW!! DEEP STRETCH & MEDITATION CLASS**

**Mondays, August 9, 16, 23 & 30 from 8:30 to 9:30 a.m.**

**August Session: \$12**

Taught by our new instructor, Jennifer Cebry, Deep Stretch & Meditation is set to soothing music, low-impact stretching and breathing exercises designed to de-stress you physically and mentally while increasing flexibility. All levels of activity/fitness welcome. Dress comfortably. Bring your own mat. Please call the Center 203-263-2828 to sign up.



**GRAB AND GO CONGREGATE MEALS**

New Opportunities, Inc. has brought back Congregate Lunches as a Grab-and-Go option for seniors. This allows you to enjoy a Senior Dine style main meal of the day as a grab and go portion. Lunches will be available on Tuesdays and Thursdays, with pick up at the Center from 11 to 11:30 a.m. Each day there will be a choice of two entrees and you must choose one at sign up. All meals will be served with multigrain bread, fresh fruit and yogurt. Thank you to Annoula's Restaurant for making this option available for our congregate diners!



The suggested donation for this program is \$3.50 per meal. Please make checks payable to Senior Nutrition Services. You can sign up for one or more days. Call the Senior Center at 203-263-2828 to sign up for the dates you would like to pick up your meal. The deadline is **THURSDAY** of each week for ordering the next week's meals, or you can reserve your meals for the month in one phone call; it's up to you.

**AUGUST MENU**

**Tuesday, August 3** - Pasta Bolognese, small salad **OR** Baked Scrod with roasted potato, vegetable

**Thursday, August 5** - Chicken Francese with roasted potato, vegetable **OR** American Chop Suey, small salad

**Tuesday, August 10** - Greek Salad Plate **OR** Baked Macaroni & Cheese, small salad

**Thursday, August 12** - Chicken Scampi with Broccoli over Pasta **OR** Hamburger, roasted potato, vegetable

**Tuesday, August 17** - Mediterranean Chicken, roasted potato, vegetable **OR** Meatloaf, mashed potato, vegetable

**Thursday, August 19** - Baked Scrod, roasted potato, vegetable **OR** American Chop Suey, small salad

**Tuesday, August 24** - Hamburger, roasted vegetable, vegetable **OR** Grilled Chicken Caesar Salad Plate

**Thursday, August 26** - Chicken Gyro, roasted potato, vegetable **OR** Greek Salad Plate

**Tuesday, August 31** - Pasta Bolognese, small salad **OR** Annoula's Favorite Salad Plate



**NEW OPPORTUNITIES**  
Building Relationships to End Poverty™

**From Computer Room to Tech Savvy Space**

The next time you are at the Center check out our Tech Room, formerly the Computer Room. Here you will find equipment and supplies to take computer learning from difficult to delightful! In addition to 2 public access desktop computers with printing capability for your convenience, we also now have 12 computer tablets for your use while at the Center and in new classes. Additionally, we have two "maker space" tools that turn computer learning into tangible items you can create. We are excited about the opportunities for you to become more proficient in computer usage using our new devices. Read on for details on how YOU can use the new Tech Center!

**Desktop Computers** - we have two desktop computers set up for public access. To use a computer, please call the Center to set up an appointment, or stop at the Office when you visit the Center. Learn to access the Internet, check your email, do research and more. No classes are offered in desktop computing, but tech support is available at the Office. Printing is available for you to save your research.

**Tablets** - we have 6 Fire HD tablets and 6 iPads for use in classes and for your personal use at the Center only. The Center is equipped with free WI-FI, and you are welcome to take a seat in our comfy lounge or at a conversation station and enjoy using the tablet as you would a computer. You will "check out" the tablets for personal use at the Center by leaving your car keys or other valuable item at the Office while using the tablets. Tablets may not be taken home. Classes are offered each month to help you master the use of tablets and smartphones. You may also bring your own device in for classes. Tech support is also available at the Office.

**Cricut Center** - The Cricut Center is a crafter's delight! Use a computer to create a design and the Cricut translates that design to cards, paper crafting, vinyl, and more. You can design items to decorate your home, create useful and personalized objects and make gifts for friends and family. To use the Cricut Center, you must take an Intro to Cricut Crafting class at the Center, and learn to use the technology and the device (don't worry, it's fun!) Our first Intro to Cricut class is being held this month.

**Glowforge** - the Glowforge 3D Laser Printer is an amazing "makerspace" tool that truly lets you create original and unique items. It uses laser engraving and cutting technology to turn your computer designs into real items- your imagination is the limit. The Glowforge is delicate enough to engrave a fortune cookie, and strong enough to cut any laser-compatible material. Personal classes on using the Glowforge will begin in early fall.

Now more than ever, it's clear that everyone of every age needs to have a working knowledge of computers and smart phones. From virtual medical appointments to online banking, from brain games to email and groceries to photos, it's time to learn...and you can! The Tech Center is designed to make that learning easy and fun. Look for new classes and new technologies in the newsletter!

**MATTATUCK MUSEUM "MATT ON THE GO"**

**MATT on the Go: Genealogy!**

**Monday, August 30 from 2 - 3 p.m.**

**How to use the Mattatuck Library and Archive to Learn More About Your Ancestors**

This program was created by the Mattatuck Museum's Archivist, Stephanie Crawford. This presentation teaches participants how to use resources in the Mattatuck Museum's library and archive to learn more about their genealogy.

