

# WOODBURY SENIOR CENTER REPORTER



## DECEMBER 2020

**Mission Statement:** The Woodbury Senior Center will serve as a community focal point providing information, programs, serves and links to promote independent living for adults at least 60 years of age.



### CHRISTMAS TREE "HOLIDAY MESSAGES"

This year we will put the Senior Center tree out on the patio! Our theme will be "Holiday Messages". Feel free to bring a seasonal greeting card with a message for your friends and neighbors - we'll have clips and ribbons and a hole punch so you can hang your card on the tree. Feel free to add an ornament too. Please take a stop by to read the messages.

The tree will out on the patio by Wednesday, December 2.

### DON'T MISS THIS! A STATEWIDE "It's a Wonderful Life" HOLIDAY PARTY ON ZOOM FOR SENIORS AND SENIOR CENTERS

Friday, December 18 from 1 to 2:30 p.m.

This event will feature VIP greetings from around the state, seasonal music, ballroom dancing, "visits" to CT places decked out for the holiday, vignettes celebrating diverse cultures and traditions and more of our favorite things.

Door prizes! Goodie bags (delivered!)

For those of you who registered, watch for a separate email with registration links, or call us at (203) 263-2828 to make sure you are registered. Registration was required by November 23. This is going to be a party to remember!

Brought to you by:



### 2020 REGION 14 SENIOR CITIZEN DRIVE-THROUGH FARM-TO-TABLE HOLIDAY MEAL Friday, December 11 - pick up 10 a.m. to 12 p.m.

This year Nonnewaug High School & Woodbury Middle School will host the 12th annual Region 14 Senior Citizen Holiday Meal. Provided are the details:

- Pre-Registration is required by contacting the Senior Center at 203-263-2828.
- The Senior Center will provide you with a ticket that allows you to pick-up your meal.
- Menu: Turkey Pot Pie, Glazed Carrots, Pan Gravy, Cranberry Sauce, Corn Muffin & Apple Crumb Pie.
- Pick-up: You will be directed to follow the driveway to the right of the high school, past the Agriscience Center and tennis courts to the back of the school. Culinary students will greet you on the patio outside of the cafeteria to pick up your meal.
- Please note this event is for Woodbury Seniors and is limited to 40 people.
- Senior bus transportation will not be provided.

*Happy Holidays*

HAPPY HOLIDAYS AND A  
HAPPY NEW YEAR 2021 FROM THE STAFF  
AT THE WOODBURY SENIOR CENTER!



The Center will be closed on  
Thursday, December 24 and Thursday,  
December 25 for the Christmas Holiday  
and on Friday, January 1 for the New  
Year Holiday.

**HOLIDAYS 2020**

This has been a humdinger of a year, hasn't it? In a year when time seemed to stand still and also go by remarkably quickly, we're here at the winter holidays again. Much about the holidays is going to be different this year, and yet much will remain the same. Our traditions may need to be observed differently – shopping online or making homemade gifts versus going into stores, phone calls and letters instead of large parties, and perhaps most difficult, the obstacles of not gathering in large groups of families or friends.

But among these difficulties are opportunities, if we'll just see them. When we feel bored, that's the perfect time to reach out to someone else. We can lift our own spirits and someone else's with a phone call. Frustration at shopping difficulties can lead to creative gift-giving - share some of your life stories with younger relatives, make a jar of cookie mix to give away. When we're restless from being inside, we can put on warm clothes and head outside. Even a few minutes on the front porch or back deck will feel refreshing and does the mind and body good. IF you're up for it, I can personally attest to the spirit lifting qualities of a winter hike or walk. Just dress for the weather and use caution. I'll wave if I see you!

This issue of the Senior Center Reporter has lots of ideas for making the most of December and onward this winter. You may decide to try your hand at writing a life story (the perfect present for younger family members). For sure you'll want to sign up for the amazing statewide Senior Center Virtual Holiday Party on Zoom with celebrity sightings, holiday merriment and more - with sign ups ending soon, please jump on that one now. And take care of yourself this season too – with information on mental health supports, easy self-care exercises, and gratitude journaling. Read on!

