

WOODBURY SENIOR CENTER REPORTER



AUGUST 2024 - Connect!

Sign ups begin Wednesday, July 24 at 9 a.m.

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.

Hours of Operation: Monday through Friday, 8 a.m. to 4 p.m. You can reach us at: **203-263-2828**

ZEN WEEK (August 19 - 23)

Relaxation and stress management are a key part of wellness. This week is focused on helping you learn techniques to relax and experience a little zen time in your life. Think of it as summer camp!

MONDAY: AFFIRMATION CARDS - with Kathleen

Monday, August 19 at 10 a.m.

Affirmation cards are small cards or pieces of paper with positive statements written on them that are intended to encourage positive thinking and self-confidence. The goal of using affirmation cards is to help people reprogram negative thought patterns and beliefs and replace them with positive ones. Come and create your very own affirmations cards. Please sign up for this free program.



TUESDAY: DEEP STRETCH AND MEDITATION DEMONSTRATION - with Jennifer Johnston

Tuesday, August 20 at 1:30 p.m.

Come try the deep relaxation of stretch and meditation, led by our class instructor Jennifer. See why so many people incorporate stretch and meditation into their daily lives. Please sign up. This program is free. Limit: 25

WEDNESDAY: FOOT AND HAND SPA DAY WITH GUIDED MEDITATION - with Kathleen and Loryn

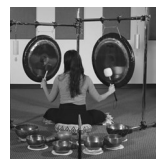
Wednesday, August 21 at 10:00 a.m. Cost: \$2 at sign up

Pamper yourself with some intriguing and easy products, then enjoy a guided meditation. Limit: 12 Cost: \$2

THURSDAY: SOUND HEALING - with Brianna Magnotti

Thursday, August 22 at 1:30 p.m. Cost: \$5 at sign up

Sound healing is a powerful therapy that combines different healing sounds, music, and special sound instruments to improve our multidimensional well-being. The program will start with a guided meditation. Then relax to the sounds of a gong, a singing bowl and a few other instruments. Lights are dimmed. Relax and be comfortable. You can bring a mat, pillow or blanket if you'd like to rest on the floor. Chairs will also be set up. Please sign up. Limit: 50 Cost: \$5



FRIDAY: EXPLORE HENNA - with Internationally Certified Natural Henna Artist Elyse Sadtler

Friday, August 23 at 2 p.m. Cost: \$10 at sign up

Henna is an ancient form of temporary, plant-based body art used by cultures across India, northern Africa and the Middle East for thousands of years. Learn all about this ancient tradition. In this workshop you will explore what henna is, where it comes from, its history, cultural significance, the science of henna on skin and basic design elements. You'll also play a Bingo trivia game and watch a henna paste mixing demonstration. Elyse will do a henna design on the hand of up to 30 participants who register for this program. She will also share resources where you can purchase henna supplies to begin your own henna journey.



Please sign up. Limit: 30 Cost: \$10



Be sure to bring a water bottle to exercise classes!

EXERCISE CLASSES

New! - Stretch, Strength and Core with Susan - in person or on Zoom - New!

Tuesdays and/or Thursdays at 11 a.m.

August 1, 6, 8, 13 (at firehouse), 15, 20, 22, 27 & 29

This class is an excellent all-around fitness program that helps older adults safely enhance their strength, flexibility and endurance. Bring light weights. The cost for August (9 classes) is \$36, Tuesdays (4 classes) is \$16, Thursdays (5 classes) is \$20. Call the Center to sign up with your email for the link if you want to take the class via Zoom.

Zumba Gold with Emperatriz

Wednesdays and Fridays from 9 to 10 a.m.

August 2, 7, 9, 14, 16, 21, 23, 28 & 30

Join Emperatriz for her unique, lively class! The cost for August (9 classes) is \$27.

You must sign up for the full session. Call the Center to sign up.



Tai Chi with Susan B. - in person or on Zoom

Wednesdays from 1:30 to 2:30 p.m.

August 7, 14, 21 & 28

The cost for the August session (4 classes) is \$20. 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.