This presentation will explore digital resources which will allow participants to find out more information about their ancestors.

Call the Senior Center to sign up for this virtual program. A link will be emailed to you.



**What is MATT on the Go?** It is a Mattatuck Museum program initiative that brings art and history from the Museum's exhibits into the community virtually.

**AAA DRIVER IMPROVEMENT COURSE**

**Friday, September 10 from 12 to 4 p.m.**

The course is free for Woodbury Senior Center members and may entitles participants to a 5% insurance discount for 2 years (check with your insurance) This is a four hour in-person program. Space is limited to 25. Call the Center to sign up at 203-263-2828.



**FOOT CARE CLINIC**



**FootCare**

The Foot Care Clinic is a program that allows eligible seniors to get routine foot care for just a \$10 copay with a local podiatrist. This program can really help if you have a difficult time caring for your feet and toenails at home.

Transportation is available if necessary.

If you are interested, please call the Center at 203-263-2828 for additional details and be on your way to healthier feet.

**THERAPEUTIC MASSAGE WITH ANDREA**

**Wednesdays, August 4, 11 & 25**

**Fridays, August 6, 13, 20 & 27**

**11 a.m. to 2:30 p.m. by appointment**



All State protocols will be followed to ensure a safe and relaxing experience. Who has tight muscles after this past year? Who doesn't?!

- 30 minute massage - \$30
- 60 minute massage - \$55

Call the Center to book your appointment with Andrea or to find out more.



**HIKING GROUPS ARE A HIT**

We are thrilled to learn how many of our members are interested in a hiking group.

We offer 2 hikes per month, the "Mile Hike" and the "Trek Hike". The Mile Hike will be a local "kinder and gentler" hike of

about a mile. The Trek Hike will often be around 3 miles in length, and may involve a narrower path, but no steep climbs. All paths are "boot tested" before we go and is led by Loryn; we don't hike if weather is extreme or inclement. You must sign up. Transportation to and from the trailhead is on your own. Sign up for either hike, below, and call if you have questions. Bring a snack and water.

**One Mile Hike - Thursday, August 19 at 9 am**

We'll meet at the tranquil Bent of the River Audubon Society in Southbury. We will be walking along the River Trail. This is a gorgeous, level, shaded walk alongside the Pomperaug River. We will be turning back before the trail begins a steady incline, so don't worry about elevation.

**TREK HIKE - Friday, August 27 at 9 am**

We will meet at Steep Rock Preserve in Washington, CT. We will be walking the Tunnel Road trail. Mostly flat along the Shepaug River with a few ups and downs, this scenic dirt road and parallel trail offer views, a variety of micro-environments, many places to walk down to the river's edge and of course, the iconic tunnel itself (Bring a head lamp or flashlight. It's also a stunning shady hike for a warm summer's day!

**CANASTA PLAYERS WANTED**



The Canasta group will meet on Wednesdays at the Center from 12 - 3:30 p.m. Why not join them? Call for details.

**READY, SET, KNIT!**

The needlework group will meet in the Lounge on **Thursdays, August 12 & 26 from 1 to 2 p.m.** New members are welcome to join! You will have the option to work on your own project, or we can start a group project, if there is interest. All group projects are in service to our local community groups. We create blankets for adult communities, nursing home residents, residents in memory units, wheelchair individuals, and rehab patients. Also, we distribute baby blankets for mothers of domestic violence and make scarves, hats, blankets for their children. The homeless are recipients of our hats and scarves as well.



We welcome everyone and anyone who wishes to contribute their projects for these causes. We welcome ideas and learn from each other. No one person knows it all!!



We share because we care!

**COMPUTER ROOM**




The Computer Room is available by appointment. Appointments will be for 2 hours. There are 2 computers available, with 2 people in the room at a time. Call the Center to make your appointment.



Available times are 8:30 to 10:30 a.m., 10:30 a.m. to 12:30 p.m. or 12:30 to 2:30 p.m.

**PLEASE BE SURE TO MAKE ALL CHECKS PAYABLE TO:**

**“TOWN OF WOODBURY”**




**CHECKS CANNOT BE ACCEPTED MADE OUT TO WOODBURY SENIOR CENTER**

Pomperaug District Department of Health  
Presents

**BEATS**  
(Blood Pressure Education Alliance for Tracking and Self-Management)


**a Blood Pressure Self-Monitoring and Management Program**



A **FREE** 6-week interactive workshop to learn self-management skills to take control of your high blood pressure

**Topics Include:**

- Blood pressure self-monitoring
- Managing triggers that raise blood pressure
- Heart healthy eating tips from a registered dietitian
- Overview of medications
- And more




Blood pressure monitors available for loan

**Woodbury Senior Center**  
Thursdays, August 12 – September 16  
1:30 – 3:30 PM

Space is limited. Registration required: call the Woodbury Senior Center 203-263-2828


Participants who attend at least 4 out of the 6 sessions will receive a gift to help better manage their blood pressure

**MAH JONGG**



Fridays from 9:30 to 11:30 a.m.  
Let us know if you are interested.

Reminder: Not all people can be around animals.  
Pets are not permitted inside the Center unless they are certified service animals at work.