**STORY GIFTING**



One of the best gifts I've ever received was a compilation of stories and memories from my mom – about her own life. It was just a series of "snapshots"; a paragraph about her early school days here, a story about her own father there. It was loosely gathered into "chapters" around themes like "home" "after graduation" and of course, "the kids." I treasure this small volume, and encourage you to do this this holiday season while you are at home. No real writing skill is needed; just tell the story! Get it down on paper, on tape, or even video yourself. Trust me; your family will treasure this gift far more than anything you can buy. So this year, if you're not going out much, you can still gift something very very special - your own life stories.

If you'd like a journal to write in, please call. We have FREE journals available for delivery or pick up. Thanks to Lance Galassi from A Place for Mom, for making these journals available!

**KICKING 2020 TO THE CURB!  
New Year's Eve Grab-and-Go**

**December 31 (pick up 11 a.m. to 12 p.m.)**

Have you had enough of 2020? We sure have! To celebrate the end of this difficult year, we are offering a free New Year's Eve Grab-and-Go. Each person registered will receive a "to go" bag that includes a New Year resolution kit, party favors, appetizers and a non-alcoholic toast to the New Year 2021! Please call (203) 263-2838 to sign up.

**UGLY CHRISTMAS SWEATER CONTEST**



Email us a photo of you wearing your ugly Christmas sweater by Friday, December 18. You could win a prize! Send your photo to: [jtiso@woodburyct.org](mailto:jtiso@woodburyct.org)

**ROCKIN' RAMEN!**

**Monday, December 14 at 10 a.m. on Zoom**

Really good ramen is a memorable treat; that's why ramen restaurants are so famous here and around the world. A bowl of deeply flavorful broth and noodles, topped with so many options for yummy goodness, ramen is a meal perfect for a cold winter's lunch or dinner.



Contrary to what you may think, you CAN get that restaurant ramen experience at home. Hot, easy to make, effortlessly adaptable, and easy on the budget, if you're not making ramen meals, here's your chance to learn! In this Zoom class, we'll be making a classic chicken broth ramen and a vegetarian version based on a coconut curry broth. Class participants will receive the recipes and can cook along from home, or just watch the demo and participate in the discussion.

**PROGRAM CHANGES FOR THE WINTER**



With your health and safety in mind this pandemic winter, all in-house group programs have ended.

Programs will either be virtual, or suspended until milder weather comes in the spring. It's getting too cold to keep windows and doors open during and after programs! Individual services will continue inside the Center, and the Fitness Room will continue to be available by appointment. We will continue to update you on programs and services as changes occur.



...bringing a little holiday to seniors who need to know their community cares.

Woodbury Senior Services has a long history of reaching out to our older residents who may be living alone, who are homebound, at risk for social isolation, or who just have had a year of struggle and need to know that people care. We assemble gifts for each person on our list and hand-deliver them in a personal visit, along with information on resources and services available to our gift recipients.

With circumstances of the COVID-19 pandemic affecting all aspects of Woodbury Senior Services and its operations, the Holiday Cheer Program will look different for 2020, but your help is needed more than ever to ensure the program's success in this challenging year.

Instead of providing physical gifts for every senior, this year's program will take the form of a gift bag with small goodies and the addition of one or more gift cards. We invite you, your family, or your organization to support the project by donating gift cards to local merchants. Gas and grocery cards in small amounts are particularly needed, as are gift cards and gift certificates for local pharmacies. Books of stamps are also appreciated. If you would like to donate to ensure our seniors are remembered this holiday season, please do so and bring items to the Senior Community Center office by December 10. If you would prefer to make a cash donation, we will use it to purchase gift certificates to local stores.

Thank you for your generosity.

Thank you for remembering our older neighbors. Many hands indeed do build a caring community.

