

WOODBURY SENIOR CENTER REPORTER

Sponsored by

Dr. Barbara Kilkenny, DPM



JULY 2019

MISSION STATEMENT

Volume 39, Issue 7

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.



The Center will be closed on Thursday, July 4 for the Independence Day Holiday.

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

MELT METHOD®

COMES TO THE WOODBURY SENIOR CENTER

Free Introduction Session

Monday, August 12 from 12 to 1 p.m.

Katie Oeser, Certified Yoga Instructor, Certified MELT Instructor, meditation educator and owner of Yoga for Wellness is bringing her MELT Method® class to the Senior Center.



MELT is a cutting edge technique to help you get out of and stay out of pain. MELT is performed by position point pressing of the hands and feet with specially designed soft balls (provided at class) to hydrate connective tissue. Your connective tissue is a three dimensional fluid based system that creates a flexible framework that provides your entire body support, protection and connection. This is a world wide modality and now it's right here for you! Katie is fully certified and is looking forward to showing you the key to pain free living. So if you're experiencing any type of pain or if you're just "stiff" in the morning, your connective tissue might be dehydrated. Results have been noticed after one MELT session. If you're interested in adding to your wellness plan, this is the class for you. You don't want to miss out on creating a pain free body so you can continue with all the fun activities at the Woodbury Senior Center.

Please sign up for this free introduction class.

HOT DOG POT LUCK, ICE CREAM SOCIAL AND YANKEE DOODLE DANDY MOVIE

Friday, July 5 from 11 a.m. to 4 p.m.

\$1 - and you must bring a dish or item to share

The Center will provide grilled hot dogs and ice cream. Please bring your favorite dish or item to share.



Sign ups are required.

LUNCH & LEARN:

REINVENTING YOUR WARDROBE

with Dana Culligan, Fashion Expert

sponsored by Brandywine Living at Litchfield

Monday, July 15 from 11 a.m. to 2 p.m.

Are you struggling with your closet? Dana will show you how to utilize what is already in your closet



to select outfits that invent different style wardrobes for men and women.

Lunch will be provided by Brandywine Living at Litchfield. Please sign up.



PIZZA & A MOVIE

Thursday, July 18

from 4:30 to 7 p.m.

Enjoy a free pizza dinner and movie combo provided by the Center and The Lutheran Home of Southbury. The movie will be *Green Book* - an American biographical comedy-drama set in 1962 and inspired by the true story of a tour of the Deep South by African American classical and jazz pianist Don Shirley (Mahershala Ali) and Italian American bouncer "Frank" "Tony Lip" Vallelonger (Viggo Mortensen) who served as Shirley's driver and bodyguard.

Sign ups are a must. Space is limited to 30 people. Senior bus transportation will be available.





Techie Tuesdays



Tuesdays, July 2, 9, 16, 23 & 30
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.

FLOWER ARRANGING

with Julie Brown of The Cascades Assisted Living
Monday, July 1 from 12 to 2 p.m.



Make a flower arrangement for yourself or for a gift for a friend. The class is free. Please sign up.

WATERCOLOR WITH JEN

Tuesdays, July 2, 9, 16, 23 & 30
1 to 3 p.m.

Learn to paint with watercolor. Jen, with the power of YouTube tutorials, will guide and assist you to identify with your inner artist. The cost will be \$5 for supplies for whole session. Please sign up.



BOCCE ON THE LAWN

with Matt Hughes
Friday, July 26 from 12-2 p.m.

Bocce ball is a relaxed but strategic game with an ancient lineage. Although probably emerging from ancient Egypt, bocce started to hit its stride with the Romans and Emperor Augustus. It gained massive popularity with the influx of Italian immigrants at the turn of the 20th century. Today bocce is a calming, competitive way to spend a few hours outdoors in the pleasant company of friends. Please sign up.



BRASS CITY HARVEST NUTRITION AND COOKING PROGRAM

with Nichole Theriault, Dietitian
Fridays, August 2, 9, 16, 23
and September 6 & 13 from 1 to 2 p.m.

Nichole returns for these informative and hands-on nutritional cooking programs. There will be new recipes each week. There is no charge for these programs. 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.

July Session: 7/2 - 7/30

\$32 for 8 classes (\$37 out of town)



Tai Chi with Susan

Mondays and Wednesdays, 1 to 2 p.m.

The current session will end on July 29

\$48 for 12 classes (\$53 out of town)



Classic Cardio Dance with Andrea

Mondays, Wednesdays and Fridays

8:30 - 9:30 a.m.

July Session: 7/1 - 7/31 (no class 7/8 & 10)

\$36 for 12 classes (\$40 out of town) or

\$4 drop in fee (\$5 out of town)

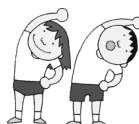


Fitness Fury - Strength, Flex & Condition with Susan

Mondays, Wednesdays and Fridays

9:30 - 10:30 a.m.

\$4 per class at the door (\$5 out of town)



Yoga with Joann

Tuesdays and Thursdays

8:30 to 9:30 a.m.

July Session: 7/2, 9, 11, 18 & 30

\$25 for 5 classes (\$30 out of town)



Senior Mat Pilates with Jennifer

Tuesdays and Thursdays

8:30 to 9:30 a.m.

July Session: 7/2, 9, 10 & 30

\$12 for 4 classes (\$17 out of town)

...and try these FREE classes:

Exercise for Balance Class with Deborah

Tuesdays and Thursdays

10 to 10:45 a.m.

Indoor Walking

Tuesdays and Thursdays at 11 a.m.

Follow Leslie Sansone DVD.



HAIRCUTS FOR MEN AND WOMEN



The Barber Shop/Salon is open on

Monday, July 15

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

FINALE AT THE FUNERAL

presented by **Munson-Lovetere Funeral Home & Cremation Services, Inc., Pet Passages and Stone Family Cremation Services**

Monday, July 22 at 12 p.m.

This will be a question and answer forum relating to funeral options and arrangements for people and pets, how the process works, and the who, what, when, where and why of your personal finale.

Please sign up.

AFTERNOON MATINEE:

THEY SHALL NOT GROW OLD

Thursday, July 25 from 1 to 3 p.m.



Through ground breaking computer restoration technology, filmmaker Peter Jackson's team creates a moving real-to-life depiction of this WWI movie written by Curtis Medina. It has never been seen before in restored, vivid colorizing and retiming of the film frames, in order to honor those who fought and more accurately depict this historical moment in world history. Please sign up.

CHESS CLUB WITH PRESTON DELEO

**Thursdays, July 11, 18, 25
and August 1, 8 and 15**

from 10 a.m. to 12 p.m.

Enjoy a friendly game of chess, whether you know how to play, need a refresher, or want to learn, let us know if you'd like to join us on Thursday mornings.



JULY IS NATIONAL ANTI-BOREDOM MONTH

Play a board game, go for a walk, visit a museum, make new recipes and invite friends to join you to try it, create art, volunteer, visit a friend or relative, read a book, take a class, declutter, go to a new park. The possibilities are endless.



Barbara A. Kilkenny, DPM

PODIATRIST

TREATMENT FOR THE WHOLE FAMILY

Board Certified. Most Insurances Accepted

Diabetic Foot care, Foot Pain, Warts, Diabetic Shoes

Wound Care, Fungal Nails

Two Pompraug Office Park, Suite 106

Southbury

203 - 264-0800



AARP DRIVE SMART CLASS

Monday, July 15

8:30 a.m. to 12:30 p.m.

\$15 AARP members - \$20 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.

**BRASS CITY HARVEST
NUTRITION AND COOKING PROGRAM**

with Nichole Theriault, Dietitian

**Fridays, August 2, 9, 16, 23
and September 6, 13**

Nichole returns for these free informative and hands on nutritional cooking programs. There will be all new recipes. Please sign up.

**"SEE YA SUMMER" POT LUCK LUNCHEON
AND AFTERNOON MOVIE**

Friday, August 30 from 11 a.m. to 3 p.m.

\$1 - and you must bring a dish or item to share

Mark your calendars for our end of summer pot luck luncheon. The Center will provide grilled hot dogs and ice cream. Please bring your favorite dish or item to share. Movie TBD. Sign ups are required.

HAPPY BIRTHDAY TO OUR MEMBERS BORN IN JULY!

- | | | |
|---------------------|----------------------|--------------------|
| Adele Taylor | Francine Carlie | Adrienne Barbe |
| David Bill | Betty Hoffman | Alan Mael |
| Lillian Radocchio | Michael Shanahan | Rolf Kogstad |
| Jim Willis | John Ogolilk | Barbara Potter |
| Nelson Rosabal | Nancy Taylor | Frank Gencarello |
| Beverly Stoddard | Anne Hobson | Sylvia Brockman |
| Lillian Hauser | Cindy Hughes | Barbara Ensign |
| Jane Blaurock | Norm Lipofsky | Linda Brinley |
| Phileta Riley | Vivita Sevilla | Josephine Novak |
| Jennifer Skene-Tiso | Delia Williams | Elin Mikula |
| Lynn Hellman-Ritter | Margo Saraceno | Jo-Anne Plunski |
| Rebecca Nesmith | Francine McDougall | Bob Travers |
| James Zaccaria | Rich Drewelus | James Fox |
| Raymond Kelly | Theresa Lumia | Michele Fasano |
| Mary Jo Cieslewski | Barbara Nolan | Ronald Weston |
| Linda Gardner | Roseann Franco | Anne Buccino |
| Martha Gaston | Joanna Green | Diane Lazar |
| June Murphy | Gillian Griswold | Charlie Euston |
| Whitney Rock | Allen Thibault | Christina Richards |
| Ellen Mahaney | Naidene Pabst | Mary Ellen Hebert |
| Connie Terenzi | Susanne Pabst | Paul Brady |
| Jim Duncan | Stephanie Fischer | Cathleen Elliott |
| Dennis Sanders | Alice Carbone | Terence McDonald |
| Michael Harrison | Barbara Hamilton | Herman Von Oy |
| Frank Santoli | Helen Kenney | Elizabeth Coyle |
| Patricia Lemons | Paul Hefele | Glenn Stoup |
| Mary Crook | Dorie O'Keefe | David Holmes |
| Herbert Zeltner | Elizabeth Damiani | Linda Hamid |
| Rita Kogstad | Dorothy Winn | Carol Neff |
| Nicholas Timpko | Helen Forman | Dot Ezzell |
| Rita Malloy | Darlene DeFilio | Tim Conboy |
| Jill Rohan | Dr. Richard Vargoshe | Gail Honeychurch |
| Cynthia Miller | Ed Gerber | Susan Leff |
| Maureen Moreau | Marjorie Ruff | Harold Nadeau |
| Ed Johnson | Arthur Cole | Karen Valenta |
| Ann Wuthrich | Lois Ruskin | Giora Lebl |
| Richard Kiley | Laura Hawlena | Katie Gilmore |
| Kenneth Perelli | John Hoyt | Bill Bruder |
| Richard Bowen | Ron Dubos | Alice Troncome |
| Mary Ann Johnson | Linda Grayson | Anna Posa |
| Kitty Giordano | Linda Cole | Karen Sorensen |
| Paula Paolino | Barbara Moran | |

Celebrate your **July** birthday with lunch and birthday cake on **Thursday, July 25** at 12 p.m. Flowers will be given to birthday celebrants who notify us at least a week in advance. Sign up for lunch to reserve your place. Reservations are required to have lunch at the Center. The requested donation is \$3.50.

A special thank you to Woodbury Floral Design for their donation of birthday flowers each month.

If your name does not appear on our birthday list, please check to ensure you are registered and your correct information is on file.

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

Jennifer's Hours:

Monday, Tuesday, Thursday - 9 a.m. to 4 p.m.
Wednesday - 9 a.m. to 1 p.m.
Friday - 9 a.m. to 2 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.

MASSAGES WITH ANDREA

Wednesdays, July 3, 24 & 31

10 a.m. to 3 p.m.

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



MASSAGES WITH MARY

Fridays, July 5 & 19

9 a.m. to 12 p.m. (summer hours)

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.



TABLE TENNIS

Wednesdays, July 3, 10, 17, 24 & 31

2:15 to 3:45 p.m.

All levels are welcome to play.



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. We have been told by Town administrators that we can now only use environmentally friendly cups (no Styrofoam), which costs almost 3 times more. We are trying to avoid having to charge for cups in the future.



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...

The Rose Garden at Elizabeth Park and The Pond House Café for Lunch

Wednesday, July 3

The Rose Garden is the oldest municipally operated rose garden in the country. There are lovely perennial, shade and annual gardens in the park to enjoy. Peter Winne will lead you on an 11:30 a.m. tour. Lunch will follow at 12:30 p.m. at the Pond House located on the garden grounds (we will have a menu available upon request in the office). The cost is \$16 for the tour plus the cost of lunch on your own. Space is limited to 12 people. The bus will leave Woodbury around 10 a.m.

Sedona Taphouse and Lockwood-Mathews Mansion Museum in Norwalk

Wednesday, July 10

Our first stop will be for lunch on your own at the Sedona Taphouse, known for its delicious food and craft beers. After lunch our group will proceed to the Lockwood-Mathews Mansion Museum for a 45 minute docent-led tour at 1:30 p.m. The mansion is regarded as one of the earliest and most significant Second Empire Style country houses in the U.S. Built by renowned financier and railroad tycoon LeGrand Lockwood the mansion illustrates the beauty and splendor of the Victorian Era. The cost for the tour is \$6, payable in cash at sign up. Space is limited to 12 people. The bus will leave Woodbury around 10 a.m.

Lavender Pond Farm and Lunch at The Copper Skillet in Killingworth

Thursday, July 11

Most of the 25 glorious acres of beautiful lavender fields have been destroyed by this rainy season, but the farm still guarantees a wonderful crop of lavender for all to enjoy. After the 10:30 a.m. tour you can visit the gift shop before heading to a delicious lunch on your own at The Copper Skillet. The Senior Center will pay your \$5 entry fee for this trip due to the unfortunate field conditions. Space is limited to 12 people. The bus will leave Woodbury around 9 a.m.

This trip is currently full, but you are welcome to put your name on a waiting list.

Oxford's Olde Sawmill Miniature Golf and Lunch at The Original Antonio's Restaurant in Beacon Falls

Wednesday, July 24

Enjoy a round of mini-golf at the Olde Sawmill followed by lunch on your own at The Original Antonio's Restaurant. The senior rate for a round of mini-golf is \$7, payable at the Olde Sawmill. Space is limited to 12 people.

Sign up beginning July 1 for this trip.

Shopping/Lunch at Blue Back Square in West Hartford

Monday, July 29

Enjoy a day on your own at Blue Back Square. Shops include Barnes & Noble, Crate & Barrel and West Elm and many special boutiques. Dining opportunities include The Cheesecake Factory, Rizutto's and more. The bus will leave Woodbury around 10 a.m. Bus seating is limited to 12. **Begin signing up for this trip on July 1.**

Thimble Islands Cruise and Ballou's Restaurant in Branford

Wednesday, July 31

Join us on this wonderful trip to explore the interesting Thimble Islands off the coast of CT. The 45 minute cruise will depart at 11 a.m. Lunch on your own will follow at Ballou's Restaurant. The cost of the cruise is \$13 (cash) payable at sign up.

The bus will leave Woodbury around 9 a.m. Bus seating is limited to 12 people. **Please sign up beginning July 1.**

Essex Steam Train and Riverboat Lunch Excursion

Wednesday, August 7

Journey through the heart of the scenic Connecticut River Valley aboard the only steam train and riverboat ride in the U.S. The trip includes a 3-course meal in a 1920's-era Pullman luxury, a 1 1/4 hour cruise aboard the Mississippi-style riverboat Becky Thatcher, and a steam train ride back to Essex. The cost is \$52.50 per person (including tax and gratuity).

The bus will leave Woodbury around 8:30 a.m. **Please sign up and pay by Friday, July 12 starting July 1.**

Quassy Amusement Park: Quassy Queen Board Ride and Lunch

Wednesday, August 14

Order lunch on your own at the Quassy Restaurant then enjoy a beautiful 30-minute boat ride on Lake Quassapaug aboard the Quassy Queen. The cost of the boat ride is \$5, payable at the park. The boat leaves every half hour. You can ride our senior bus to Quassy (12 seats available) or meet us at the park. The bus will leave Woodbury around 11:30 a.m.

Please sign up starting July 1.

**NOTES FROM JENNIFER MOSHIER,
MUNICIPAL AGENT**

"Renters Rebate" for the town of Woodbury runs through October 1, 2019. Eligible residents 65 years of age or disabled, with an annual income not exceeding \$36,000 for a single person and \$43,900 for a couple, are asked to contact Jennifer at 203-263-4117 to apply for Renter's Rebate for the year 2018. Residents of Spruce Bank Farm, Woodbury, may also apply with Jeff McKenna, Resident Services Coordinator, 203-263-4047.

Applicants must bring proof of **all income received in 2018** and proof of expenses, i.e., **all rent and utilities paid for the year 2018**. (The electric company/Eversource will supply a summary of your account for the year at your request). A copy of Social Security benefits (a 1099 or TPQY), a copy of Income Tax Return and any other income such as pensions must also be supplied. Applications will be accepted through September 30, 2019.

**2019 Senior Farmer's Market Nutrition Program
Voucher Booklets**

The program officially starts on July 1, 2019.

Qualifying income guidelines are:

Household Size	Monthly Income	Yearly Income
1	\$1,926	\$23,107
2	\$2,607	\$31,284

You must be 60 years of age or older OR a disabled individual under the age of 60 living in housing facilities occupied primarily by older individuals where congregate nutrition services are provided. These vouchers can be utilized at Farmer's Markets throughout CT where they are authorized as a redemption location to purchase fruit, vegetables, fresh cut herbs and honey only. Signs will be posted at the market/stand. To see if you qualify please contact Jennifer at 203-263-4117.



BINGO

**Wednesday, July 17
12:30 to 2:30 p.m.**

BINGO is changing to a monthly format. Please join us every third Wednesday of the month for a fun-filled afternoon with your friends and our new alternating callers - Wendy Mutter from the Lutheran Home and Kathy Haven from VNA Northwest. 10¢ per card, 10¢ to the kitty per game. Plus new prizes! Please sign up.

LUNCH & LEARN: AGING IN PLACE

A Lunch & Learn series to help you navigate the decisions ahead. All sessions are free and include a light lunch. Pre-registration is required. Sponsored by Connecticut Community Foundation as part of our Town Conversation on Aging.

Rightsizing Your Life

Monday, July 8 at 12:30 p.m.

**with guest expert Deirdre Dolan Nesline
of DeClutter by Deirdre**

To move or not to move? How do I downsize? What do I do with all my stuff? Learn what questions to ask yourself, how to make the decision that's right for you, how to deal with family ramifications of your decision and more.

Ask The Experts: A Panel Discussion

Monday, September 16 at 12:30 p.m.

Bring your specific questions and ask the Aging in Place experts. Panel members include specialists in home modifications for aging in place, a living transitions counselor, a home health care agency director, a resource and benefits specialist and more. This is sure to be an in-depth and valuable afternoon. Don't miss it.

**Act III: Creating your Personal Aging in
Place Plan**

Monday, November 18 at 12:30 p.m.

At this session we will evaluate how you answer the questions in each of the six critical areas related to aging in place. Attendees will receive an Aging in Place Workbook to take home. This workshop will take all the information you've learned in the series and distill it to your own experience.



UPCOMING GETAWAY TOURS TRIPS

Stop by the Center for an itinerary

**Coins & Claws: Lobster at Abbott's Lobster in the Rough
and Mohegan Sun Casino**

Thursday, July 11

\$77 - includes transportation, lunch at Abbott's (choice of steamed lobster or herb roasted chicken), casino bonus package and driver's gratuity.

**Westchester Broadway Theatre in Elmsford, NY
presents "Mambo Italiano"**

Thursday, August 29

\$105 - includes transportation, lunch and show and driver's gratuity. Payment due by July 29.