**WOODBURY SENIOR CENTER STAFF**

		
Loryn Ray Director of Senior Services	Jennifer Skene-Tiso Program Assistant	Karen Blanchet Office Manager
		
Sarah Wirtes Municipal Agent/ Social Services Director	Tom Davis Senior Bus Driver	Nancy Gubiotti Senior Bus Driver
		
Bob Hughes Senior Bus Driver	John White Custodian	Donna Cole Senior Nutrition Services

281 Main Street South (mailing address)  
265 Main Street South (physical address)  
Woodbury, CT 06798  
Phone: 203-263-2828  
Fax: 203-266-4308  
Email: SeniorCenter@woodburyct.org  
Website: woodburyseniorct.org  
Our newsletter is available on our website.

**WE ARE NOW TAKING CREDIT CARD PAYMENTS!**  
For your convenience we are now taking credit card payments! Cash and checks are, of course, still accepted.





**THE ORENAUG FRIENDSHIP  
PATIO CAFÉ**  
Weekdays from 9 to 11 a.m.

*Welcome to the Orenaug Friendship Patio Café  
(The OFC).*

Stop in for a C-U-P at the OFC for a flavored coffee, cappuccino, iced coffee and more. Our volunteer barista, Leigh, is here Wednesdays and Fridays from 9 a.m. to 11 a.m. Place your order at the Community Room window and enjoy your tasty beverage on the outdoor patio. Enjoy a table for two or have a sip with several friends.

**US PRESIDENTS CONTINUED - Again! Fall 2021 History Course  
with Penny O'Connell (Hybrid: In person or virtual)**  
Tuesdays, 10:30 a.m. to 12 p.m.

**September 21 - November 30 (no class November 2)**

This fall Penny continues her history course on the U.S. Presidents. This segment will focus on the presidents following the Civil War as well as our continuing experiment in democracy and the deep divisions that have existed in this country from its beginning. This course will begin with a brief review of Lincoln's presidency and the Civil War. It will then cover the following presidents: A. Johnson, Grant, Hayes, Garfield, Arthur, Cleveland, Harrison, McKinley and Roosevelt. This course is limited to 20 participants in-house. Others may join virtually. The cost for the series is \$30. Call the Center to sign up; payment arrangements due at sign up.

**BUS TRANSPORTATION FOR SHOPPING OPPORTUNITIES**

The bus can hold up to 6 passengers at a time; all must be masked.



A trip to Quarry Walk in Oxford is scheduled for **Monday, August 9**, leaving Woodbury at

10 a.m. Stores include Market 32, Goodwill, Ace Hardware, Dollar Tree, Party Plus, Supercuts, Dazzle Boutiques and more. Eateries include Country Creamery, Tea with Tracy, Five Guys, and many others.



A trip to Naugatuck for shopping will be offered monthly on the third Monday of each month. Stores in the area include Walmart, Dollar Tree, Freihofer Bakery Outlet, Ocean State Job Lot and Stop & Shop. The next trip is on **Monday, August 16**, leaving Woodbury at **10 a.m.**

We will also be resuming our "regular" run to Southbury for shopping and errands each Friday. We are also available for Woodbury shopping Tuesday, Wednesday and Thursday. Sign up quickly as seats are limited.



We welcome your ideas, but please understand we are unable to implement all suggestions, as we still have building safety measures to follow.

**VIRTUAL EXERCISE CLASS**

**Virtual Fitness Fury with Susan on Zoom**

**Tuesdays from 11 to 11:45 a.m. and Thursdays from 10 to 10:45 a.m. - August 3, 5, 10, 12, 17, 19, 24, 26 & 31**

You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost for the August session (9 classes) is \$27. 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 OR VIRTUAL: HYBRID EXERCISE CLASSES**

**Cardio Dance with Andrea - in person or on Zoom**

**Wednesdays and Fridays from 10 to 11 a.m. - August 4, 6, 11, 13, 18 & 20 (virtual class on 8/25 & 27)**

Great music and dance moves in this energetic class! The cost is for the month of August (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 if you choose to take the class virtually.



**Tai Chi with Susan - in person or on Zoom**

**Wednesdays, August 4, 11, 18 & 25 from 1:30 to 2:30 p.m.**

The cost for the session is \$20

Please call the Center to sign up and let us know if you choose to take the class virtually so we can send you the link.



**IN-HOUSE EXERCISE CLASS**

**New! Deep Stretch and Meditation Class**

**Mondays from 8:30 to 9:30 a.m. - August 9, 16, 23 & 30**

Cost for the session is \$12

See details on Page 1. Sign up if you plan to attend!

**Balance Class Back by Popular Request - in person only**

**Tuesdays from 10 to 11 a.m. - August 10, 17, 24 & 31 (No class 8/3)**

Join Loryn on Tuesdays for a jump start on regaining your balance. Free, but you must sign up.

Be sure to bring a water bottle!



**Indoor Walking with Leslie Sansone DVDs - Tuesdays from 9 to 9:30 a.m.**

Free and fun!



**ALL ARE WELCOME HERE**

Woodbury Senior Center respects the diversity of our participants. You will find a warm welcome here, regardless of sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

**TABLE TENNIS IS BACK!**

**Mondays, August 16, September 13, October 18  
from 10 to 1 p.m.**

Please bring your own paddles.  
Please sign up.



**American Red Cross**

**AMERICAN RED CROSS BLOOD DRIVE  
AT THE SENIOR CENTER**

Saturday, August 7, 8 a.m – 1 p.m.