**WOODBURY SENIOR CENTER STAFF**

Director of Senior Services: Loryn Ray

Program Assistant: Jennifer Skene-Tiso

Office Manager: Karen Blanchet

Municipal Agent: Jennifer Moshier (currently on Medical Leave)

Senior Bus Drivers: Tom Davis, Bob Hughes and

Nancy Gubbiotti

Custodian: John White

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.

And "Like" us on **Facebook** at **Woodbury Senior Center**.

The winner of WSC's October Marathon in a Month is...

**Linda Heitman**

Thank you to all who participated in the program, it will return in the spring. Until then, keep moving!



**PREPARING FOR EMERGENCIES DURING A PANDEMIC:  
A VIRTUAL CONVERSATION WITH WOODBURY EMERGENCY  
MANAGEMENT DIRECTOR DAVE LAMPART  
Monday, December 7 at 2 p.m. on Zoom**



Join us for a virtual conversation on Zoom with Dave Lampart, Woodbury's Emergency Management Director. We'll discuss how to be prepared for a pandemic winter, including emergencies like snow storms and power outages, and illness or injury.

This is an important topic; your questions are welcome.

Register now by contacting Woodbury Senior Center at (203) 263-2828. Open to Woodbury adults of all ages.

**SENIOR BUS TRANSPORTATION NEWS**

We are adapting our senior bus transportation to meet your needs. Trips are limited to 3 riders. We are now reserving Wednesdays for shopping in and around the Southbury area. Please call us to reserve your seat. We have also had requests to get to stores like Target and Walmart, so we have planned a bus trip to Torrington on Mondays, December 14 & 21.

Since we have had to limit the number of riders to 3, if you have gone on this trip in November, you will be put on a waiting list and we will let you know if there is an opening. Please call early to reserve your seat.

All riders will be screened before getting on the bus and must wear a mask at all times while on the bus.

If you require an aide or companion, they may travel with you and sit in your row with you.

**All trips are subject to change.**



### Senior Learning Network December Programs

All programs begin at 2 p.m. - Log in for roll call @1:45 p.m.

For those who are interested in registering for any of these Senior Learning Network classes, please call the Center at 203-263-2828 and we will give you the link for the class(es) you'd like to attend.

#### Tuesday, December 1 : Christmas with the Roosevelts!

One more program from FDR Presidential Library and Museum - and it's a special one! Do you remember Bing Crosby and White Christmas, then you won't want to miss this presentation! Jeff Urbin uses music, humor and story telling to explain how FDR celebrated Christmas. It is nothing like what is done today, it was a much simpler time!

#### Thursday, December 3: Mitchell Caverns Virtual Tour

Mitchell Caverns, within the Mitchell Caverns Natural Preserve, is a trio of limestone caves, located on the east side of the Providence Mountains. Scientists have found the remains of several prehistoric animals, including a sloth. The caverns were a sacred place for the Chemehuevi Indians, and a number of tools and fire pits have been found. Come join us for a virtual tour with California State Park Interpreter Andrew Fitzpatrick, taking us through a crash course in desert and cave ecology & local history of the Mitchell Caverns in the Mojave Desert.

#### Tuesday, December 8th: Mystic Seaport Museum Part 1 - Navigation through the Great Explorers

We love the Mystic Seaport- and we are back! Join us to learn about navigation through the lens of famous explorers. We will examine the instruments and tools used by Columbus, Magellan, and other famous navigators. Ultimately, we will make a connection between technological improvements and safer, more precise movement around the globe.

#### Thursday, December 10 : Mystic Seaport and Museum Part 2 - In the Footsteps of Galileo

This program challenges us to take on the role of the famous astronomer Galileo Galilei, and to see exactly what he saw centuries ago as he sought to explain the mysteries of outer space. In this program, we will take Galileo's observations of the four large moons around Jupiter, and provide historical context into the magnitude of his findings.

#### Tuesday, December 15th: A Visit to Ellis Island

Prior to 1890, individual states, rather than the Federal Government, regulated immigration into the United States. Castle Garden (now Castle Clinton), located in the Battery of Manhattan, served as the New York State immigration station from 1855 to 1890. Approximately eight million immigrants passed through its doors, mostly from Northern European countries; this constituted the first large wave of immigrants to settle and populate the U.S.

