

WOODBURY SENIOR CENTER REPORTER

Sponsored by
Southbury Plaza



DECEMBER 2019

MISSION STATEMENT

Volume 39, Issue 12

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.

Senior Center hours are Monday through Friday, 8 a.m. to 4 p.m.

HAPPY HOLIDAYS FROM THE STAFF AT THE WOODBURY SENIOR CENTER!



WITH THANKS...

On behalf of everyone at the Woodbury Senior Center, we express our sincere gratitude to all who help us to bring dynamic, creative and thoughtful programming to our senior community. You make the Woodbury Senior Center a great place to be.

HOLIDAY CHEER - HELP A NEIGHBOR



Some members have asked about ways to help their neighbors this holiday season. Woodbury Services for Seniors has long had a practice of providing Holiday Cheer packages to some of Woodbury's older seniors who may live alone, be homebound, who may be at risk for isolation or simply in need of some holiday cheer. Staff "elves" deliver these packages along with a personal visit. Along with the visit we provide information on services and support available to our gift recipients. Many hands build a caring community, and in response to requests, here's a way for you to help. We'd like to include items such as grocery and gas gift cards, hand lotion, pocket packs of tissues, individually wrapped tea bags, batteries, small packs of cookies or candies, grippie socks, one-size-fits-all gloves, cozy wraps, and more, in each package. If you'd like to donate to help a neighbor, please bring items here to the Center

NO LATER THAN 12/10.

There will be a Holiday Cheer display at the Center near the Health Office with more information on items we hope to include in the packages. If you like, you may select an item to provide from the display, purchase that item and bring it to the Center office.

Thank you for helping our community through our Holiday Cheer program.



HOLIDAY CLOSINGS

The Center will be closed on **Wednesday, December 25** for the **Christmas** Holiday and on **Wednesday, January 1** for the **New Year** Holiday.

There will be no Meals on Wheels deliveries or senior bus transportation.



HOLIDAY POT LUCK PARTY

Friday, December 20
12-2 p.m.


Celebrate the holidays with us at the Center with a free pot luck luncheon and musical entertainment provided by Steven Kazlauskas, Echoes of Sinatra. The Center will provide ham and roast turkey - we are asking that you will please provide side dishes and desserts.

Please let us know what you would like to bring at sign up.

If you would like to participate in our Holiday Grab Bag Gift, please bring a wrapped gift worth at least \$5.




SIGN UPS ARE A MUST BY FRIDAY, DECEMBER 13.




Tuesdays, December 3, 10, 17
9:30 a.m. or 10:15 a.m. (by appointment)
 Volunteer Michael Huhn, a very knowledgeable techie, will be here at the Center to assist you and troubleshoot issues with various technology problems and questions on your iPads, phones, computers, etc. Please sign up for your 45 minute appointment.

MEMORY CAFÉ AT WOODBURY
The Holidays
Tuesday, December 17 from 1:30 to 3 p.m.
 A Memory Café is a welcoming place for people with memory changes and for their family and friends. Each Memory Café is different. Some cafés invite guest artists, some offer education about memory changes and some are just for meeting others and relaxing. All memory cafés have two goals: to help guests feel comfortable and to know they are not alone. Cafés are a place to talk with others who understand what you are going through, a place for couples and families to connect, to leave behind limitations for a while and instead focus on strengths, to enjoy each other's company and to explore something new. Resources and information on future cafés will also be available. This program offered free of charge. Please sign up.




MORNING COOKIES & HOT COCOA
Tuesday, December 24
8:30 to 10:30 a.m.
 Stop in for a warm treat.




PIZZA & MOVIE AFTERNOON
Friday, December 13 at 12:30 p.m.
 Enjoy a free pizza lunch and movie combo sponsored by the Center and The Lutheran Home of Southbury. Watch the movie *The Straight Story*. The film is based on the true story of Alvin Straight's 1994 journey across Iowa and Wisconsin on a lawn mower. Alvin hears that his estranged brother Lyle has suffered a stroke, Alvin makes up his mind to go visit him and hopefully make amends before he dies. Because Alvin's legs and eyes are too impaired for him to receive a driving license, he hitches a trailer to his recently purchased thirty-year-old lawn tractor and sets off on the 240 miles journey from Laurens, Iowa to Mount Zion, Wisconsin.