Register by calling the American Red Cross at

1(800) REDCROSS or click onto [www.redcrossblood.org](http://www.redcrossblood.org)

**GET WELL CARDS FOR BOB HUGHES**

One of our staff members is in need of having his spirits lifted - Bob Hughes is currently out on a medical leave, undergoing a course of treatment. If you would like to send Bob a card, please mail or drop off your cards at the Senior Center and we will forward them to Bob. He would love to hear from you!



**THE FITNESS ROOM IS OPEN!  
by appointment**



The Fitness Room is available by appointment. Each session will last 50 minutes and will begin on the half hour,

Monday through Friday from 8:30 a.m. to 2:30 p.m. There will be three people allowed in the Fitness Room to work out at one time. Make as many as 6 session appointments with one call. Please call 203-263-2828.

At some point in the year appointments will likely be phased out.

If you are interested in joining the Fitness Room, please contact the office to receive a membership packet.

The fee for the July 2021 to July 2022 year is \$60 for Woodbury seniors and \$80 for out-of-town seniors. The fee is used to help maintain the current equipment and provide training and supplies as needed.

If you join after July 2021, fees will be prorated.



**New to the Center or just coming back?  
Here's what you need to know:**

**What's the same**

- We have friendly people and great opportunities for older adults to connect. We serve seniors age 60 and better.
- Programs do require sign-ups in most cases. You can always call the office if you have questions.
- We are open from Monday- Friday 8 am to 4 p.m. You are welcome here!
- Coffee and tea beverages are served at our Orenaug Friendship Café daily from 9 to 11 am.
- Be sure to sign in at the Kiosk near the front door each time you come to the Center.

**What's new**

- Masks are optional for vaccinated people. Unvaccinated visitors are required to wear a mask indoors.
- Our drinking fountain is now a water bottle filling station. Please bring a personal water bottle to class.
- We've added virtual and curbside programs as well as outdoors programs.
- The showers in the Fitness Room are not available.
- We are not able to bring back all classes to their previous times and rooms. We hope to add more programs as the pandemic recedes but request your patience as we all find a new normal.
- The kitchen is off limits to everyone except staff. Thank you.

These protocols may change at any time.  
We follow all State of Connecticut guidance for Senior Centers.

**HEALTH NOTICE – SYMPTOMS OF COLD AND ALLERGIES**

While masks are now optional, being aware of your own health and consideration of others is still needed.

If you are experiencing symptoms of illness (coughing, sneezing, or fever, among others) please do NOT come to the Center; you may be asked to leave. If you have allergy symptoms, we ask that you stay at home on days when symptoms are severe, and suggest a mask and/or covering your coughs and sneezes while in public. Thank you.



**NEAR AND FAR TRAVEL CLUB PRESENTS:**

**Escorted Montreal & Canada/New England Cruise - June 17 - 25, 2022**

**9 days/8 nights - Small Ship - No Flying - starting at \$1849 pp twin**

For full details, please contact the Center for the trip itinerary.



**OPEN ART SPACE**

**Friday, August 20 from 1 to 2:30 p.m.**

A place to create using the medium of your choice. Make Art. Meet People. Explore Ideas. Be Yourself. Open Art Space is a relaxed monthly program for Woodbury Senior Center members interested in thinking about, and making, art in a creative and inclusive environment. Open Art Space is facilitated by Jennifer but is shaped largely by your interests. Artists of all levels and mediums are welcome to join. You may bring in your own pieces to work on or call Jennifer in advance of the class so she can put a project together for you. Please sign up.

**PERSPECTIVES IN AGING: A DISCUSSION GROUP**

**Thursday, August 26 from 11 a.m. to noon**

For more than a year we stayed inside due to the pandemic. Most of us adapted well, putting our best slippers forward and slowly adapted to a life lived inside while we longed for things to get back to normal. Finally we are emerging only to find that "normal" has moved on, and so have our bodies and minds. What's it like to feel the pressure of age at a time when we just want to get "back to normal"? This discussion will be an opportunity to hear from others and share your perspectives on finding your "new normal." Co-facilitators for this discussion will be Ed Cole, LCSW and Loryn Ray. Join us for this in-person discussion. Please sign up. If you come a bit early, you might be in luck with a homemade muffin and coffee from our "Monthly Muffin" program (see below)

**THE MONTHLY MUFFIN**

Stop in on **Thursday, August 26 from 9 to 11 a.m.** at the Orenaug Friendship Café for a free home baked muffin and coffee or tea beverage! We'll offer the "monthly muffin" – always a surprise, always delicious – on the last Thursday of each month during Café hours. What a great time to stop by, catch up with friends and the goings on at the Center. Muffins available while supplies last. MMM...it smells good in here already! No sign up necessary.

**POKER**

Test your skill or press your luck. Either way **POKER** comes to the Woodbury Senior Center on **Friday, August 27 from 12 to 3 p.m.**



All skill levels are welcome. Poker is a game which people play with a normal set (or deck) of 52 cards. Poker is a gambling game which involves some luck, but also some skill. In Poker, players make bets against each other depending on the value of their Poker hand. In Draw Poker, each player is dealt five cards. Play for coins not dollars. Please sign up.

