

# WOODBURY SENIOR CENTER REPORTER

Sponsored by  
Pomperaug Woods



FEBRUARY 2020

MISSION STATEMENT

Volume 40, Issue 2

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.**

## MAC & CHEESE AND MOVIE MATINEE

Wednesday, February 26 at noon

Enjoy a Mac & Cheese Bar lunch...think delicious mac & cheese plus toppings like pancetta and bacon! The cost is \$5, which includes mac & cheese bar, dessert and beverages. Please sign up.



After lunch you then have the option of staying for a matinee movie of *Rocketman*, a biographical musical fantasy drama based on the life of Elton John.



## HOLIDAY CLOSINGS

The Center will be closed on **Wednesday, February 12** for **Lincoln's Birthday** and on **Monday, February 17** for **Washington's Birthday**.

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



## LUNCH & LEARN:

### SOCIAL SECURITY EXPLAINED

with special guest speakers **Chad Burroughs** and **Kathryn Deneen**

Sponsored by The Society for Financial Awareness (SOFA). Lunch provided by The Hearth of Southbury  
Friday, February 21

(Lunch 12:00 p.m. - Program 12:30 p.m.)

There are hundreds of ways for a couple to collect Social Security. Do you understand your options? Learn strategies to maximize your benefits, timing of your Social Security benefit filing and the effect of taxes on benefits. Please sign up.



## WRITING FROM THE INSIDE OUT WRITING WORKSHOP

instructed by **Lin Northrup, M.Ed., R.H.**  
**Thursdays, February 13 through March 19**  
**11 a.m. to 12:30 p.m.**  
**\$25/\$30 out of town**

Writing joins the mind and health. It expands the way you relate to the challenges, beauty and mystery of life. By taking the time to listen to your inner voice, you will be amazed by the ideas that want to come forth. The key is to give yourself the freedom to experiment and let your words find their own shape. This class will weave together lyrics, poetry, stories and writing exercises to help you develop your unique style. Join in and have fun going on a creative journey of self-discovery. Please sign up.

## OATMEAL MONDAY

**Mondays through February 24**

**9 to 10:30 a.m. (or until we run out)**

Stop in for a free breakfast including hot homemade oatmeal with assorted toppings, coffee and tea. Make your cold weather Monday mornings better!


## PRACTICAL PROBATE:

### WHEN TO REVIEW YOUR ESTATE PLAN

presented by **Probate Judge Domenick Calabrese**  
**Friday, February 7 from 1 to 2 p.m.**


Ensure your wishes are followed for who will receive your assets after you pass away - Judge Calabrese will discuss providing for loved ones, minimizing estate taxes and maximizing family wealth for future generations, maintaining your independence should you become incapacitated, avoiding conservatorships, avoiding court intervention, minimizing family conflict, asset protection and more. Please sign up for this informative program.






**Tuesdays, February 4, 11, 18 & 25**  
**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**  
**Friday, March 20 from 1:30 to 3 p.m.**  
**All Things Irish**



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.




**AARP DRIVE SMART CLASS**  
**Monday, March 2**  
**8:30 a.m. to 12:30 p.m.**  
**\$20 AARP members - \$25 non-AARP members**  
 This class could save you money on your auto insurance. Contact your auto insurance company to find out. A check made out to AARP is required. Please sign up.

**A MATTER OF BALANCE**  
**Mondays and Wednesdays**  
**February 10 through March 11 (no class 2/12 & 17)**  
**9 to 11 a.m.**

This 4 week program (8 classes) emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. **This session is currently full.**  
 The next session will be held on Mondays and Wednesdays, April 6 through May 4. If you are interested, please sign up. Class size is limited to 12.