August 1, 5, 8, 12, 15, 19, 22, 26 & 29

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 August (9 classes) is \$27. You must sign up for the full session.



Balance with Loryn or Kathleen

NOW BEING OFFERED 5 DAYS PER WEEK

Monday, Wednesday, Friday at 11 a.m.

Tuesday, Thursday at 10 a.m. (no class 8/5 & 13)

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



Please remember your payment is due by the first class of each session.

Thank you.

BLOCK PARTY

SENIOR CENTER SUMMER BLOCK PARTY

Thursday, August 15 from 5 to 7 p.m.

This will be a party to remember: live music by the Pierce Campbell Trio, picnic dinner, dancing and visiting with friends. Bring a lawn chair and purchase your meal ahead of time and we'll have one here for you. Or, bring your own picnic. Door prizes and lots of fun. If you choose to order a picnic dinner for \$10 per person, you will receive your choice of chicken salad, seafood salad or chickpea salad on a croissant, chips, fruit salad, cookies and iced tea or lemonade. Thank you to the Friends of the Woodbury Senior Community Center for support for this event and Synergy Home Care for the donation of chips. Rain or shine - we'll move indoors if we must.



ASK A NURSE

Susan will be back in September.



ASK A MENTAL HEALTH PROFESSIONAL

Tuesdays, August 13 & 27

from 10 to 11:30 a.m. by appointment

We all need support and resources to take care of ourselves, including our mental health.

Twice a month, Ed Cole, LCSW will be here to meet with people who have questions or need information on how to access mental health services in the community. Call the Center to make your half hour appointment with Ed. Ed is retired from working with the Mobile Crisis Team in Waterbury and has years of experience in providing clinical services and community mental health support. He is also our Friendly Visitor Program coordinator.

FITNESS ROOM UPGRADES

The Fitness Room is getting a facelift, including nearly all new equipment (we're keeping the NuSteps).



The fitness room equipment is being updated and replaced this summer and by September it will look very different than it does right now. These changes are being funded through an ARPA grant through the Connecticut State Bureau on Aging. We anticipate a closing of 1-2 days for installation of new equipment.

We will post that information in advance.

Watch for more information as the summer goes by; our hope is to have the new room ready for a Grand Reopening in September.



**SENIOR BUS TRIP:
KIMBERLY FARM IN
NEW MILFORD**

Monday, August 12 at 1 p.m.



Enjoy a ride to New Milford to Kimberly Farm to shop at their farm stand that includes dairy, meats, produce, syrup, jams, honey, candles, salsa, soaps, pies, tomato sauce. You could also treat yourself to a homemade ice cream. Seating is limited to 12. Please sign up.

AUGUST CONGREGATE MEAL MENU

You must sign up by Monday morning the previous week.

TUESDAY

August 6 -

(sign up by July 29)
Minestrone Soup
Parmesan Crusted
Chicken
Whipped Potatoes
Vegetable Medley

August 13 -

(sign up by August 5)
Summer Salad
Chicken Piccata
Rice Pilaf
Vegetable Medley
Rice Pudding

August 20 -

(sign up by August 12)
Garden Salad
Lemon Chicken Orzo Soup
Pan Seared Chicken
Mediterranean Vegetable
Cream Velouté
Roasted Potatoes
Green Beans
Apple Sauce

August 27 -

(sign up by August 19)
Garden Salad
Pasta Fagioli
Italian Stuffed Shells
Brownie

THURSDAY

August 1 -

(sign up by July 22)
Garden Salad
Chicken Parmesan
Ziti
Vegetable Medley
Rice Pudding

August 8 -

(sign up by July 29)
French Onion Soup
Eggplant Parmesan
Garlic Knots
Vegetable Medley
Fresh Berries & Peaches

August 15 -

(sign up by August 5)
Caesar Salad
Pomodoro Meatballs
Pasta
Vegetable Medley
Seasonal Fruit Salad

August 22 -

(sign up by August 12)
Creamy Mushroom Soup
Classic Pork Cutlets
Roasted Sweet Potatoes
Vegetable Medley
Cake

August 29 -

(sign up by August 19)
Greek Salad
Chicken Marsala
Mashed Potatoes
Vegetable Medley
Fruit Cocktail



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.