**COME CRICUT WITH KAREN!**

**Mondays, August 23 & 30 (a two-part class)  
12:30 to 2:30 p.m.**

We are so excited to bring Cricut crafting to the Senior Center. A Cricut is a computer-controlled cutting machine for home crafters. It cuts paper, felt, vinyl, fabric, leather, matboard, wood, and more! Our first class will be creating a wooden sign using vinyl decals. There are so many creative possibilities...perhaps a welcome sign, a grandchild's name sign for their bedroom door, a wedding gift for a couple with their name and wedding date, an address sign, a family name, a quote...you can design whatever text and images you would like.

The first class on August 23 will involve staining your sign, if you wish, and creating your design using the Cricut software. You'll be shown several ideas, or come with your own idea. At the second class on August 30, you will transfer your vinyl image to your sign to complete your project. This intro class is free. Limited to 10 people. Please sign up.

**Introduction to Cricut Class**

**Monday, September 13 from 10 to 10:30 a.m. or  
Monday, September 27 from 1 to 1:30 p.m.**

If you would like to learn how to use the Cricut to make individual projects, you will need to take this short class that will give you a lesson on creating and cutting your design, see what materials are available to use (for a small fee), see the endless ideas and start you off on your crafting adventure.

**ARE YOU READY FOR THE SUMMER STORM SEASON? ENTER OUR DRAWING!**

The last several years have brought several severe storms our way. Are you ready just in case another comes our way?

1. Have a list of emergency contacts printed out. Include family, friends, medical providers and others you may need to contact. Keep that list handy!
2. It's also a good idea to discuss emergency plans with family members or other support people ahead of time. Know who will call to check on you, and who you will check in with in an emergency.
3. Keep cell phones and tablets fully charged when possible. Have a flashlight ready as well.
4. Keep supplies on hand. While there is no need to stockpile supplies, having a 3-4 day supply of food, water, and other supplies on hand at all times is a good idea. Include food items that don't need refrigeration or cooking. Be sure to have sufficient supplies for your pet, too!
5. Be sure you are signed up for CODE RED, Woodbury's emergency communication system. CODE RED registration can be found at the Town of Woodbury website (<https://woodburycct.org/>) or call the Senior Center for help. Once you are updated, let us know. We will enter you in a drawing for a FREE solar emergency lantern or a FREE portable solar powered bank USB battery pack for your devices.
6. If you would like to be on the Senior Center "call list" during emergencies, and would appreciate having a call to check in on you during and after emergencies, please call the Center to sign up at (203) 263-2828.



**FITNESS CHALLENGE WALK ACROSS AMERICA UPDATE**

Congratulations to the team, we made it to the west coast! If you haven't already stopped by the office to pick up your well-deserved surprise, please do so the next time you are in the building. We are having so much fun that we decided to keep on walking and see where the wind takes us. If you would like to join our group please stop by the office.

Since our last update, our group of active walkers have traveled 813 miles.



After leaving Willow Creek, CA we headed to Portland, OR. There we visited the National Sanctuary of our Sorrowful Mother, popularly known as The Grotto. Constructed in 1924, the sanctuary covers 62 acres, set both at the foot of, and atop, a 110-foot cliff. The cross

on the hill is visible many miles away. Our last stop was the Portland Art Museum. It was founded in 1892, making it one of the oldest art museums on the West Coast and seventh oldest in the US. The permanent collection has more than 42,000 works of art, and at least one major traveling exhibition is usually on show. The Portland Art Museum features a center for Native American art, a center for Northwest art, a center for modern and contemporary art, permanent exhibitions of Asian art, and an outdoor public sculpture garden. The Northwest Film Center is also a component of Portland Art Museum.



From Portland we headed to Seattle, WA. Our first stop for spectacular views of the city was the Space Needle, which is an observation tower and considered to be an icon of the city and the Pacific Northwest. It was built for the 1962 World's Fair. Next, we headed to the Seattle Great Wheel which is a giant Ferris wheel at Pier 57 on Elliott Bay. At an overall height of 175 feet, it was the tallest Ferris wheel on the West Coast of the United States when it opened in June 2012.



Our last stop was Vancouver BC. Here we took a breathtaking ride on The Peak 2 Peak Gondola which is a gondola lift at Whistler Blackcomb Resort in Whistler, British Columbia, linking Whistler Mountain's Roundhouse Lodge with Blackcomb Mountain's Rendezvous Lodge. It is the first lift to join the two side-by-side mountains. It held the world record for the longest free span between ropeway towers and it is still the highest point above the ground. From here we headed to Vancouver Outlook. Where else can you enjoy a 360-degree aerial view of Vancouver, "the most beautiful city in the world"? Our adventure started with a 40-second glass elevator ride, whisking you 170 meters skyward to the panoramic observation deck. Here we enjoyed views of cosmopolitan Vancouver, historic Gastown and bustling Coal Harbour.



**Painting with Wendy Mutter  
from The Lutheran Home of Southbury  
Tuesday, August 17 and Friday, September 24  
from 11 a.m. to 1 p.m.**

Wendy will supply participants with the canvases, paints and brushes. If you would like to use better quality brushes you are encouraged to purchase a set. (Michaels and Jerry's Artarama have very affordable sets). This class is limited to 15. Sign up is a must!

