

WOODBURY SENIOR CENTER REPORTER



JANUARY 2021

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.

SENIOR CENTER BUILDING REMAINS CLOSED

At the time of publication, the Senior Center remains closed to the public due to the rise in COVID-19 cases in our community. Please know that while our building is closed, our services are still open! Call the Center for any questions you may have or services you may need, and read on for information about our many virtual and at-home programs in January.



30 WAYS TO BEAT THE JANUARY BLAHS

The decorations are down, the champagne's gone, and now it's January.

This year, especially with so many of us staying inside during

the pandemic, it's going to take some energy to transform

January blahs into January "aahs." Throughout this newsletter, you'll find 30 ideas for making your January at home a little more fun. Let us know which ideas you tried! Bonus points (and a chance to win a \$10 gift certificate to a local grocery store) if you write down all the ideas, number them and return your list to the Center by January 31!

FITNESS CHALLENGE WALK ACROSS AMERICA

Who wants to take a trip?

Well, until it's safe to travel again, we're doing a Fitness Challenge Walk Across America for fun and fitness. Join us in counting your steps as you walk around your house, your driveway or your community; every step counts. Then report your steps to the Center. We will add them all up and see how far we can go together on a group map. California or bust! To participate, register by calling the Center. We'll send you a step tracking sheet, a map of our route and a short newsletter about our walk and what to expect. Count your steps and report your steps to us twice per month. We'll keep track at the Center and send out regular updates of our distance, our stories and the sights along the way in our "trip." No computer needed to join, just a way to monitor your distance in steps (or feet, if you use a wheelchair). Let's have some fun and stay connected and moving this winter. Free step counters for the first 20 people who need them (if you have a smartphone, we can help you use the pedometer app). At the end of April we will hope to be able to meet outside for a celebratory last lap together. There will be prizes and surprises along the way. Sign up today by calling 203-263-2828.



JANUARY SENIOR CENTER OFFICE HOLIDAY CLOSINGS



The Center office will be closed on **Friday, January 1** for the **New Year Holiday** and on

Monday, January 18 for the **Martin Luther King, Jr. Holiday.**

There will be no senior bus transportation.





RANDOM ACTS OF PUZZLES

Jigsaw puzzles are fun and pass the time, but did you know they are proven to be good for your brain too? Every week in January we will select two people at random from our membership to receive a new 500-piece puzzle.

THANK YOU FOR YOUR SUPPORT

Despite the COVID-19 pandemic, our 2020 Holiday Cheer Program was a huge success. We send a grateful thank you to everyone who donated to the program. We were able to deliver packages and a bit of holiday cheer to every person on our list. Thank you!



AGING MASTERY PROGRAM GOES VIRTUAL

**Mondays and Fridays starting January 11 for 10 weeks
11 a.m. to 12:30 p.m.**

This time of year thoughts turn to the New Year and becoming a "better you." Make the most of the New Year by enrolling in the virtual Aging Mastery Program at the Center via Zoom. Each participant receives an AMP kit worth more than \$60. Graduates rave about the "game changing" nature of this class; in fact, more than 90% of graduates recommend the program to their friends. This course is free. Seats are limited. You must have internet connectivity and Zoom access to participate. Call the Center at 203-263-2828 to sign up.



BRASS CITY HARVEST VIRTUAL COOKING CLASSES

with Nutritionist Nichole Texiera

**Thursdays, January 14, 21 & 28 and February 4
1 to 2 p.m. on Zoom**

Join Brass City Harvest's Nutritionist, Nichole, for a virtual experience of your favorite cooking class on Zoom. Nichole will take you through a recipe featuring a local produce item and you are free to join along from your kitchen at home or try it on a different day (we'll send you the recipe ahead of time if you have email). The second half of the class will be a discussion of a different nutrition topic each week. Class participation is encouraged and recipe or nutrition topic suggestions are welcome.



Please call to sign up and be sure to give us your email address so we can send you the Zoom link.



Driver Safety



AARP SMART DRIVER ONLINE COURSE

For measures of safety for their class attendees, hosts, and volunteers; AARP has canceled their in-person programs through the end of February 2021.

If you need to renew your car insurance discount try AARP's online course! They are extending a special 25% off discount through the end of the year.

Website:

<http://www.aarpdriversafety.org>

Promo code for 25% discount: DRIVINGSKILLS

-Get outdoors. Even 10 minutes of sunshine a day can significantly boost our Vitamin D levels. Vitamin D has been shown to improve mood and fight depression, fight off disease and even help with weight control! Bundle up, but be sure to let your face (and if not too cold, your hands) enjoy the sun, because we absorb Vitamin D through our skin.

-Put a chair next to a sunny window, and enjoy your morning coffee or tea from there.

-Do a jigsaw puzzle. Good for your brain and it makes the time go quickly. Do you have a smart phone or tablet? Try a jigsaw puzzle app! All the fun and no trying to pick up small pieces.

**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.

-Write a letter. This old-fashioned way of staying in touch is making a resurgence.

-Adopt a plant. Adding live plants to your home goes a long way to making us feel better. Do you already have more than you can use? Call us. We will happily take your divided extras and give them to people looking for greenery.

-Go tropical. We can't safely travel far this year, but we can bring the tropics home. I'm thinking of mojitos and salsa music in my house this winter!

-Make soup from scratch. Find a good recipe and have fun. Bonus benefit: it smells heavenly.

NATIONAL SOUP DAY IS FEBRUARY 4!

Homemade soup is SO good there's a holiday named for it. It's so good, in fact, that we can't celebrate just one way...we have to do TWO events! Sign up for one or both; they are both free to enjoy.



Soup Recipe Contest – send us your recipe for homemade soup. We'll publish some of the entries in our February Newsletter, and pick one person at random to receive a \$25 gift certificate to Labonnes!

Soup and Sweets Grab and Go Lunch - Thursday, February 4 from 11:30 am – 12:30 pm. Menu includes your choice of homemade chicken noodle, ham and bean, or tomato-basil soup, a corn muffin, and cookies. You must register in advance and tell us your soup preference at registration. All food will be packed, chilled and ready to reheat at home. Sign up by January 20.

SENIOR BUS TRANSPORTATION NEWS



We are adapting our senior bus transportation to meet your needs.

Trips are limited to 1 rider at a time (plus aide if required). Bus ride appointments are limited to doctor appointments in

Woodbury, Southbury, Middlebury, Watertown and Waterbury. Shopping is limited to Woodbury for groceries at LaBonne's or New Morning and any Woodbury or Southbury pharmacy. Please call us to reserve your seat at 203-263-2828. All riders will be screened before getting on the bus and must wear a mask at all times while on the bus.

All trips are subject to change.

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**.

TAKE OUT TODAY

Ready for an early bird special? We are partnering with local restaurants to offer a special meal for Woodbury seniors and support area businesses at the same time. Once each month this winter, we will offer a delicious meal, prepared by local restaurants and picked up curbside at the Senior Center at a modest cost. Meals are cooked fresh, chilled and boxed to go, and they will come with easy reheating instructions. Reservations deadline will be one week in advance. We hope you'll enjoy this easy and safer way to enjoy a change of pace with delicious local takeout while supporting local businesses!

Sorry, no menu changes.

**January's Take Out Today is Tuesday, January 26
Pick up Senior Center from 1 to 2 p.m.**

**January's Take Out Today Menu
(A thank you to Woodbury Deli for being our first restaurant to participate in this program)**

Full Early Bird Dinner

Chicken Francese

Herbed Mashed Potato

Sautéed Vegetable Medley

Cream Puff



The cost is \$8 per person (meal valued at \$12 - please feel free to donate more if you are able to). You must reserve and pay for your meal by noon on January 19. Pick up is between 1 to 2 p.m. at the Senior Center on Tuesday, January 26. Follow the signs for curbside grab-and-go. Please wear a mask and do not exit your car during pick up.



O, wind, if winter comes,
can spring be far behind?

-Percy Bysshe Shelley-

NATIONAL PEANUT BUTTER DAY IS JANUARY 24

If you're a fan of peanut butter, you'll love this easy to make treat!



Easy Peanut Noodles

- 8 ounces spaghetti
- 1 bunch green onions, sliced (white parts only)
- 2 tablespoons sesame oil
- 1 teaspoon minced fresh ginger root
- ½ cup peanut butter
- ¼ cup soy sauce
- ¼ cup hot water
- 1 tablespoon cider vinegar
- 1 teaspoon white sugar
- ¼ teaspoon crushed red pepper flakes

Instructions:

Cook pasta in a large pot of boiling water until done. Drain. Meanwhile, combine oil and onions in a small skillet. Sauté over low heat until tender. Add ginger; cook and stir for 1 to 2 minutes. Mix in peanut butter, soy sauce, water, vinegar, sugar, and red pepper flakes. Remove from heat. Toss noodles with sauce, and serve. (note: add leftover chicken, tofu, peanuts and/or veggies for a fantastic main dish!)

-Alphabetize your spices. If you like to cook, you probably have lots of little bottles of herbs and spices. Organizing these alphabetically is an afternoon's activity, and you'll be rewarded many times over each time you go to look for a particular ingredient.

WOODBURY UKULELE BAND BEATLES-PALOOZA

The Woodbury Ukulele Band welcomes you! WUB was created two years ago as a way to bring people of all ages together to have fun playing music and singing with the ukuleles. Whether meeting in person, or virtually, as we've done the past many months, WUB is a great place to meet new people, learn to play an instrument, and have a great time. Ukulele is a simple instrument to play, so dig one out of the closet and come to the next session of WUB online on Friday, January 8 at 7 p.m. on Zoom. No ukulele? No problem. We have many ukes at the Woodbury Public Library waiting for you to check out. We can even deliver!



Call the Senior Center to be added to the email list so you can get the Zoom link, and be sure to check out the WUB website at <https://woodburyukes.org/>. Here you'll find song sheets, meeting details and much more. January's session features music by the Beatles; we hope to see you there.

-Improve your sleep habits. Set a fixed bedtime and waking time. Keep the bedroom cool and dark while you sleep. After a few weeks, you'll find you are sleeping more soundly and feeling better during awake time.

-Start a party line. Agree with some friends to make a daily phone call to chat. Stay in touch even when we are apart.

-Make pasta. As in from scratch. A little flour, salt and water; roll out, cut into strips or tear into "rags". Set out on a floured towel to dry. Feast tonight!

VIRTUAL EXERCISE CLASSES

A Note About our Virtual Exercise Classes:

At the beginning of the pandemic, we made a decision to discount the fees for our virtual exercise programs until the end of the calendar year. This decision meant that all virtual exercise programs offered by the Woodbury Senior Center would have a monthly fee of \$10 if the class meets once per week, or \$20 if the class meets twice per week, a savings to participants of \$10-\$15 per month. We are happy to announce that we will continue this policy until April 2021. Please use this opportunity to try one of our virtual classes. Stay connected to others and stay fit in mind and body.

Virtual Cardio Dance with Andrea on Zoom

Wednesdays and Fridays from 9 to 10 a.m. on January 6, 8, 13, 15, 20, 22, 27 & 29

Great music and dance moves in this energetic class! The cost is **\$20** for the month of January (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. - January 5, 7, 12, 14, 19, 21, 26 & 28

You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost is **\$20** for the January 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.



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 .



**SUCCULENTS INDOOR GARDEN PROJECT
GRAB-AND-GO AND ZOOM CLASS**

Monday, January 11

**Pick up your kit at Center between 11 a.m. and 12 p.m.
The Zoom class demo will begin at 2 pm (optional)**

This winter bring a little bit of green and bright color into your home with our succulents indoor gardening kit-in-a-bag. This grab-and-go kit contains everything you need to create a beautiful indoor succulent garden, a bit like a terrarium, to keep or to share with someone special



as a gift. You will need to provide the shallow dish or bowl (or even a teacup or two) and any other small items you want to add to make your garden unique.

Each kit will also contain printed instructions on how to set up your

succulents garden, and for those who wish, Jen will do a Zoom class demo and we can build our gardens together online! The cost is \$5 per kit. Woodbury seniors will have first priority. Others will be put on a waiting list and if there are kits available, will be called.

Please be sure to call 203-263-2828 to sign up by Thursday, January 7 - maximum of 20 sign ups.

We have had many exercise mats left at the Center prior to the pandemic. If you may 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.



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 may 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.

GET WELL CARDS FOR BOB HUGHES

Another one of our staff members is in need of having his spirits lifted - Bob Hughes is currently out on a medical leave, undergoing a course of treatment.

If you would like to send Bob a card, please mail or drop off your cards to the Senior Center and we will forward them

to Bob. He would love to hear from you!



-Read a good book. Need help finding a good one? The Woodbury Public Library is packing reading materials to go for curbside pick-up. The Senior Bus can also bring you the books you reserve!

-Do a random act of kindness. Leave a note on a neighbor's door. Wave to someone going by. Bake a pie and share slices on paper plates with people in your building (use no-contact delivery!)

-Order takeout for a treat. Change up your routine while supporting a local business.

-Organize. Yes, you did this in March, but have you seen your closet lately?!

FREE MONTHLY "SENIOR CENTER IN A BAG"

Start the new year off with a bright and engaged brain; sign up for the monthly SCB today. Full of opportunities to exercise your brain, your body and your mind.

This isn't child's play!

Call the Center at 203-263-2828 to make arrangements for pick up or delivery.



DETECTING FRAUD..."LEARNING HOW TO PROTECT YOURSELF AND YOUR FUTURE" A ZOOM PRESENTATION with Ryan Storms from Newtown Savings Bank

Tuesday, January 26 from 12:30-1:30 PM

The objectives for this course will be to enable you to recognize and reduce the risks of financial mismanagement, recognize and guard against scams and identity theft, provide planning tools for future life events.

This is a one hour program with 45 minutes for content and 15 minute Q&A period at the end. Each participant will be emailed a guide which follows the presentation.



TAX PREPARATION ASSISTANCE

With the Covid-19 situation still affecting our communities, AARP, VITA and other free tax preparation assistance programs are still working out details on if, when and assistance will be available to older adults in 2021. We are eager to help you get the help you need to do your taxes and will pass along any information we get. If we are able to host tax appointments at all, we expect there will be far fewer appointments available. We highly recommend you use an alternate method of getting tax preparation assistance, if possible, including:

- If you are able to prepare your taxes and file them online yourself, please do so.
- If you can enlist the help of a trusted friend or family member, please do so.
- If you have computer access, there will be online assistance available from several resources. We will post those resources as soon as the details are made public.

The IRS website itself has a tutorial and can walk you through the process; this is a free service. You may just find you can do this yourself. Find them at: <https://www.irs.gov>

You may want to hire someone to help you this year, if you are able.

Again, we will keep you posted via this newsletter, press releases and email blasts as information develops.

-Bring some color inside. Add some color to your home with fabric, paint or even books.

-Do brain games. Research conflicts on whether these types of games actually improve your brain health and brain power, but we know it doesn't hurt!

-Get to know your tech device. It's frustrating having a device and not understanding how to do the things you want, such as send a photo or use Zoom. Find out how! We can give you resources you'll still be using long after we are out and about again.

INFORMATION FROM SOCIAL SERVICES...

ABOUT THE CT ENERGY ASSISTANCE PROGRAM

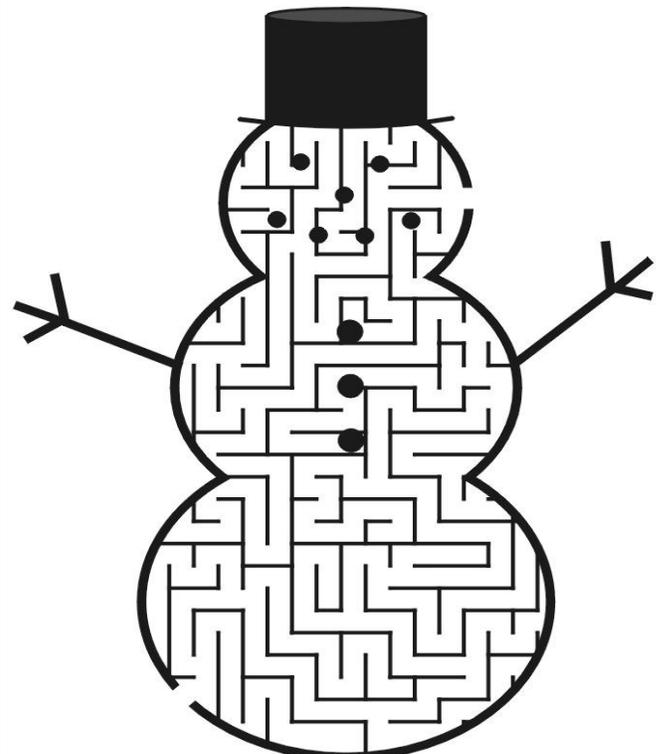
The federally-funded Connecticut Energy Assistance Program (CEAP) is designed to help low-income households pay their winter heating bills. CEAP is not meant to pay total heating costs. Households must plan to pay a part of the bill themselves. Yet with the help of CEAP, households may secure fuel service 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.

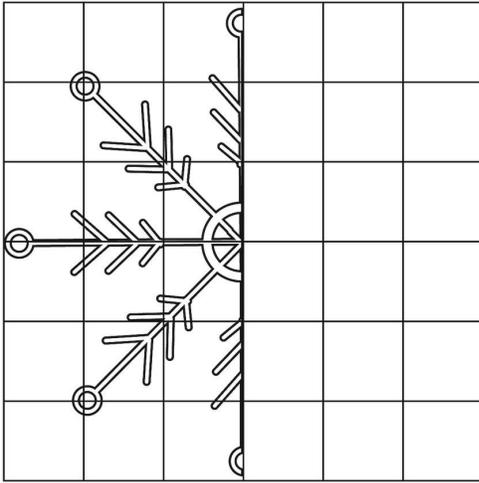
Applications for CEAP are accepted through April. Benefits are available only until the annual allotment of funds runs out.

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.



Complete the picture



-Breathe. Just sit, and focus on breathing for several minutes several times per day. Good, focused breathing can improve your oxygen levels, your speech, and your mood.

FILE OF LIFE

Thank you to the Woodbury Ambulance Association for making Files of Life available to you.



Why everyone should have their own **File of Life**:

Medical emergencies can happen anytime. When they do, there is confusion, panic and urgency. Paramedics arrive on the scene with no information about

the person in need. Seconds count – they can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Who do they want us to call? How do we contact their family or friends? **File of Life** puts these answers at their fingertips. It allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room. **File of Life** has already saved thousands of lives. It is an absolute asset to emergency preparedness, and peace of mind, for every household and community across the nation.

If you would like a **File of Life**, please contact the Center at 203-263-2828 to arrange for a pick up, or we could deliver it to you.

Please be sure to update your **File of Life** on a regular basis to keep your information as current as possible.

We will have blank forms at the Center if you need a new one for any updates.

-Move your body. Your choice of what to do...but get moving! There are more online exercise classes than ever before, and many are free of charge. Call if you need help finding the program for you.

-Sort your photos. This is a great activity for those chilly days when outside isn't a possibility.

*At the sound of the tolling midnight bell
a brand new year will begin.*

*Let's raise our hopes in a confident toast,
to the promise it ushers in.*

*May your battles be few, your pleasures many,
your wishes and dreams fulfilled.*

*May your confidence stand in the face of loss
and give you the strength to rebuild.*

*May peace of heart fill all your days
may serenity grace your soul.*

*May tranquil moments bless your life
and keep your spirit whole.*

unknown



R L S E N Y B F Q S A H
X E R K C M O P D N J I
S C T V A O S K I O G T
W E D N K T A H Z W L O
O C C X I F I T P M A Z
L O J I R W T N Y A B S
E L W E P I L S G N T S
B D E V C F M R E O L E
N Z S E T A K S O E G T
E T U D K P S B D Y N I
R S N O W B A L L C U H
F I L S A R U N Y I B W



BELOW	SKATING
BOOTS	SKI
COAT	SLED
COLD	SLIP
FREEZE	SNOWBALL
ICE	SNOWMAN
ICY	WHITE
SKATES	WINTER



-Watch a great documentary. Documentaries have come a long way from the dry, dull, monotone programs of years past; they are a wonderful way to expand your own knowledge and try on new perspectives. We recommend My Octopus Teacher on Netflix; or anything by Ken Burns on PBS. Share your ideas with us for a future newsletter.

-Discover podcasts. Podcasts are a cross between hi-tech story telling and old-time radio shows. They vary widely, but the best tell stories and explore concepts and ideas with a unique ability to keep us engaged through music, sound clips and more. You'll find podcasts on the computer, tablet or cell phone app store.

COVID-19 VACCINE INFORMATION

State and local agencies are preparing to distribute COVID-19 vaccines as they become available. Vaccine will start to become available quickly after approvals are in place, and weekly shipments are expected to follow. At the time of publication, plans are to begin vaccinating community dwelling CT residents over the 65 and those under 65 with health considerations beginning in the first quarter of 2021, hopefully in January depending on vaccine availability. According to the State's COVID-19 plan of response, it is recommended that everyone be prepared to get the COVID-19 vaccine when it is appropriate and available to them, but getting vaccinated is voluntary. While the State is expected to report aggregate data about how many people have been vaccinated, personal and health information will always remain protected. Follow these resources for more information and to stay up-to- date on vaccine plans and information in our area:

The State of Connecticut at <https://portal.ct.gov/Coronavirus/covid-19%20vaccinations>

the Pomperaug District Department of Health website at: <http://pddh.org>

the Town of Woodbury at <https://woodburyct.org>

and Woodbury Senior Services at <https://woodburyseniorct.org>

-Be a virtual volunteer. For ideas on how to get started, see our December or September newsletter, or give the Center a call.

-Simplify. Are you thinking of downsizing, simplifying or just clearing out clutter? Now is a great time to decide who gets your treasures, and you'll sleep better knowing things are sorted.

Our good friend Melissa Marici from Candlewood Valley Health and Rehabilitation made two wonderful programs available to our folks at the Woodbury Senior Center to participate in. The first is a medical information session called "The Doctor Is In!" with her husband and medical director of CVHR, Dr. Kenneth Marici. The second is a winter photo contest with monetary prizes. Information regarding sign ups to these great programs can be found below.

The Doctor is In!

Ask Your Questions

First Monday
Every Month
7:00-8:00pm



RSVP
860-355-0971
ext 11



Dr. Kenneth Marici
Geriatric Specialist
Medical Director, CVHR

**TAKE CHARGE OF
YOUR HEALTH**



**SENIORS AGE 65+
PHOTO CONTEST**



**THEME:
SNOW**



Enter to Win:

\$250 1st Prize
\$100 2nd Prize
\$75 3rd Prize

Deadline:

3/1/20



Send Photos:

Mmarici@
Candlewood
Valley.com



860
355-0971
Ext. 11



HOW TO GET THROUGH A WINTER STORM

- Update your Code Red account! Many people have eliminated their landline and never registered their cell phone for Code Red updates. Go to the Town of Woodbury website to update your account. No computer? No problem...call the Senior Center for help in signing up.
- Stay inside and safe at home whenever possible. Stay off the roads until they are clear of ice and downed wires.
- Let someone know you are there, especially if you live alone. Many people use the buddy system of frequent check-ins. The Senior Center maintains a list of people who appreciate check-in phone calls during a storm; call (203) 263-2828 to add your name to the list.
- The Woodbury community wants you to feel safe, seen, and secure during emergencies. If you have a problem you cannot solve, let someone know. Use the phone numbers on this handout.
- Potable water can be found at the Emergency Services Building on Quassuk Road.
- Charging stations can be found during outages at the Library, Firehouse, and Senior Center. Outside charging stations will also be available at the Senior Center.
- The decision to open a shelter will be made on a storm by storm basis. You are welcome to call the Senior Center for updates.
- During the pandemic, feel assured that if you need emergency care, you should still call 911.
- The Senior Center is a valuable resource in getting information and connections to services in an emergency. (203) 263-2828.

- Dance.** Seriously. Stand up, put on some happy music and spend 5 minutes dancing in your living room. No one can see you. You'll be glad you did!
- Get your financial and health affairs in order.** Don't put off making important end of life care plans. If you haven't done yours, do it now. If you've experienced one of the 3 D's (a new decade, divorce, or death of a partner), it's time to update.
- Rediscover an old hobby, or learn a new one.** Knitting, collage, painting...now is a great time to try. Have you seen the new paint-by-number sets? Amazing! Order online.
- Eat and drink away from the screen.** Having your meal at a table, as opposed to the kitchen counter or in front of the tv, sets this time apart and adds structure to your day.

Unscramble the letters to find the words in our

Winter Sports Anagram



Hidden word (circled letters)

□ □ □ □ □ □ □ □ □ □

- s r a w b n o o d _____
- e g u l _____
- k s i g a t n _____
- n i b a t h o l _____
- h o y c e k _____
- i n g k s i _____
- r g i c u n l _____
- s n t o e l e k _____
- t s o s r p _____
- a l m d e _____

NO-CONTACT PICK UP/DROP OFF AT THE CENTER

The Center offers no-contact pick up and drop off for Senior Center in a Bag, program materials, newsletters, masks, payments and more. You'll find it outside our front entrance in an enclosed cabinet which will keep materials safe from bad weather.

Give us a call if you'd like us to leave any materials outside for you for pick up or if you are dropping off something to us.



A MESSAGE FROM THE WOODBURY PUBLIC LIBRARY

During this time of isolation and closed town buildings, Woodbury Public Library is proud to offer curbside delivery for all our materials. If you can't leave your home, let us deliver to you! Please give us a call at 203-263-3502 or email Woodbury.library@biblio.org to put in your order for books, magazines, DVDs, books on CD etc. (even ukuleles!)

We would love to make your time at home more comfortable and entertaining. Remember all of our programming for lifelong learning is also available virtually.

We would love to hear from you. Please let us help





Aging Mastery Program®

National Council on Aging

Join the adventure!

Woodbury Senior Center

will be running the Aging Mastery Program® soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

You Will Learn About:

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement

Meeting Virtually on Zoom

Mondays and Fridays

January 11 – February 19

11 AM – 12:30 PM

With an optional zoom tech session on 11/8 for those who need tech help



Limited spots available: Sign up now!

The program will launch on January 11

, but participants have to be signed up by January 6

. Please RSVP to: (203) 263-2828

Offered Free of Charge with the help of the CT Healthy Living Collective. Course participants receive materials valued at more than \$100

USING THE GIFT OF
LONGEVITY TO
BECOME A MASTER OF
AGING

SENIOR LEARNING NETWORK (SLN) JANUARY PROGRAMS

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

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



Tuesday, January 5 - Redwood Heroes: The Women Who Defended the Giants

Redwood forests are one of the most ancient ecosystems on planet Earth. In this program, we will explore these ancient giants, the science concepts of ecosystems, and the history of the preservation of these giants, particularly the women who defend the redwoods from commercial logging. Take an adventure to the towering redwoods to gain a perspective into the past and future!

Tuesday, January 12 - Live from the Lagoon- More Fun with the Dolphins!

We're going back to visit the dolphins with our friends at Dolphin Research Center! Join us lagoon-side for an exciting and interactive session all about dolphins! One of our trainers will be chatting with you while conducting a training session with a member of our dolphin family. Participants will be able to chat questions to the trainer during and after the session with the dolphin.



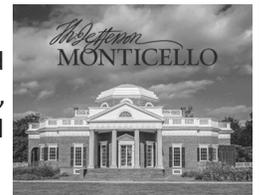
Thursday, January 14 - Gerda III & "Number the Stars"



This program uses the resources of several institutions to tell the story of the boat Gerda III, a Danish lighthouse tender that played a critical role in carrying Jews to safety in Sweden during October of 1943. The program explores the similarities found in the popular young adult novel, Number the Stars by Louis Lowry and the story of the Gerda III. We will experience survivor accounts, oral histories, and behind the scenes footage on the vessel. This program is a partnership between The Museum of Jewish Heritage: A Living Memorial to the Holocaust, the Holocaust Center of Pittsburgh, and Mystic Seaport Museum.

Tuesday, January 19 - Jefferson's Monticello

We're taking a virtual field trip to Thomas Jefferson's Monticello! Monticello was the home of Thomas Jefferson, the author of the Declaration of Independence and 3rd president of the United States of America. His home in Charlottesville, Virginia, is an architectural icon, with its neoclassical design drafted by Jefferson himself. During this tour, our Monticello educator will use images and Google Street View as well as Q & A time to engage your participants and get a glimpse of life on the "little mountain."



Thursday, January 21 - The Art and Architecture of Hearst Castle



Located in central California, along the Pacific Coast stands Hearst Castle. This architectural wonder, was the home of the famous American newspaper magnate William Randolph Hearst from 1919 to 1947. At one time, christened *La Cuesta Encantada* or The Enchanted Hill by its famous resident, today it is both a California Historical Landmark and a National Historical Landmark. Hearst, a prolific collector of art and antiques, designed the construction of Hearst Castle to provide space necessary to display his vast collection of artifacts. Come explore the variety of historical architectural structures, all based on what Hearst himself had seen during his travels around Europe.

Tuesday, January 26th - National Portrait Gallery "Every Eye is Upon Me": First Ladies of the United States

From the National Portrait Gallery in Washington, DC, we will take you on a virtual tour of the National Portrait Gallery's First Ladies exhibition entitled "*Every Eye is Upon Me: First Ladies of the United States.*" The time period covered will be from First Lady Martha Washington to First Lady Melania Trump. Learn about First Ladies who came to the White House through marriage or as family friends or relatives who filled this important role. Through portraiture, you'll will learn about their personalities, experiences, and accomplishments.



JANUARY 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 Center Closed for the New Year's Day Holiday	2
3 4		5 11-11:45 Fitness Fury with Susan via Zoom 1:45 SLN: Redwood Heroes: The Women Who Defended the Giants on Zoom	6 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny on Zoom	7 10-10:45 Fitness Fury with Susan via Zoom Last day to sign up for Succulents Indoor Garden Project Grab-and-Go Zoom class on January 11.	8 9-10 Cardio Dance with Andrea via Zoom 10:30-11:30 Introduction to Zoom for AMP Class	9
1 0	11 11-12:30 Aging Mastery Program on Zoom 11-12 Grab-and-Go pick up for Succulents Indoor Garden Project 2:00 Succulents Indoor Garden Project on Zoom	12 11-11:45 Fitness Fury with Susan via Zoom 1:45 SLN: Live from the Lagoon - More Fun with the Dolphins on Zoom	13 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny On Zoom	14 10-10:45 Fitness Fury with Susan via Zoom 11-12:30 Writing Class with Lin on Zoom 1-2 Brass City Harvest on Zoom 1:45 SLN: Gerda III & "Number the Stars" on Zoom	15 9-10 Cardio Dance with Andrea via Zoom 11-12:30 Aging Mastery Program on Zoom	1 6
1 7	18 Center Closed for the Martin Luther King, Jr. Day Holiday	19 11-11:45 Fitness Fury with Susan via Zoom 1:45 SLN: Jefferson's Monticello on Zoom Last day to sign up for Take Out Today on January 26!	20 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny on Zoom Last day to sign up for Soup and Sweets Grab-and-Go Lunch on February 4!	21 10-10:45 Fitness Fury with Susan via Zoom 11-12:30 Writing Class with Lin on Zoom 1-2 Brass City Harvest on Zoom 1:45 SLN: The Art and Architecture of Hearst Castle on Zoom	22 9-10 Cardio Dance with Andrea via Zoom 11-12:30 Aging Mastery Program on Zoom	2 3
2 4	25 11-12:30 Aging Mastery Program on Zoom	26 11-11:45 Fitness Fury with Susan via Zoom 12:30-1:30 Detecting Fraud: Learning How to Protect Yourself and Your Future on Zoom 1-2 Grab-and-Go Pick up for Take Out Today 1:45 SLN: National Portrait Gallery "Every Eye is Upon Me": First Ladies of the United States	27 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny on Zoom	28 10-10:45 Fitness Fury with Susan via Zoom 11-12:30 Writing Class with Lin on Zoom 1-2 Brass City Harvest on Zoom	29 9-10 Cardio Dance with Andrea via Zoom 11-12:30 Aging Mastery Program on Zoom	3 0
3 1	MY NOTES:					