ASK AN ATTORNEY
with Attorney Alyson R. Marcucio
will be back in September.

AUGUST MOVIES

Please be sure to sign up.

All movies will be shown on Fridays at 12 p.m.

Friday, August 2

The Bad News Bears

starring Walter Matthau and Tatum O'Neal



A former minor leaguer coaches a team of misfits in a competitive California league. Comedy - 1976

Friday, August 9

Finding Neverland

starring Johnny Depp and Kate Winslett

The story of a man who doesn't want to grow up, and writes the story of a boy who never does.

Adventure - 2004

Friday, August 16

The Odd Couple

starring Jack Lemmon and Walter Mattheu

A New Yorker newly separated from his wife moves in with his best friend, a divorced sportswriter, but their ideas of housekeeping and lifestyles are as different as night and day.

Comedy - 1968



- No movie will be shown on August 23 -

Friday, August 30

The Breakfast Club

starring Molly Ringwald, Judd Nelson, Emilio Estevez, Ally Sheedy & Anthony Michael Hall



Five high school students from different cliques are forced to spend a Saturday in detention together and discover they have more in common than they thought.

Comedy/Drama - 1985

COMMUNITY SING-A-LONG

with Jerry and Teddi

Tuesday, August 27 at 1 p.m.

Sing everything from The Beatles to The Everly Brothers, from Sinatra to Elvis. Join us for a fun afternoon of singing together.

Songbooks will be provided.

Please sign up.



SENIOR BUS TRIP: ICE CREAM AT RICH'S IN OXFORD

Tuesday, August 13 at 1 p.m.

Fancy a banana split or hot fudge sundae? Join us for this small bus trip to Southbury to enjoy the flavors of summer.

Bus leaves the Senior Center at 1 p.m.

Limited to 12. Please sign up.



Bring a bag lunch with you any day we are open and enjoy conversation with friends between programs.

TECHNOLOGY HELP WITH CLYDE

Wednesdays, August 7 & 21 at 1 p.m. with Clyde

Are you having technology problems? Bring in your phone, laptop or tablet with your questions and let Clyde help you. He will be here the first and third Wednesday of each month. Class size is limited to 8.

Please sign up.



SENIOR BUS TRIP: LUNCH AT TRAMONTI RESTAURANT IN THOMASTON

Wednesday, August 28 at noon

(bus will leave Woodbury around 11:30 a.m.)

Enjoy an authentic Italian dining experience as Chef Antonio brings his expertise straight from Parma, Italy to your table.

Please be aware the restaurant will not do separate checks - one check per table - so please be courteous with your table mates when figuring out what you owe, including your tax and tip. Seating is limited to 12 for this trip.

Please sign up.



IMAGERY JOURNALING

Wednesdays, August 7, 14, 21 & 28 at 1 p.m.

\$3 for materials on your first session

Journaling is a wonderful way to explore, embrace and accept your inner world. In this class you'll receive a journal, art supplies and other creating materials to get yourself started on your journaling journey.



Please sign up.

CRAFT WITH DANIELLE

Monday, August 26 at 1 p.m.

Sponsored by Bethel and Village Crest Health and Rehab Center

Join Danielle to make adorable watermelon coasters. Please sign up.



MUSIC AND TV SHOWS FROM THE 50'S AND 60'S

Tuesday, August 6 at 1 p.m.

SYNERGY HomeCare presents Stephen Armstrong, CCSU professor



Remember the best of TV and music of the 50s and 60s? So does Stephen! He will show videos to reinforce the memories and there will

be plenty of interactive discussion in this fun hour of looking back. Join us to enjoy and reminisce.

Please sign up.



COLLABORATIVE COMMUNITY SERVICE PROJECT

Mondays, August 5, 12 & 26 from 10 to 11 a.m.

Join Kathleen in putting together already crocheted squares using a whip stitch to complete an afghan. All skill sets are welcome.

The completed afghan will be donated to someone in need.

HOW TO USE A FIRE EXTINGUISHER



has again been rescheduled due to the extreme heat to **Thursday, August 29 at 1 p.m.** The program was postponed from June and July due to the extreme heat. Please sign up if you plan to come to the August class.

HIKING



Enjoy nature and the company of others on our guided hikes; hiking at a leisurely pace and just enjoying the day! Please call the Center to sign up or for more information.

Details of each hike will be sent to each registered participant. A waiver will be required from each participant at their first hike of the season.

One Mile Hike: Tuesday, August 13 at 9 a.m.

We'll be hiking the **Great Hill Reservoir Trail in Oxford**. This .8 mile trail is a simple out and back trail from the parking lot to a nice view. The trail is not difficult, with an elevation gain of just 65 feet, but there will be some rocks and roots. If you are looking for a rewarding short hike, and have reasonable walking and balance, you will enjoy this trail. Sign up to receive more information.

Three Mile Hike: Tuesday, August 27 at 9:30 a.m.

By popular request, we're expanding to new areas, this time to **Collis P. Huntington State Park**. Located between Newtown and Redding, we'll meet there and focus on the blue, white and red trail loops, for a total hike of 3 miles and about 250 feet elevation gain. Enjoy this great hiking destination, including many different micro-environments on a summer's day. Sign up to receive more information.

Please sign up for the hikes you want to attend. Once signed up we will send you more detailed information about the hike. Always choose the hike that is right for you. Call if you have

WELCOME TO OUR NEW DRIVER



Please welcome our new bus driver, **Michael Cintron**. Michael will be one of our medical van drivers and as needed for our senior bus.

CONNECTICUT STATE PRIMARY

Tuesday, August 13 from 6 a.m. to 8 p.m. at the Woodbury Senior Center

Please be sure to check any changes to the Senior Center calendar due to the primary.





HAIRCUTS WITH LUCY
Make your appointment today!
Friday, August 9
10 a.m. to 1:30 p.m.

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

Men - \$10 Women - \$15



SENIOR BUS SHOPPING TRIPS
Tuesdays & Thursdays - Woodbury
Mon., August 5 - Naugatuck (leaves at 10 a.m.)
Mon., August 19 - Torrington (leaves at 10 a.m.)
Fridays - Southbury (leaves at 11 a.m.)

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.



EDGAR ALLAN POE AND THE NEW YORK CITY BEAUTIFUL CIGAR GIRL MURDER CASE
presented by Leon DiMartino
Monday, August 19 at 1 p.m.

In the early 1840's Edgar Allen Poe was involved in one of New York City's early murder cases and would be involved not only in trying to help the New York City police solve the case, but also involved as a suspect in the actual murder. Learn the story of this first murder case in New York City police history and how it remains unsolved up until this day. Please sign up.

WRITING ON THE RIGHT SIDE OF THE BRAIN
A summer writing warm-up
with instructor Lin Northrup
Wednesday, August 14 from 10 to 11:30 a.m.
Cost: \$5



“This is what I learned: that everybody is talented, original and has something important to say.” (If You Want to Write: A Book about Art, Independence and Spirit by Brenda Ueland)

Whether you're a writer or always wanted to write, let's warm up our imaginations and see where words take us. We'll experiment with a range of single words and quotes to see what thoughts and ideas they spark in us. We're all communicators, and “op-ed” (opinion writers) with insights and wisdom to share. Please sign up. Limited to 12.

Please find our monthly newsletter on our website: woodburyseniorct.org

Copies are also available at the Senior Center while supplies last.



NAME THE BUS CONTEST
and the winner is....
The Jolly Trolley
 Look for the name on our bus!

VETERANS GROUP COFFEE AND...
Tuesday, August 13
10 to 11 a.m.



All veterans are invited to enjoy coffee, snacks and camaraderie at this monthly meeting headed by Brian Naylor, MSgt USAF retired and Veterans Advocate for Independence Northwest, Inc. Brian can also answer your VA questions and help with support. Please let us know if you would like to attend.

YOU'VE BEEN FLOCKED!