#### Thursday, December 17th: Yogi Berra Museum and Learning Center

Celebrate the 100th Anniversary of the Negro Leagues by exploring The Yogi Berra Museum & Learning Center's newest exhibition DISCOVER GREATNESS: An Illustrated History of the Negro Leagues Baseball. This program displays the remarkable collection of vintage photographs on loan from the Negro Leagues Baseball Museum in Kansas City. Highlights will include a slide-show, video clips about the Negro Leagues, and an augmented reality experience that brings the exhibition to vivid life.

### VIRTUAL EXERCISE CLASSES

#### Virtual Cardio Dance with Andrea on Zoom

Wednesdays and Fridays from 9 to 10 a.m. on December 2, 4, 9, 11, 16, 18, 23, 30 (no class 12/25)

Great music and dance moves in this energetic class! The cost is \$20 for the month of December (8 classes). 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.

#### Virtual Fitness Fury with Susan on Zoom

Tuesdays from 11 to 11:45 a.m. and Thursdays from 10 to 10:45 a.m. - December 1, 3, 8, 10, 15, 17 & 22

You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost is \$20 for the December session (7 classes). You must sign up for the full session. Call the Center to sign up. We will need your email at sign up to send you the Zoom link.

#### Virtual Tai Chi with Susan on Zoom

Mondays and Wednesdays from 1 to 2 p.m. - December 2, 7, 9, 14, 21, 23, 28 & 30

Research shows that Tai Chi benefits senior participants by boosting the immune system, improving balance, strength and flexibility, reducing risk of falls and boosting cognitive functioning. The cost is \$20 for the December session (8 classes). You must sign up for the full session. Call the Center to sign up. We will need your email at sign up to send you the Zoom link.

#### Virtual Mat Pilates with Megan

Tuesdays, December 1, 8, 15, 22 & 29 from 8:30 to 9:30 a.m.

The cost is \$20 for the December session (5 classes). You must sign up for the full session. Call the Center to sign up.

**FREE MASKS**

The Center has free masks available for Woodbury seniors and those who care for them . These are white cotton, double ply masks which can be hand or machine washed, are comfortable to wear, and come in a sealed pack of five. We can offer you a pack of five masks for each older adult in your household, while supplies last. Please call us or stop by the Center to pick up your set of 5 free masks.



**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 .



We have had many exercise mats left at the Center prior to the pandemic. If you have left an exercise mat here at the Center, please call to let us know and we can make arrangements for you to pick it up.



Boy oh boy 2020 has thrown us some real curveballs, some we've dodged and others hit us straight on. In times like these we often think of the quote from Fred Rogers, "Always look for the helpers, there will always be helpers...if you look for the helpers, you'll know that there's hope." We would like to take this space to thank our helpers, the ones whose generosity has assisted in filling our special Holiday Senior Center in a Bags:

The Lutheran Home of Southbury  
SYNERGY Homecare  
A Place for Mom

Residence Inn by Marriott, Danbury  
Ethan Allen Hotel, Danbury  
Brandywine Living of Litchfield

Candlewood Valley Health and Rehabilitation Center  
The Rotary Club of Woodbury  
The Hearth of Southbury

**THE GET WELL CARD BRIGADE CONTINUES FOR JENNIFER MOSHIER**



As many of you know our dear Jennifer Moshier is still away from the office on medical leave. The card brigade is really working to brighten Jen's spirits as she continues on her road to recovery. Continue to mail your cards to:  
Woodbury Senior Center  
C/O Cards for Jen  
281 Main Street South  
Woodbury, CT 06798  
or you could drop them off at the Senior Center

We have blank card stock available for pick up at the Center if you wish to create something unique.