Sign ups are a must and we ask that you please attend both the pizza lunch and movie as it is one event. Seating is limited to 30 people.



EXERCISE CLASSES
 Class fees are posted below for each class offered.
Payment is due by the start of each session.
Reminder: Out-of-town residents will pay an additional fee - \$5 more for full sessions, \$1 more for drop-ins.

Strength Training and Weights Class with Chris
 Tuesdays and Thursdays, 1-2 p.m.
 December Session: 12/3 - 12/26
 (no class 12/24 & 31)
 \$28 for 7 classes (\$33 out of town)




Mat Pilates with Megan
 Tuesdays and Thursdays, 8:30 to 9:25 a.m.
 December Session: 12/3 - 12/31
 \$27 for 9 classes/\$32 out of town

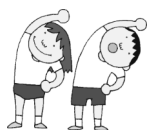
Tai Chi with Susan
 Mondays and Wednesdays, 1 to 2 p.m.
 Current Session: through 12/23
 \$48 for 12 classes (\$53 out of town)



Classic Cardio Dance with Andrea
 Mondays, Wednesdays and Fridays
 8:30 - 9:30 a.m.
 December Session: 12/2 - 12/30
 \$33 for 12 classes (\$38 out of town) or
 \$4 drop in fee (\$5 out of town)



Fitness Fury - Strength, Flex & Condition with Susan
 Mondays, Wednesdays and Fridays
 9:30 - 10:30 a.m.
 \$4 per class at the door (\$5 out of town)




Yoga with Joann
 Tuesdays and Thursdays
 8:30 to 9:30 a.m.
 December Session: 12/3 - 12/19
 (no class on 12/24, 26 & 31 and 1/2/20 -
 Joann will return on January 7, 2020)
 \$30 for 6 classes (\$35 out of town)



...and try these FREE classes:

Exercise for Balance Class with Deborah
 Tuesdays and Thursdays
 10 to 10:45 a.m.

Indoor Walking
 Tuesdays and Thursdays at 11 a.m.
 Follow Leslie Sansone DVD.



NONNEWAUG HIGH SCHOOL CULINARY ARTS
 presents
REGION 14 FARM TO TABLE HOLIDAY MEAL 2019
 Thursday, December 12 at 12 p.m.

FULL

HAIRCUTS FOR MEN AND WOMEN

The Barber Shop/Salon is open on
Mondays, December 2 & 16
10 a.m. to 2 p.m. by appointment
 Hairstylist Jamie Blanchet is licensed to do hair
 for both men and women.
 Make your appointment today!
 - Basic man's haircut: \$10
 - Basic woman's haircut: \$12



FINANCIAL FRAUD BINGO

**A Fun Way to Learn to Avoid
 Banking Scams and Fraud
 Wednesday, December 11
 1 to 2:30 p.m.**

Kathleen Titsworth is the Banking Outreach
 Coordinator at the CT Department of Banking,
 Government Relations and Consumer Affairs.
 She will be presenting an interesting way to learn about
 banking scams and fraud. Bring your questions.
 Please sign up.



SENIOR BUS TRIP:

**Trader Joe's and Whole Foods in Danbury
 Monday, December 23**

Here's your chance to do some last
 minute holiday food shopping at these
 popular grocery stores. Please sign up.



There will be no BINGO held in December.

In 2020 BINGO will be held every other
 month starting on Wednesday, February 19.
 BINGO is sponsored and called by Wendy
 Mutter of The Lutheran Home in Southbury.



**NEW ADVENTURES IN COOKING
 WITH CHEF MARIANNE DESILVA**

**Holiday Entertaining - Dinner Party
 Monday, December 9
 10:30 a.m. to 1:30 p.m.
 \$20/\$25 out of town**

It's that time of the year when entertaining family and
 close friends is on the very "top of your
 Christmas list." Marianne has planned a lovely
 "dinner party" for an intimate group for the holiday
 season. The menu will include Porchetta Pork
 Tenderloin, Roasted Pumpkin and Sweet Potato Pilaf,
 Roasted Fennel with Parmesan and Holiday Chocolate
 Peppermint Trifle. You'll
 get to savor the complete
 meal at the conclusion of
 the class. Please sign up.



**What's in store
 for you?**

Convenient Stores and
 Services with coupons
 to help you save at
southburyplaza.com

**Old Navy
 Now OPEN!**



**Southbury
 Plaza**

Your Stores. Your Place.

**100 Main St. North
 Southbury
 (203)264-0780**

**TJ Maxx
 Stop and Shop**

- AT&T
- Barry's Hallmark
- Catalyst Training Gyms
- Cost Cutters Hair Care
- Ken's Custom Clothiers
- McDonalds
- Merrill Lynch
- MyEyeDr.
- Old Navy
- Oriental Gourmet
- Panera Bakery-Café
- Peoples United Bank
- PetValu
- Premier Wine & Spirits
- Sensation Nail & Spa
- Southbury Music Studio
- Superior Cleaners
- Talbots
- The UPS Store
- Verizon Wireless
- Webster Bank

WINE GLASS PAINTING

**Monday, December 2 from 1-3 p.m.
 \$6 for supplies**

Make a beautiful painted wine glass
 using acrylic enamel glass paint.
 No experience necessary. It would make
 a great holiday gift. Please sign up.



WINTER WEATHER POLICY

The Woodbury Senior Center will handle
 winter weather schedule changes
 independently.

**We are often open even when Region 14 schools
 are closed.**

Please follow these instructions: Should inclement weather
 occur, watch and listen for announcements on the following
 television and radio stations: WFSB - Channel 3, WTNH -
 Channel 8, and NBC-30 - Channel 6, along with WTIC
 AM/FM radio. You may also check our website for updated
 information. Most of all - use your best judgment when
 traveling on roads covered with ice and snow.



WHAT'S YOUR STORY? WRITING WORKSHOP
 with Lin Northrup, M.Ed., R.H.

The session continues on
**Thursdays through December 12
 11 a.m. to 12:30 p.m.**



HAPPY BIRTHDAY TO OUR MEMBERS BORN IN DECEMBER!

- | | | |
|---------------------|----------------------|--------------------|
| Linda Drew | Diane Barkett | Sandy Cox |
| Vincent Russo | Colleen Mongillo | Peter Dauten |
| Richard Winus | Bill Schulz | Fran Adams |
| Marion Meyers | Susan Castriota | Marilyn Cenatiempo |
| Stephen Eschwege | Carole Damon | Angela Pietrorazio |
| Sid Bailey | Alyce Buckley | Sharon Poluhowich |
| Rosemary Werner | Eugene Rosenquest | Carolyn Miller |
| Frieda Denenmark | Paul Pollock | Peggy Rosabal |
| Linda Steelhammer | Richard Thorne | Florence Guay |
| Debbie Downes | Susan Braun | Ginny Potter |
| Betty Stratton | James Duplese | Martin Hutton |
| Carol White | Barbara Krell | Carol Allen |
| Martin Overton | Estelle Sulsky | Allison Prentice |
| Rose Marie Santise | Linda Bignelli | Carol Birch |
| Carolyn Barbieri | Ronald Weitendorf | Walter Kazmierski |
| Dee Daley | William Lindemann | Donald Herde |
| Bobbie Carey | Mary Ann Ferraro | Geraldine Gillen |
| Kathy Anderson | Judy Lewis | Scott Duggan |
| Craig Chessari | Jay Berko | George Roberts |
| Kristin Havill | Antonio Damiani | Ron Judson |
| Mary Stevens | Elaine Williams | Joan Martin |
| Joanne Glenn | Beverley Levine | Sherry Swanhall |
| Eileen Fallas | Nellie Daversa | Norma Heaven |
| Christopher Shay | Chris Boyle | Rosemary Paul |
| Rocco Pugliese | Maryann Dubos | Maureen Rund |
| Alfred Guisto | Bill Springsteen | Marie Meisel |
| Alba Molero Estrada | Eileen Schaarschmidt | Peter Arnold |
| Daniel Moreau | James Pine | Geoff Whan |
| Judie Zerella | Judy Ryan | Laszo Lazar |
| Evelyn Vargoshe | Mary Anne Denton | Jean Hannibal |
| Nick D'Andrea | Vince DeFenthis | Susan Gannon |
| Yvonne Crowley | Julie Gioia | Robert Walzer |
| Bridget Proulx | Paul Blish | Kathleen Shannon |
| Ed Rehak | Reggie Mulrooney | Noreen Swanson |
| Joann Brown | Hope Rushworth | Barry Monroe |
| Robert Vensel | Betty Schebell | Vicki Swarz |
| Patricia Frederick | Philip Maxwell | Carol Moeller |
| John Campanile | Joseph Caston | Nancy Penza |
| Diane Rehak | Dan Denver | |

Celebrate your **December** birthday with lunch and birthday cake on **Thursday, December 26** at 12 p.m. A small token for your birthday will be given to those who sign up in advance. Sign up for lunch to reserve your place. Reservations are required to have lunch at the Center. The requested donation is \$3.50. If your name does not appear on our birthday list, please check to ensure you are registered and your correct information is on file.

**NEAR AND FAR TRAVEL CLUB
INFORMATIONAL MEETING**

Friday, January 31 at 12 p.m.

Do you enjoy traveling to places near and far but are not quite sure how to plan for your trip? Are you interested in seeing something a bit new but are not aware of what is out there? If you don't like traveling by yourself, then join the group for some exciting trips planned for 2020!

June 18: An Elegant Tea at the Delaney House in Holyoke, MA and Cruise on the CT River.

September 9-11: Saints and Sinners in Amish country in PA. Two nights at the Wood Creek Casino and Queen Esther at Sights and Sounds Theater.

December 9: Hudson Valley Christmas at Rheinbeck/Hyde Park.

This is just a small sampling of what is planned for 2020. If unable to attend, but would like further information, please call Arlene Campbell at 203-263-2363.

MASSAGES WITH ANDREA
Wednesdays, December 4, 10 a.m. to 1 p.m.
December 11, 10 a.m. to 3 p.m.
30 minutes is \$25 - 1 hour is \$45

MASSAGES WITH MARY
Fridays, December 6 & 20
9 a.m. to 12 p.m.
30 minutes is \$25 - 1 hour is \$45



Call the Center to make an appointment.



**POMPERAUG DISTRICT HEALTH
NURSE BLOOD PRESSURE CLINIC**
1st & 3rd Tuesdays of each month
10:00 to 11:00 a.m.

Jennifer Moshier - Municipal Agent
203-263-4117
203-266-4310 (fax)

Jennifer's Hours:
Monday through Friday - 9 a.m. to 4 p.m.

Jennifer can help with all your applications - Medicare Savings Program; Medicaid; Medigap; nursing homes; Respite Care; Day Care; the Home Care Program (CCCI) and other services and benefits for seniors.

Please contact Jennifer for information on Energy Assistance and Medicare Open Enrollment.

Woodbury Senior Center Staff

- Director of Senior Services: Loryn Ray
- Program Assistant: Jennifer Skene-Tiso
- Office Manager: Karen Blanchet
- Municipal Agent: Jennifer Moshier
- Senior Bus Drivers: Tom Davis, Bob Hughes and Nancy Gubbiotti
- Meal Site Manager: Donna Cole
- Custodian: John White
- Assisted by many volunteers
- 281 Main Street South
- Woodbury, CT 06798
- 203-263-2828
- 203-266-4308 (fax)
- Email: SeniorCenter@woodburyct.org
- Website: woodburyseniorct.org
- Our newsletter is available on our website.
- And "Like" us on Facebook at **Woodbury Senior Center.**

ON THE ROAD AGAIN...