**WHAT HAPPENS AFTER THE PAYCHECKS STOP:  
A RETIREMENT INCOME PRIMER  
with John Holmes of Edward Jones  
Monday, August 23 from 1 to 2 p.m.**

Examine how to budget for retirement expenses, potential sources of retirement income and potential risks such as LTC and health care costs. Please sign up.

**August Word Search Puzzle**

R	S	P	K	R	O	S	H	R	Y	N	B	Y	V	M	A	P	T	D	C
V	J	C	A	B	C	W	H	E	S	I	P	L	A	K	U	I	N	S	U
Z	Y	I	C	E	C	R	E	A	M	X	U	S	C	T	G	C	A	M	A
M	I	Q	A	X	P	T	A	D	C	I	S	W	A	V	U	N	B	O	F
B	G	F	M	C	Q	M	T	I	H	S	U	I	T	H	S	I	E	R	W
T	Z	I	P	I	Z	B	U	N	X	C	Q	M	I	L	T	C	A	E	S
J	O	S	I	T	X	V	I	G	T	M	O	B	R	L	C	S	W		
X	G	H	N	E	O	C	V	U	V	K	X	I	N	V	W	L	H	U	V
Z	P	I	G	M	S	O	C	L	B	J	F	N	R	Q	M	B	T	N	C
B	O	N	S	E	I	E	R	S	P	P	R	G	J	E	K	E	D	F	T
A	B	G	H	N	Y	Z	H	F	S	L	X	M	O	N	T	H	S	L	E
M	G	K	S	T	O	A	G	B	A	R	B	E	C	U	E	W	S	O	C
S	V	A	T	B	F	R	I	E	N	D	S	A	U	K	P	P	P	W	T
E	G	L	N	Y	V	Y	E	I	S	Q	T	M	O	B	R	L	C	S	W
M	Y	E	P	F	T	D	B	X	B	U	Z	F	V	H	B	K	X	R	P
M	O	K	W	J	G	K	A	R	X	I	C	W	S	G	G	B	X	S	A
E	M	H	J	D	M	J	X	Q	C	J	K	S	C	H	O	O	L	U	R
R	Q	D	H	R	V	W	U	M	C	A	Y	J	Z	D	X	A	O	G	N
U	J	S	C	W	A	U	B	U	L	X	R	H	Z	H	O	T	Z	Y	S
Z	Q	M	T	C	A	I	D	C	E	L	P	L	U	I	H	R	R	Q	C

August	Hot	School	Camping
Barbecue	Ice Cream	Friends	Excitement
Beach	Vacation	Summer	Heat
Boat	Swimming	Smores	Picnic
Fishing	Month	Sunflowers	Reading



**WOODBURY UKULELE BAND**  
We will be on hiatus for August. When we resume in September, we hope to be able to return inside the Center. Stay tuned (pun intended!) For more details, visit our website at <https://woodburyukes.org/>



**Sarah Wirtes- Municipal Agent****203-263-4117****203-266-4310 (fax)****Sarah's Hours: Monday through Friday 9 a.m. to 4 p.m.**Email: [SWirtes@woodburycct.org](mailto:SWirtes@woodburycct.org)**Please call or email for an appointment****PROGRAMS AVAILABLE TO YOU**

**Food Programs** (SNAP, Food Bank, Mobile Food Bank, etc.) SNAP helps individuals and families buy food. Anyone can apply for SNAP. The amount you receive depends on your income, expenses and your family size. If found eligible, you are given an Electronic Benefits Transfer (EBT) card which you use like a debit card at the grocery store, corner stores and even some farmers' markets. Contact: Sarah at (203) 263-4117

**Medicare Savings Program & Medicare**

The State of Connecticut offers financial assistance to income eligible Medicare enrollees through three levels of Medicare Savings Programs. If you qualify for one of the three Medicare Savings Programs, DSS will pay your Medicare Part B premium each month. In addition, some enrollees will be covered for Medicare deductibles and co-insurance. Your gross income or combined gross income with your spouse determines which category you qualify for. Effective March 1, 2021, income limits for single individuals range from \$2,265/mo. to \$2,641/mo. For couples the range is from \$3,064/mo. to \$3,572/mo. Call Sarah for more information or to apply. Contact: CHOICES at (203) 757-5449

**Phone/Internet Service** (Safelink, Lifeline, or Assurance) The Lifeline Program and SafeLink Wireless provide low-income consumers a discount of up to \$50 on monthly telephone or broadband internet service purchased from participating providers. In addition, the Federal Communications Commission (FCC) has launched an Emergency Broadband Benefit Program to help households struggling to pay for internet service during the pandemic. Eligible households will receive a discount of up to \$50 per month towards broadband service and a one-time discount of up to \$100 to purchase a laptop, desktop computer or tablet. Contact: Sarah at (203) 263-4117

**Renters Rebate Program** (April 1st to October 1st)

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits (\$37,600 single, \$45,800 couple). 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. There is a one-year Connecticut residency requirement for this program. Contact: Assessor's Office at (203) 263-2435

**Farmer's Market Vouchers** The Senior Farmers Market Nutrition Program (SFMNP) is a supplemental food program that runs from July 1 to October 31 for individuals over the age of 60 or those who are disabled living in housing where congregate nutrition services are provided and meet income eligibility. Participants must be enrolled in another program with proper means testing (ex. Renters Rebate) to verify income. Each eligible participant receives one (1) \$18 check booklet annually containing six (6) three-dollar (\$3) checks. SFMNP checks can be redeemed at SFMNP authorized locations throughout Connecticut for fruits, vegetables, fresh cut herbs and honey.

**Participant Eligibility:** Checks can only be distributed to eligible individuals who are residents of Woodbury. One (1) booklet annual can be provided to each eligible participant. If a senior participant is unable to come to the office to receive the SFMNP checks or to a certified farmers market to redeem their SFMNP checks, a proxy may go in their stead. The Senior Participant Proxy Form must be completed and signed by the participant to allow for a proxy.

Participant eligibility includes:

1. The individual is 60 years of age or older OR is a disabled individual under the age of 60 living in housing facilities occupied primarily by older individuals where congregate nutrition serves are provided.
2. The individual has a maximum household income of not more than 185% of the annual poverty income guidelines. Individuals must go through proper means testing to support income eligibility.

**2021 Income Limits:**

Household Size	Monthly Income	Annual Income
1	\$1986	\$23,828
2	\$2686	\$32,227


Call Sarah at 203-263-4117 to receive your Farmer's Market Vouchers.

**AUGUST TABLET/SMARTPHONE CLASSES**

You can learn to be comfortable with technology!

**All About Email**

**Monday, August 9 from 10 to 11 a.m.**

 This class will focus on email: how to check it, how to organize it, when to delete email, how to manage requests for your email address, how to save attachments, etc. Bring your questions and your fully charged tablet or cell phone, or use one of our tablets. Be sure to bring your email information (username and password) so you can log into your email during the class (this information will not be shared with anyone, including the instructor). Limit of 6 people in this class.

**Downloading Apps**

**Monday, August 23 from 10 to 11 a.m.**

So many apps, so little time. If you have a smartphone or tablet, you know about apps, those little icons that open doors to the internet - whether to play a game or track your calories or organize your digital photos or identify plants! Learn how apps work, how to download them, delete them, and learn about some of the fascinating apps out there for Apple and Android systems. Bring your smartphone or tablet, or use one of ours. You must have your device passwords and ID information to do this class (this information will not be shared with anyone, including the instructor). Limit of 6.



**BLOOD PRESSURE CLINIC RETURNS**

**First and Third Tuesdays of the Month**

**Tuesdays, August 3 & 17**

**10 to 11 a.m. by appointment at the Center**



Get your blood pressure checked twice per month by a registered nurse from Pomperaug District Department of Health.

FREE service, but no walk-ins at this time. Please call for an appointment.

**DENTAL CLEANING CLINIC**

Our dental cleaning clinic allows those with no dental insurance an affordable way to have regular teeth cleanings. The cost of an appointment is \$80, or for those with qualifying incomes, just a \$10 copay per visit. The next available appointments are on **Thursday, August 26**.



Please note: The hygienist requires proof of COVID-19 vaccination to take part in this program.

**“To plant a garden is to believe in tomorrow.”**

—AUDREY HEPBURN



**PREVENTING ALZHEIMER’S THROUGH HEALTHY LIVING**

**Tuesdays, September 14, 21 & 28 from 1 to 2 p.m.**

This is a 3-part in-person series featuring guest speakers with expertise on the topics of fitness, nutrition and mindfulness as they relate to the prevention and progression of this disease. **Please sign up by August 19.**

The first session on September 14 will feature Susan Krusko, Recruitment and Senior Programs Manager for The Fitness Fury X-Perience, LLC. She is certified as a National Exercise Fitness Instructor.



She holds a Certificate of Completion for Exercise for Parkinson’s and Physical Activity for Arthritis, as well as a Certificate of Exercise and Wellness for Older Adults.

Susan’s experience is in working with older adults with different disabilities. Her passion is helping them to learn to live a more active lifestyle through exercise.

This series is sponsored by:



**Join Judge Dominic Calabrese**  
**Friday, September 24 from 1 to 2 p.m.**  
**For part 1 of a 2 part series**



**Why Estate Plans Fail Part 1: Assets**

One of the most common problems in estate planning, besides failing to have an estate plan, is failure to properly organize and review assets. The value of assets, such as real property, accounts in financial institutions, retirement and investment accounts can have significant implications for an estate plan, and more so for those without estate plans. In this presentation, Judge Calabrese will review how the value of assets impacts estate planning and probate. He will also discuss how the type of ownership (sole, beneficiary designation, survivorship, trust) affects asset distribution both in and outside of probate after the owner passes away. Overlooking these issues can cause an estate plan to fail, with unanticipated outcomes inconsistent with the decedent’s wishes. Call the Center to sign up at 203-263-2828 **by September 17.**

**CENTER PROGRAMS AND SERVICES AT A GLANCE – AUGUST 2021**

All programs and services by appointment or advance registration

At the Center -

**AAA Driver Improvement Course** - Page 3  
**All About Email** - Page 10  
**BEATS** - Page 4  
**Blood Pressure Clinic** – Page 10  
**Brass City Harvest Mobile Farm Market** - Page 1  
**Brass City Eats** - Page 1  
**Canasta** - Page 5  
**Cardio Dance Class** – Page 5 (also on Zoom)  
**Cricut with Karen** - Page 7  
**Current Events** - Page 5 (also on Zoom)  
**Deep Stretch & Meditation Class** - Page 1  
**Dental Clinic** - Page 10  
**Downloading Apps** - Page 10  
**Find Your Balance Class** - Page 5  
**Fitness Room** – Page 6  
**Foot Care Clinic** - Page 3  
**Grab and Go Lunches** - Page 2  
**Mah Jongg** - Page 4  
**Monthly Muffin** - Page 7  
**Open Art Space** - Page 7  
**Painting Class** - Page 8  
**Patio Coffee Café** - Page 1  
**Perspectives in Aging** - Page 7  
**Poker** - Page 7  
**Preventing Alzheimer’s Through Healthy Living** - Page 10  
**Ready, Set, Knit** - Page 3  
**Red Cross Blood Drive** – Page 6  
**Table Tennis** - Page 6  
**Tai Chi** - Page 5 (also on Zoom)  
**Technology Room/Maker Space** – Pages 1 & 2  
**Therapeutic Massage** – Page 3  
**What Happens After the Paychecks Stop** - Page 8  
**Why Estate Plans Fail Part 1: Assets** - Page 10

In Person in the Community

**Hiking Club** - Page 3  
**Senior Bus Transportation** – Call for information  
**Senior Bus Trip: Naugatuck** - Page 5  
**Senior Bus Trip: Oxford** - Page 5

At Home Programs (no computer required)

**Meals on Wheels** – please call New Opportunities, Inc, at 203-757-7738  
**Walk Across America Fitness Challenge** – Page 8

Virtual Programs (computer or smart device and internet connection required)

**Fitness Fury Stretch and Strength** - Page 5  
**Mattatuck Museum “Matt on the Go”** - Page 3



*Something for  
EVERYONE!*

# AUGUST 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2	<b>3</b> 9-9:30 Indoor Walking NO BALANCE CLASS TODAY 10-10:45 Fitness Fury with Susan on Zoom 10-11 Blood Pressure Clinic by appointment 11-11:30 Congregate Meal Pick Up	<b>4</b> 10-11 Cardio Dance with Andrea 10:30-12 Mobile Farm Market 10:30 Brass City Eats Pick-up 11-2:30 Massage with Andrea (by appt) 11:30-1 Current Events with Penny 12-3:30 Canasta	<b>5</b> 10-10:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Brass City Eats 1:30-3:30 BEATS	<b>6</b> 9-10 Cardio Dance with Andrea (virtual only today) 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea t (by appt)	7
8	<b>9</b> 8:30-9:30 Deep Stretch & Meditation 10:00 Senior Bus Trip: Quarry Walk in Oxford 10-11 All About Email	<b>10</b> 9-9:30 Indoor Walking 10-11 Balance Class 11-11:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up	<b>11</b> 10-11 Cardio Dance with Andrea 10:30-12 Mobile Farm Market 10:30 Brass City Eats Pick-up 11-2:30 Massage with Andrea (by appt) 11:30-1 Current Events with Penny 12-3:30 Canasta 1:30-2:30 Tai Chi	<b>12</b> 10-10:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Ready, Set, Knit 1-2 Brass City Eats 1:30-3:30 BEATS	<b>13</b> 9-10 Cardio Dance with Andrea 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt)	14
15	<b>16</b> 8:30-9:30 Deep Stretch & Meditation 10:00 Senior Bus Trip: Naugatuck Shopping 1:00 Table Tennis	<b>17</b> 9-9:30 Indoor Walking 10-11 Balance Class 10-11 Blood Pressure Clinic by appointment 11-11:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up 11-1 Painting Class	<b>18</b> 10-11 Cardio Dance with Andrea 10:30-12 Mobile Farm Market 10:30 Brass City Eats Pick-up 11:30-1 Current Events with Penny 12-3 Foot Care Clinic 12-3:30 Canasta 1:30-2:30 Tai Chi	<b>19</b> 9:00 Mile Hike (Bent of the River, Southbury) 10-10:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Brass City Eats 1:30-3:30 BEATS	<b>20</b> 9-10 Cardio Dance with Andrea 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) 12-3 Open Art Space	21
22	<b>23</b> 8:30-9:30 Deep Stretch & Meditation 10-11 Downloading Apps 12:30-2:30 Cricut with Karen 1-2 What Happens After the Paychecks Stop	<b>24</b> 9-9:30 Indoor Walking 10-11 Balance Class 11-11:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up	<b>25</b> 10-11 Cardio Dance with Andrea (virtual only today) 10:30-12 Mobile Farm Market 10:30 Brass City Eats Pick-up 11:30-1 Current Events with Penny on Zoom 12-3:30 Canasta 1:30-2:30 Tai Chi	<b>26</b> <b>Monthly Muffin Day!</b> 8:30-1:30 Dental Clinic 10-10:45 Fitness Fury with Susan on Zoom 11-12 Perspectives in Aging: a Conversation 11-11:30 Congregate Meal Pick Up 1-2 Ready, Set, Knit 1-2 Brass City Eats 1:30-3:30 BEATS	<b>27</b> 9-10 Cardio Dance with Andrea (virtual only today) 9:00 Trek Hike (Steep Rock Preserve, Washington) 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) 12-3 Poker	28
29	<b>30</b> 8:30-9:30 Deep Stretch & Meditation 12:30-2:30 Cricut with Karen 2-3 MATT On the Go: Genealogy (virtual)	<b>31</b> 9-9:30 Indoor Walking 10-11 Balance Class 11-11:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up				

MY NOTES: