

# WOODBURY SENIOR CENTER REPORTER

Sponsored by  
Woodbury Chiropractic Center and  
Woodbury Physical Therapy



JANUARY 2020

MISSION STATEMENT

Volume 40, Issue 1

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.**

## BEYOND DEATH, MEDICAL FACTS, MYSTICISM AND MEDITATION

with Dr. Matthew Raider

Wednesday, January 29 at 1 p.m.

Since the 1980's when near death experiences became part of the public consciousness, they have held endless attraction for people. Why do they resonate so powerfully with us? Join Dr. Raider, a physician specializing in geriatrics, to hear the latest medical research and discover a simple, natural way to connect with the inner light talked about by those who've experienced a NDE. Through a simple time-honored method of meditation, you too can explore those realms of peace with you. Dr. Raider is a contributing author to "Meditation as Medication for the Soul" by Rajinder Singh. Please sign up.



2020  
HAPPY NEW YEAR

## HOLIDAY CLOSINGS

The Center will be closed on  
**Wednesday, January 1** for the  
**New Year** Holiday and on  
**Monday, January 20** for the  
**Martin Luther King, Jr. Day** Holiday.



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

## A MATTER OF BALANCE

Mondays and Wednesdays

February 10 through March 9

(no class 2/17)

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. Please sign up.

## IT'S UBER EASY TO GET A LYFT: RIDE HAILING FOR MATURE RIDERS

sponsored by AAA

Friday, January 24 from 12:30 to 1:30 p.m.

Learn how to use Uber and Lyft for rides if you choose not to drive. Smart phones are necessary for this program.

Please sign up.



## OATMEAL MONDAY IS BACK!

Mondays, January 6 through February 24

9 - 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!




## NEW ESTATE PLANNING OPPORTUNITIES

with Probate Judge Calabrese


Friday, January 17 at 1 p.m.

Judge Calabrese will discuss dramatic changes in CT law that have increased the flexibility and utility of Powers of Attorney in CT. He will also discuss how the CT Uniform Limited Liability Company Act has strengthened liability protection for Connecticut LLC's. Judge Calabrese will present how the changes in these laws can be used to assist us in estate planning drawing on his 17 years on the bench and 24 years as a practicing attorney. Please sign up.







**Tuesdays, January 7, 14, 21 & 28**  
**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, January 31 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.


**ON THE ROAD AGAIN...**

**Black Rock Tavern in Thomaston**  
**Wednesday, January 22**  

 The tavern offers selections of "International American" cuisine, complete with a wide selection of entrees, lunches and appetizers for casual and elegant dining. Build your own burger or be your own chef with sizzling hot rock entrees. The bus will be leaving Woodbury around 11:30 a.m. Seating is limited to 12. Please sign up.


**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.





**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.

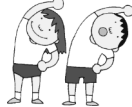
**Strength Training and Weights Class with Chris**  
 Tuesdays and Thursdays, 1-2 p.m.  
 January Session: 1/2 - 1/30  
 \$36 for 9 classes (\$41 out of town) 

**Mat Pilates with Megan**  
 Tuesdays and Thursdays, 8:30 to 9:25 a.m.  
 January Session: 1/7 - 1/30 (no class 1/2)  
 \$24 for 8 classes/\$29 out of town

**Yoga with Joann**  
 Tuesdays and Thursdays  
 8:30 to 9:30 a.m.  
 January Session: 1/7 - 1/30  
 \$40 for 8 classes (\$45 out of town) 


**Tai Chi with Susan**  
 Mondays and Wednesdays, 1 to 2 p.m.  
**12/2 snow day make up class on 1/6**  
 Next Session: 1/8 - 2/26  
 (1/29 at the old Town Hall)  
 (no class on 1/20, 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.  
 January Session: 1/3 - 1/31 (no class on 1/20)  
 \$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) 

...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. 

**HAIRCUTS FOR MEN AND WOMEN**

The Barber Shop/Salon is open on  
**Monday, January 27**



**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, January 14 at 1:30 p.m.**

Come in from the cold, warm up and enjoy an afternoon of 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.



**THANK YOU!**

A great big thank you to all who contributed to the November toiletry drive. Hundreds of items were donated, sorted and given to the Woodbury Food Bank. Your generosity is greatly appreciated by the many clients the Food Bank serves. Happy New Year!

**AARP TAX AIDE**

**Mondays & Thursdays, February 3 thru April 13 (no taxes on 2/18)**

**by appointment only at the Senior Center**

Be sure to call the Center **NOW** 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.**

**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 CHIROPRACTIC CENTER.COM**

Dr. Steven Levy, D.C., F.I.A.C.A.

264 Main Street South  
Woodbury, CT 06798  
(203) 263-0400

Chiropractic, Physical Therapy,  
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at one convenient location

**WOODBURY PHYSICAL THERAPY.COM**

Maureen Munson-Bette, PT

264 Main Street South  
Suite 200  
Woodbury, CT 06798  
(203) 263-0002



**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.

**WINE GLASS PAINTING**

**Monday, January 6 from 1-3 p.m.  
(rescheduled from December)**

**\$6 for supplies**



Make a beautiful painted wine glass using acrylic enamel glass paint. No experience necessary. Please sign up.

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



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

**Thursday, January 23 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.

**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.

**BINGO 2020!**

**Wednesdays, February 19, April 15, June 17, August 19, October 21, 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, January 8, 22 & 29 - 10 a.m. to 2 p.m.**

**Fridays, January 10, 24 & 31 - 10 a.m. to 1 p.m.**

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

**MASSAGES WITH MARY**

**Fridays, January 3 & 17**

**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**, just in time for Mother's Day, graduations and thinking ahead to Christmas and Hanukkah.



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.



Due to the increasing cost of coffee cups, we are encouraging you to please bring in your own coffee mug. We will have a storage cabinet for your mugs. Please mark them with your name and return your clean mug to the storage cabinet when finished.

**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...**