We're spreading a little sunshine this summer with the help of some flamingoes. A family of curious (plastic) flamingoes appears on your lawn with a sign that says “You've been flocked!” when you least expect it, and mysteriously disappears a few days later. It's all in good fun and generates lots of laughter and connection in your neighborhood. Our “flockers” will be active this summer. If you'd be willing to be surprised and delighted by a flock of flamingoes, be sure to let the office at the Center know. You must live in Woodbury. Renters, be sure to ask your landlord first. You won't know when you'll be flocked, but you'll be tickled - ahem...- pink when you are!



Heather Zuckerman

Social Services Director/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, SNAP (food stamps), Medicaid, Medicap, nursing homes, respite care, day care, the Home Care Program (CCC) and other services and benefits for seniors.

Be sure to check out the Municipal Agent bulletin board in the hallway for valuable information.



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.

TRANSPORTATION SCHEDULE FOR MEDICAL APPOINTMENTS

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

Mondays - Waterbury, Middlebury & Watertown

Wednesdays - Waterbury, Middlebury & Watertown

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. Please note we are unable to drive people to surgical procedures, including outpatient or one day procedures.

WOODBURY SENIOR CENTER STAFF



Loryn Ray
 Director of Senior Services



Kathleen Horvath
 Program Assistant



Karen Blanchet
 Office Manager



Heather Zuckerman
 Municipal Agent/
 Social Services Director



Paul Sagnella
 Senior Bus Driver



Nancy Gubiotti
 Senior Bus Driver



Dave Deakin
 Senior Bus Driver



Michael Cintron
 Senior Bus Driver



John White
 Custodian



Bill Aufrict
 Senior Bus Driver



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.

AUGUST 2024


S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
				1 8:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10:00 Balance 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 1:00 Mah Jongg Strategies 1:15 Dime Bingo	2 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 11:00 Bus to Southbury 11:00 Balance Class 12:00 Movie: <i>The Bad News Bears</i> 12:00 Mocktails 1-3:30 NO Table Tennis 12:30-3:30 WCAAA Training	3
4	5 8:30 Stretch & Meditation 10:00 Bus to Naugatuck 10-11 Afghan Project 10-11:30 Volunteer Election Training (Registrars) 10:30 Current Events (virtual) 11:00 NO Balance Class 11:30 Armchair Travel: Hiking 12:00 Tech Help with Adrian 1-3:30 Table Tennis	6 10:00 Balance 10-11 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch 12-3:30 Canasta 1-3 Board Games and Chat 1:00 Music & TV Shows from the 50's & 60's with live entertainment 1:00 Cribbage	7 9-10 Zumba Gold® 9:30 Senior Bus Trip: Boat Ride on Lake Lillanonah 10:00 Quilling Club 11:00 Balance Class 1-2 Imagery Journaling 1:00 Tech Help with Clyde 1:30-2:30 Tai Chi	8 8:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10:00 Balance 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-3 Stitches of Love 1:15 Dime Bingo	9 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 9:30 Walking Club 10-1:30 Haircuts with Lucy (by appt) 11:00 Bus to Southbury 11:00 Balance Class 12:00 Movie: <i>Finding Neverland</i> 1-3:30 Table Tennis	10
11	12 8:30 Stretch & Meditation 10-11 Afghan Project 10:30 Current Events (virtual) 11:00 Balance Class 1-3:30 NO Table Tennis 1:00 Senior Bus Trip: Kimberly Farm in New Milford	13 6 am-8pm CT State Primary at Center 9:00 1-Mile Hike: Great Hill Reservoir Trail in Oxford 10-11 Veteran's Coffee Hour 10:00 NO Balance today 10-11:30 Ask a Mental Health Professional (by appt) 11:00 Stretch, Strength & Core (at firehouse today) 12:00 Lunch (in Act Room today) 1:30-3:30 Canasta (note time) 1:30-3 Board Games and Chat 1:00 Senior Bus Trip: Rich's Ice Cream in Oxford	14 9-10 Zumba Gold® 10-11:30 Writing on the Right Side of the Brain 11:00 Balance Class 1-2 Imagery Journaling 1:30-2:30 Tai Chi	15 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10:00 Balance 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1:00 Mah Jongg Strategies 5:00 Block Party with live entertainment	16 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Health Chats with Heidi: Beating the Heat 11:00 Bus to Southbury 11:00 Balance Class 1-3:30 NO Table Tennis 1-3:30 WCAAA Training 12:00 Movie: <i>The Odd Couple</i>	17
18	19 ZEN WEEK 8:30 Stretch & Meditation 10:00 Bus to Torrington 10:00 Affirmation Cards 10:30 Current Events (virtual) 11:00 Balance Class 1-3:30 Table Tennis 1:00 Edgar Allan Poe and the New York City Beautiful Cigar Girl Murder Case	20 ZEN WEEK 10:00 Balance 10-11 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1-3 Board Games and Chat 1:00 Cribbage 1:30 Deep Stretch & Meditation Demonstration	21 ZEN WEEK 9-10 Zumba Gold® 10:00 Foot & Hand Spa with a Guided Meditation 11:00 Balance Class 12-2:30 Foot Care (by appt) 1-2 Imagery Journaling 1:00 Tech Help with Clyde 1:30-2:30 Tai Chi	22 ZEN WEEK 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10:00 Balance 11:00 Stretch, Strength & Core 12:00 Lunch 12:30-3:30 Mah Jongg 1-3 Stitches of Love 1:30 Sound Healing	23 ZEN WEEK 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 9:30 Walking Club 11:00 Bus to Southbury 11:00 Balance Class 1-3:30 NO Table Tennis 2:00 Explore Henna	24
25	26 8:30 Stretch & Meditation 10-11 Afghan Project 10:30 Current Events (virtual) 11:00 Balance Class 1-3:30 Table Tennis 1:00 Craft with Danielle: Watermelon Coasters	27 9:30 3-Mile Hike: Huntington State Park 10:00 Balance 10-11:30 Ask a Mental Health Professional (by appt) 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1-3 Board Games and Chat 1:00 Community Sing-a-Long	28 9-10 Zumba Gold® 11:00 Balance Class 11:30 Senior Bus Trip: Tramonti Restaurant in Thomaston 1-2 Imagery Journaling 1:30-2:30 Tai Chi	29 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10:00 Balance 11:00 Stretch, Strength & Core 12:00 Lunch 12:30-3:30 Mah Jongg 1:00 Mah Jongg Strategies 1:00 How to Use a Fire Extinguisher	30 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 11:00 Bus to Southbury 11:00 Balance Class 12:00 Movie: <i>The Breakfast Club</i> 1-3:30 Table Tennis	31




QUILLING CLUB
Wednesday, August 7 at 10 a.m.
 Quilling is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. Please sign up for this free program. All are welcome.

TECHNOLOGY HELP WITH ADRIAN
Monday, August 5 at 12 p.m.
 Get personal help with your tech items. Especially your cell phones and tablets. Adrian's last class before he's off to college. Call to sign up.

SENIOR BUS TRIP: BOAT RIDE ON LAKE LILLANONAH
Wednesday, August 7
Bus will be leaving Woodbury at 9:30 a.m.
Cost : \$15




Let's cruise on a relaxing pontoon boat with Captain Ian of Connecticut Watersports. It's a lovely afternoon on the waters of beautiful Lake Lillanonah in New Milford. Your tour includes a snack bag and beverage too. Please sign up. Limited to 12.





HIKING THE ICONIC MCAFEE KNOB: ARMCHAIR TRAVEL WITH LORYN
Monday, August 5 at 11:30 a.m.
 Come see the sights from Loryn's latest hiking adventures in Virginia and Shenandoah National Park and hear how she FINALLY made it to the top of McAfee Knob, the most iconic location on the Appalachian Trail. There will be hiking snacks too! Please sign up. Seating is limited.

WALKING CLUB
Fridays, August 9 & 23 at 9:30 a.m.
at the Woodbury Cemetery




Come walk with Kathleen. Bring a sunhat if the weather is good and a bottle of water; wear comfy shoes and your smile. Call if you have questions, and be sure to sign up so we know you are coming to join us.

DIME BINGO!
Thursday, August 1 & 8 at 1:15 p.m.
 10¢ per card, per game.
 Please sign up.

CRIBBAGE
Tuesdays, August 6 & 20 at 1 p.m.
 A new Cribbage group has started. Please let us know if you're interested in playing.

BLOOD PRESSURE CLINIC
First and Third Tuesdays of the month
August 6 & 20 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, stop in.




READY, SET, KNIT! STITCHES OF LOVE
Thursdays, August 8 & 22
1 to 3 p.m.
 Whether you enjoy to crochet or knit, all are welcome.

Selling out FAST! Near & Far Travel Presents:
Escorted Bermuda 
Charleston & Martha's Vineyard
 Sail Roundtrip from NJ aboard the revolutionized **Celebrity Silhouette!**
May 8-18, 2025 11 Days/10 Nts
From \$1999 pp twin!



Contact the Friendship Tours Ship Shop at 860-243-1630 or 860-243-1630 for more information. Be sure to mention the Near and Far Travel Club when inquiring. A deposit of \$600 is due with the reservation. Final payment is due January 15, 2025.



HEALTHY CHATS WITH HEIDI
Beating the Heat
Friday, August 16 at 10 a.m.
 Join the nurse from Housatonic Valley Health District to discuss Beating the Heat this Summer. Please sign up.



FOOT CARE CLINIC

The Foot Care Clinic is a subsidized program utilizing grant and donation funds providing routine foot care treatment that is not covered by

Medicare or Insurance. The clinic is provided by a practicing Doctor of Podiatry.

To qualify you must be at least 60 years of age, your routine foot care treatments are not covered by Medicare or Insurance, be registered at the Woodbury Senior Center (it's easy to register and there are no membership fees), have an adjusted gross income limit of under \$70,000 per year, there is a fee of \$10 per treatment to be remitted at the appointment, and you must commit to 6 treatments per year for an annual cost of \$60.

For more information and to sign up for this program, please contact the center at 203-263-2828.

WE TAKE CREDIT CARD PAYMENTS!

For your convenience we take credit card payments! Cash and checks are also accepted.



PLEASE BE SURE TO MAKE ALL CHECKS PAYABLE TO: "TOWN OF WOODBURY"



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

Thank you!



MAH JONGG STRATEGIES

Thursdays, August 1, 15 & 29 at 1 p.m.

There are many valid strategies when playing Mah Jongg. Marcia and Karen will take 4 people each date (for a total of 12 spots available - one class per person). Please sign up.



AAA DRIVER IMPROVEMENT MATURE OPERATOR PROGRAM

**Monday, September 16
10 a.m. to 2 p.m.**

Cost: \$15 (checks only - made out to "AAA Northeast" - paid directly to instructor at the class)

This course can save you money on your auto insurance (check with your insurance company).

The cost includes the course materials and certification. AAA requires a minimum of 15 participants to run the class. Please sign up.



CENTER GREETER VOLUNTEERS NEEDED

Share your enthusiasm for the Center by volunteering as a greeter. We are looking for friendly people to make visitors and new members feel welcome. Select two shifts per month of 3.5 hours (either morning or afternoon) to volunteer. Meet people, and get some tangible rewards, such as program credit, too. Call the office for more details.



TABLE TENNIS

**Mondays, August 5, 19 & 26
Fridays, August 9 & 30
1 to 3:30 p.m.**

Please bring your own paddle. All levels of play are welcome.



TRIP INFORMATION

A reminder for those attending the Friendship Tours **Resorts World Catskills Casino/The Drifters trip on Wednesday, September 25**, the motorcoach

bus will be leaving at **8 a.m.** from the Sherman Village Shopping Center, 670 Main Street South, Woodbury. The estimated return from the trip will be 7 p.m. This trip is full.

MOCKTAILS

**sponsored by The Commons of Newtown
Friday, August 2 at noon**



Continue celebrating summer with a free mocktail in the café with your friends. Limited to 35. Please sign up.