**WE CAN HELP YOU STAY IN TOUCH WITH LOVED ONES THIS WINTER**

The colder months are coming, and our outside visits may become far and few between. Staying socially active this winter, especially with friends and family, is so important. It may be a great time to purchase a new device such as a tablet or iPad, a laptop with a camera and microphone or a new cell phone. If you need assistance in learning how to use apps such as Zoom or FaceTime, we're here to help you stay in touch with your loved ones.

Give us a call at 203-263-2828 to make an appointment for some assistance once you have purchased your device.



**TELEPHONE FRIENDS**

We are looking for people who would be interested in becoming a telephone friend with others. With isolation being an important issue, especially during the current COVID-19 pandemic, this is a great time to meet a new friend and create new social connections.



If you are interested, please let us know. It's a great way to connect with others.

**FREE MONTHLY "SENIOR CENTER IN A BAG"**

Full of opportunities to exercise your brain, your body and your mind. This isn't child's play!  
If you are interested, call the Center at 203-263-2828 to make arrangements to pick up your bag full of great stuff or we can deliver the bag to you. The December Bag is very special!





**HOMEMADE GIFT IDEAS**

Here are a few great, easy ideas for gifts you can make and personalize for everyone on your list:

**Scented Milk Bath** - soothing to body and mind, a steamy scented milk bath is a gift your people will truly love. Mix 1. C. powdered milk, 1/4 c. cornstarch, ¼ c. baking soda and 10 drops essential oil of your choice. Stir and put into glass jars. Let stand at least 24 hours before using (or gifting!)

**Painted Rock Photo Holders** – If you are one of the talented people who have taken to painting rocks to share and to hide for people to find, this is the idea for you. Wind sturdy cooper wire around the rock and, making sure you have enough to stand up about 8 inches from the rock. Coil the top of the wire around a pencil at 2-3 times. Remove the pencil, and you have a great way to show off a favorite photo!

**No-Sew Blanket Scarf** – These scarves are so fashionable and so easy! Because blanket scarves are folded on the diagonal and then tied behind the neck, they use a square of fabric. For each scarf use 1 yard of flannel (42” or 60” wide). Wash the flannel in the washing machine and dry, then lay flat. Cut off any selvage edge. Then cut the material into a large square shape. Fray the edges, either by washing in the machine again, or by hand. To gift, fold carefully and tie with a coordinating ribbon and tag.

**Personal Spice Blend** - are you handy in the kitchen? Blend dried spices and herbs to make your own secret blend. Gift in small jars. Some ideas: Italian blend, bbq blend, everything but the bagel blend.

**Family Recipes** - Assemble one or more ingredients for your famous recipe, tie with a ribbon and include a copy of the recipe. Bonus points if you handwrite the recipe!

**SENIOR CENTER COVID-19 UPDATE**

As we publish this December newsletter, our building is once again closed to the public as the number of Covid-19 cases increase in our area. The office remains open; all outreach and personal services continue, and many of our classes have moved to virtual platforms. We will be sure to let you know when we are able to open once again. In the meantime, we are able to meet with you by phone, Zoom call, or outside on the patio and in the parking lot. Call the Center with questions or concerns: (203) 263-2828.

**INFORMATION FROM SOCIAL SERVICES...**

**ABOUT THE CT ENERGY ASSISTANCE PROGRAM**

The federally-funded Connecticut Energy Assistance Program (CEAP) is designed to help low-income households pay their winter heating bills. CEAP is not meant to pay total heating costs. Households must plan to pay a part of the bill themselves. Yet with the help of CEAP, households may secure fuel service deliveries and defray their utility heating costs. For those whose heat is included in their rent, one-time financial assistance is available.

For eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood. Individuals and families qualify for CEAP based on their gross annual income and household size. Any household with a gross annual income at or below 60% of the state median incomes and has also provided all required documentation is deemed eligible for this program.

Applications for CEAP are accepted through April. Benefits are available only until the annual allotment of funds runs out.

Although CEAP is overseen by the CT Department of Social Services (DDS), it is administered by New Opportunities, Inc. in all towns which are included in its service area.

For information on how to apply and required documentation, call the Energy Division at 203-756-8151 in Waterbury or email [Energy@NewOpplnc.org](mailto:Energy@NewOpplnc.org).



**VIRTUAL AGING MASTERY PROGRAM 2021 ON ZOOM**

**Save the dates below!**

A Zoom link will be sent you to via email to make it easy to join. Please sign up by calling 203-263-2828 by Friday, December 18.

**Introductory Zoom Tech Session:  
Friday, January 8 at 10:30 a.m.**

Topic	Date
Navigating Longer Lives	1/11
Exercise and You	1/15
Falls Prevention	1/22
Healthy Eating and Hydration	1/25
Medication Management	1/29
Financial Fitness	2/1
Advance Planning	2/5
Healthy Relationships	2/8
Sleep	2/15
Community Engagement and Graduation	2/19

## Pandemic Poetry

The Woodbury Senior Center's Pandemic Poetry Contest is back again in the beautiful month of December! In this contest there are no parameters. You are free to write a sonnet, limerick, an ode or free verse, a ballad or whatever poetic form speaks to the poet in your heart. This month's topic... WINTER (of course). As always, the poem must be your original creation, one entry per person. Three prizes will be awarded.

Email your poem to Jennifer Skene-Tiso at [jtiso@woodburyct.org](mailto:jtiso@woodburyct.org) by Friday, December 18

OR mail it to:

The Woodbury Senior Center  
 c/o Jennifer Skene-Tiso  
 281 Main Street South  
 Woodbury, CT 06798

### The winner of the Hilarious Holiday Short Story is...

#### The Ernie Emergency by Beth Lyons

When I was growing up in Iowa, we had a family dog named Ernie. Ernie was a mutt-of-a-dog, part Beagle and part Sheepdog — a white shaggy Beagle. Our dad refused to allow dogs in the house, so Ernie had a doghouse outdoors by the garage. Winters in Iowa could be brutal, but Ernie survived by growing a thick coat and snuggling in his house with a couple of old blankets. One Christmas, however, it was especially cold, probably well below zero, and we begged our dad to allow Ernie to come into the house to keep warm. Dad was adamant about no dogs in the house (fur, fleas, slobber), but he finally agreed to allow Ernie to come inside and sleep in the back entryway. We were ecstatic! And we knew Ernie would be, too. When we brought him into the entryway, we sat him down and had a serious talk: "Be good: no barking, no howling, and whatever you do, don't try to sneak into the house." It went well for the first 15 minutes. Ernie was good — he didn't bark or howl. And he didn't try to sneak into the house....until he realized that someone hadn't latched the door properly. He poked his nose in, sniffed around, then made a beeline for the Christmas tree in the corner. And Ernie, being a dog, did what all dogs do. He lifted his leg and peed on the base of the tree. Unfortunately, there were several presents under the tree that got splattered. We were mortified! And scared! What if Dad found out? Ernie would be banned from the house for life! Even in frigid temperatures! We immediately whisked Ernie away to the back entryway and double-latched the door. Then three girls never cleaned so quickly and thoroughly.

And Dad never did find out.

### Community Outbreak COVID-19 Testing



### FREE DRIVE-THRU TESTING

NO APPOINTMENT NECESSARY - RESULTS IN 24-48 HOURS  
 PLEASE BRING A VALID ID

### OPEN FRIDAYS 11AM-3PM BEGINNING NOVEMBER 6

Located at Quassy Amusement Park  
 2132 Middlebury Rd, Middlebury, CT

### WRITING FROM THE INSIDE OUT VIRTUAL WRITING WORKSHOP ON ZOOM

with Lin Northrup

Thursdays, January 14, 21 & 28 and February 2 & 11  
 from 11 to 12:30 p.m.

\$25 for 5 classes

"Nobody sees a flower - really - it is so small it takes time - we haven't time - and to see takes time, like to have a friend takes time." (Georgia O'Keeffe)

To write takes time. We have to get inside ourselves, discover what's there, and give it words. We've been going through an 'unusual time' personally and collectively. So it's the perfect time to take up the pen, sit at the keyboard, and use our voices.