**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 to 2 p.m.  
 February Session: 2/4 - 2/27  
 \$32 for 8 classes (\$37 out of town)




**Mat Pilates with Megan**  
 Tuesdays and Thursdays, 8:30 to 9:25 a.m.  
 February Session: 2/4 - 2/27  
 \$24 for 8 classes/\$29 out of town


**Yoga with Joann**  
 Tuesdays and Thursdays  
 8:30 to 9:30 a.m.  
 February Session: 2/4 - 2/27  
 \$40 for 8 classes (\$45 out of town)



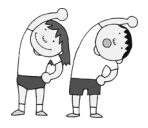
**Tai Chi with Susan**  
 Mondays and Wednesdays, 1 to 2 p.m.  
 Current Session: through 2/26  
**(no class on 2/12 & 2/17)**  
 \$48 for 12 classes (\$53 out of town)



**Classic Cardio Dance with Andrea**  
 Wednesdays and Fridays  
 8:30 - 9:30 a.m.  
 February Session: 2/5 - 2/28 (no class 2/12)  
 \$21 for 7 classes (\$26 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. **(no class 2/12 & 17)**  
 \$4 per class at the door (\$5 out of town)



...and try these FREE classes:

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



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

**AGING MASTERY PROGRAM**  
**Mondays, March 2 through May 4 - 1:30 to 3 p.m.**  
 In this 10 week class you will learn about navigating longer lives, exercise, sleep, healthy eating and hydration, finances, medication management, advance planning, healthy relationships, falls prevention and community engagement. Please sign up for this free program.

**HAIRCUTS FOR MEN AND WOMEN**

The Barber Shop/Salon is open on  
**Monday, February 24**  
**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



**OPEN ART SPACE**

**Tuesday, February 11 at 1:30 p.m.**  
 Come in and enjoy a casual art experience. You can work  
 on adult coloring, work with pastels, watercolors, colored  
 pencils, etc. or bring an item of your own for inspiration  
 to work from if you wish. Please sign up.

**ADVENTURES IN COOKING  
 WITH CHEF MARIANNE DESILVA**

**Instant Pot Cooking**  
**Monday, February 17 at 10:30 a.m.**  
 Learn how to make pork tenderloin with a sweet and  
 tangy gravy, Caribbean sweet potatoes and bulgur pilaf  
 with caramelized onions, sautéed mushrooms and  
 kale...all in an instant pot.  
 The cost is \$20/\$25 out of town. Please sign up.



**AARP TAX AIDE**

**Mondays & Thursdays through April 13**  
**(no taxes on 2/17)**  
**by appointment only at the Senior Center**  
 Be sure to call the Center for your free 45 minute  
 appointment at 1 p.m., 1:45 p.m., 2:30 p.m. or 3:15 p.m.  
**Bring your tax return from last year, all required**  
**documents for this year, and a photo ID for each**  
**person on the tax return.**

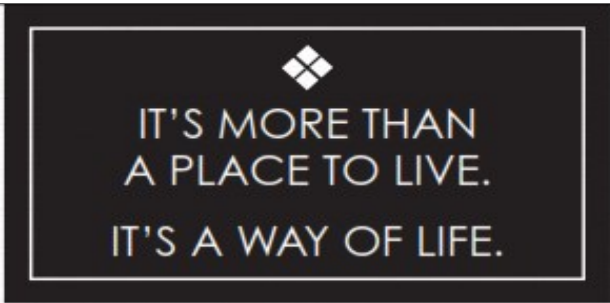
**ON THE ROAD AGAIN...**

**IKEA STORE AND RESTAURANT IN NEW HAVEN**  
**Wednesday, February 5**

Enjoy a fun day shopping in IKEA, which offers  
 Scandinavian modern style furniture and accessories,  
 and lunch in their restaurant located right in the store.  
 The bus will be leaving Woodbury around 10 a.m.  
 Seating is limited to 12. Please sign up.

**JUST LUNCH...AT J. TIMOTHY'S TAVERN**  
**IN PLAINFIELD**

**Wednesday, March 4**  
 Previously Cooke's Tavern, owners Jim and Tim  
 established this new restaurant in 1988. You are in for  
 a wonderful dining experience. Seating is limited to 12.  
 Please sign up.



Southbury's only not-for-profit  
 retirement community.

Call **203-267-2835** today to  
 schedule an appointment  
 or a home visit.

**POMPERAUG  
 WOODS**

80 Heritage Road  
 Southbury, CT 06488  
[pomperaugwoods.com](http://pomperaugwoods.com)



Managed by Life Care Services®



**FLOWER ARRANGING**

sponsored by the Pomperaug Valley Garden Club  
**Monday, February 10**  
**10:30 to 11:30 a.m.**

Floral design or flower arrangement is  
 the art of using plant materials and  
 flowers to create pleasing and balanced  
 composition. Evidence of refined  
 floristry is found as far back as the culture  
 of ancient Egypt. Please sign up for this free class.  
 Space is limited to 12 people.



**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.

**HAPPY BIRTHDAY TO OUR SENIOR CENTER MEMBERS BORN IN FEBRUARY!**



Celebrate your **February** birthday with lunch and birthday cake on

**Thursday, February 27 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 for lunch is \$3.50.

**DEALING WITH CLIMATE CHANGE IN YOUR LANDSCAPE**

presented by **Kim Eierman**

sponsored by the **Pomperaug Valley Garden Club**  
**Tuesday, February 11 at 11 a.m.**

Kim Eierman is the founder of EcoBeneficial. She is an Environmental Horticulturist specializing in ecological landscapes and native plants. Based in New York, Kim teaches at the New York Botanical Garden, Brooklyn Botanical Garden, The Native Plant Center in NY, Rutgers Home Gardeners School and several other institutions.



Seniors who sign up in the office for this program will not be charged.

**BINGO 2020!**

**Wednesdays, February 19, May 20, August 19, December 16**

**1:30 to 3:30 p.m.**



Please join us for an informal, fun filled afternoon of BINGO with your friends. The cost is 10¢ per card, 10¢ to the kitty per game. Please sign up.

**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.**

**MASSAGES WITH ANDREA**

**Wednesdays, February 5 & 26 - 10 a.m. to 2 p.m.**

**Fridays, February 7 & 21 - 10 a.m. to 1 p.m.**

**30 minutes is \$25 - 1 hour is \$45**

**MASSAGES WITH MARY**

**Fridays, February 14 & 28**

**10 a.m. to 1 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.**

**JUNK TO JEWELS IS BACK!**

Back by popular demand...the Junk to Jewels sale will be held on **Tuesday, May 5**. We need donations of unwanted costume jewelry.



Please place all items in a donation basket in the office at the Center. All proceeds will benefit the Center.

**CURRENT EVENTS DISCUSSION GROUP**

facilitated and led by **Penny O'Connell**

**Wednesdays at 10:30 a.m.**

Join this discussion group to share and discuss your thoughts on current events and breaking news.

**ALL POINTS OF VIEW ARE WELCOME!**

This is a great way to begin respectful and meaningful conversations with your peers about your community and world events. Please sign up.

**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)

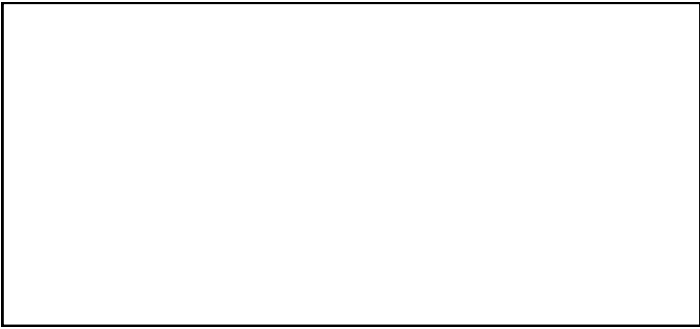
Email: [SeniorCenter@woodburyct.org](mailto:SeniorCenter@woodburyct.org)

Website: [woodburyseniorct.org](http://woodburyseniorct.org)

Our newsletter is available on our website.

And "Like" us on **Facebook** at

**Woodbury Senior Center.**



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