Write a poem, a story, an essay. It's all on the table. Let's join together, learn new techniques, and jump back into the world of words.

# DECEMBER 2020

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		<b>1</b> <b>8:30-9:30</b> Virtual Mat Pilates with Megan <b>11-11:45</b> Fitness Fury with Susan via Zoom <b>2:00</b> SLN: Christmas with the Roosevelts	<b>2</b> <b>9-10</b> Cardio Dance with Andrea via Zoom <b>1-2</b> Tai Chi with Susan via Zoom Come place a holiday message card on our tree located on the patio starting today!	<b>3</b> <b>10:00-10:45</b> Fitness Fury with Susan via Zoom <b>2:00</b> SLN: Mitchell Caverns Virtual Tour	<b>4</b> <b>9-10</b> Cardio Dance with Andrea via Zoom	<b>5</b>
<b>6</b>	<b>7</b> <b>1-2</b> Tai Chi with Susan via Zoom <b>2:00</b> Preparing for Emergencies During Pandemic: A Virtual Conversation with Woodbury Emergency Management Director Dave Lampart on Zoom	<b>8</b> <b>8:30-9:30</b> Virtual Mat Pilates with Megan <b>11-11:45</b> Fitness Fury with Susan via Zoom <b>2:00</b> SLN: Mystic Seaport Museum Part 1 - Navigation through the Great Explorers	<b>9</b> <b>9-10</b> Cardio Dance with Andrea via Zoom <b>1-2</b> Tai Chi with Susan via Zoom	<b>10</b> <b>10-10:45</b> Fitness Fury with Susan via Zoom <b>2:00</b> SLN: Mystic Seaport Museum Part 2 - In the Footsteps of Galileo	<b>11</b> <b>9-10</b> Cardio Dance with Andrea via Zoom <b>10-12</b> Holiday Meal Pick up at Nonnewaug High School (reservation required)	<b>12</b>
<b>13</b>	<b>14</b> <b>10:00</b> Rockin' Ramen Cooking Class on Zoom <b>1-2</b> Tai Chi with Susan via Zoom	<b>15</b> <b>8:30-9:30</b> Virtual Mat Pilates with Megan <b>11-11:45</b> Fitness Fury with Susan via Zoom <b>2:00</b> SLN: A Visit to Ellis Island	<b>16</b> <b>9-10</b> Cardio Dance with Andrea via Zoom <b>1-2</b> Tai Chi with Susan via Zoom No Tai Chi today	<b>17</b> <b>10-10:45</b> Fitness Fury with Susan via Zoom <b>2:00</b> SLN: Yogi Berra Museum and Learning Center	<b>18</b> <b>9-10</b> Cardio Dance with Andrea via Zoom <b>1-2:30</b> Statewide Holiday Party on Zoom (registration required)  Don't forget to email us your Ugly Christmas Sweater picture by today!  Turn in your Pandemic Poetry by today!	<b>19</b>
<b>20</b>	<b>21</b> <b>1-2</b> Tai Chi with Susan via Zoom	<b>22</b> <b>8:30-9:30</b> Virtual Mat Pilates with Megan <b>11-11:45</b> Fitness Fury with Susan via Zoom	<b>23</b> <b>9-10</b> Cardio Dance with Andrea via Zoom No Tai Chi today	<b>24</b> Center Closed for the Christmas Day Holiday	<b>25</b> Center Closed for the Christmas Day Holiday	<b>26</b>
<b>27</b>	No Tai Chi today	<b>29</b> <b>8:30-9:30</b> Virtual Mat Pilates with Megan No Fitness Fury today	<b>30</b> <b>9-10</b> Cardio Dance with Andrea via Zoom No Tai Chi today	<b>31</b> <b>11-12</b> New Year's Eve Grab-and-Go Pick Up (registration required) No Fitness Fury today		

MY NOTES: