

WOODBURY SENIOR CENTER REPORTER



JULY 2021

Mission Statement: 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.



The Center will be closed on **Monday, July 5** for the **Independence Day Holiday**. There will be no senior bus transportation or Meals on Wheels deliveries.

GREAT NEWS: THE CENTER IS NOW FULLY OPEN

Just in time for the hot weather, our air-conditioned center is fully open. Come on in to see friends, have a coffee or cold drink, take a class, play a game, access a service or more. Appointments are still needed for bus rides, in the Fitness Room, for personal appointments and for groups wishing to meet here.



INTRODUCING THE ORENAUG FRIENDSHIP PATIO CAFÉ Weekdays from 9 to 11 a.m.

Thank you to all who voted to name our Café. The votes are in and it was a tie between Orenaug Café and Friendship Café so...

Welcome to the Orenaug Friendship Patio Café (The OFC).

Stop in for a C-U-P at the OFC for a flavored coffee, cappuccino, iced coffee and more.

Our volunteer barista, Leigh, is here Wednesdays and Fridays from 9 a.m. to 11 a.m. Place your order at the Community Room window and enjoy your tasty beverage on the outdoor patio. Enjoy a table for two or have a sip many with friends.

TALES OF NEW ENGLAND: with Historical Storyteller Monica Peterson

Monday, July 19 at 11:00 a.m.

Join us for a fun event on our All-American Day, Monday, July 19. Storyteller Monica Peterson will present "True Tales of New England" to start our day. Monica has entertained at the JFK Presidential Library and around the country. For us, she presents three tales of bravery, foolishness, love, with a touch of the supernatural. This is a hybrid program, with limited in-house seating, as well as the ability to participate via Zoom. Why not sign up for this program AND for our All American Treats Lunch (see below), packed to go or to enjoy here immediately afterwards?

ALL-AMERICAN TREATS LUNCH (lunch follows our Tales of New England program)

Monday, July 19 from 12 p.m. to 1 p.m.



Did you know that July is National Hot Dog month, and includes National Chili Dog Day, and it is National Watermelon Day? Join us for a celebration of all these

All-American Treats. Stop by and walk into the Center to pick up your lunch; enjoy it with friends on our outdoor patio or take it home. Inclement weather? We will have limited indoor seating too. Each lunch will contain 2 hot dogs, a container of chili sauce, potato chips, watermelon wedge and beverage.



Please sign up by July 12.
Sign ups are a must!
The cost of lunch is just \$5.



BRASS CITY HARVEST MOBILE FARM STAND

Wednesdays from 10:30 a.m. to 12 p.m. Begins July 14

Fresh CT grown produce at reasonable prices are coming to Woodbury!

The Brass City Harvest Mobile Farm Stand will visit the Center parking lot each Wednesday, with fresh produce and dairy selections for your shopping pleasure.

CT Senior Farmer Market vouchers are accepted, as are cash, debit, credit and SNAP payments. Open to all regardless of age. See you at the farm stand!

GRAB AND GO CONGREGATE MEALS

New Opportunities, Inc. has brought back Congregate Lunches, as a Grab-and-Go option for seniors. This allows you to enjoy a Senior Dine style main meal of the day as a grab and go portion. Lunches will be available on Tuesdays and Thursdays, with pick up at the Center from 11 to 11:30 a.m. Each day there will be a choice of two entrees and you must choose one at sign up. All meals will be served with multigrain bread, fresh fruit and low fat milk. Thank you to Annoula’s restaurant for making this option available for our congregate diners!



Suggested donation for this program is \$3.50 per meal. Please make checks payable to Senior Nutrition Services. You can sign up for one or more days. Call the Senior Center at 203-263-2828 to sign up for the dates you would like to pick up your meal. The deadline is **THURSDAY** of each week for ordering the next week’s meals, or you can reserve your meals for the month in one phone call; it’s up to you.

JULY MENU

- Thursday, July 1** - Pasta Bolognese with small salad **OR** Chicken Gyro, roasted potato, vegetable
- Tuesday, July 6** - Baked Scrod, roasted potato, vegetable **OR** Chicken Francese, roasted potato, vegetable
- Thursday, July 8** - Greek Salad Plate **OR** Baked Macaroni and Cheese with small salad
- Tuesday, July 13** - Mediterranean Chicken, roasted potato, vegetable **OR** Meatloaf, mashed potato, vegetable
- Thursday, July 15** - Chicken Scampi with Broccoli over Pasta **OR** Hamburger, roasted potato, vegetable
- Tuesday, July 20** - Pasta Bolognese with small salad **OR** Green Salad Plate
- Thursday, July 22** - Baked Scrod with roasted potato, vegetable **OR** Chicken Pot Pie, vegetable
- Tuesday, July 27** - Chicken Gyro, roasted potato, vegetable **OR** American Chop Suey with small salad
- Thursday, July 29** - Chicken Marsala, mashed potato, vegetable **OR** Baked Macaroni and Cheese with small salad



NEW OPPORTUNITIES
Building Relationships to End Poverty™

READY, SET, KNIT!

The needlework group will meet in the Lounge on **Thursdays, July 8 and July 22 from 1 to 2 p.m.**

New members are welcome to join! You will have the option to work on your own project, or we can start a group project, if there is interest. All group projects are in service to our local community groups. We create blankets for adult communities, nursing home residents, residents in memory units, wheelchair individuals, and rehab patients. Also, we distribute baby blankets for mothers of domestic violence and make scarves, hats, blankets for their children. The homeless are recipients of our hats and scarves as well.



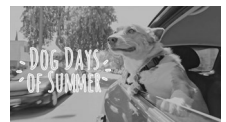
We welcome everyone and anyone who wishes to contribute their projects for these causes. We welcome ideas and learn from each other. No one person knows it all!! We share because we care!

- Please bring :
- Crochet hook L or N or P
 - Yarn: Bernat Blanket or Baby
 - Yarn of any light color
 - You may prefer a light weight yarn #4 or #5



DID YOU KNOW...

The term “**Dog Days**” traditionally refers to a period of particularly hot and humid weather occurring during the summer months of July and August in the Northern Hemisphere. In ancient Greece and Rome, the Dog Days were believed to be a time of drought, bad luck and unrest, when dogs and men alike would be driven mad by the extreme heat.



THERAPEUTIC MASSAGE WITH ANDREA

Wednesdays, July 7, 14 & 28 and

Fridays, July 2, 9, 16, 23 & 30

11 a.m. to 2:30 p.m. by appointment

All State protocols will be followed to ensure a safe and relaxing experience. Who has tight muscles after this past year?

Who doesn’t?!

- 30 minute massage - \$30
- 60 minute massage - \$55

Call the Center to book your appointment with Andrea or to find out more.



MATTATUCK MUSEUM “MATT ON THE GO”

What is MATT on the Go? It is a Mattatuck Museum program initiative that brings art and history from the Museum’s exhibits into the community. During this virtual presentation participants are asked to reflex or answer questions based on the information being presented. You may participate from home or join us here for a watch party. Come to one session or the series; sign up for each program separately.

MATT on the Go: Art!
Monday, July 26 from 2 - 3 p.m.
The Artistic Life of Kay Sage

Kay Sage (1898-1963) was a contemporary artist who lived and worked in Woodbury, CT. This program will explore the early life of Kay Sage, including her marriage to a prince. We will examine her poetry and artwork, which is featured in numerous museums including the Wadsworth Atheneum Museum of Art and the Mattatuck Museum, which holds the largest collection of Kay Sage’s work and materials. Time will be allotted to studying some of Sage’s artworks and answering questions.



MATT on the Go: Genealogy!
Monday, August 30 from 2 - 3 p.m.

How to use the Mattatuck Library and Archive to Learn More About Your Ancestors

This program was created by the Mattatuck Museum’s Archivist, Stephanie Crawford. This presentation teaches participants how to use resources in the Mattatuck Museum’s library and archive to learn more about their genealogy.



This presentation will explore digital resources which will allow participants to find out more information about their ancestors.

Call the Senior Center to sign up for these programs and let us know if you will be joining us here or if you’d like to participate from home. If you will be joining from home, a link will be emailed to you

THE FOOT CARE CLINIC IS BACK AT THE CENTER

Dr. Kilkenny is returning to the Senior Center in July.

The Foot Care Clinic is a program that allows eligible seniors to get routine foot care for just a \$10 copay with a local podiatrist. This program can really help if you have a difficult time caring for your feet and toenails at home. Transportation is available if necessary. If you are interested, please call the Center at 203-263-2828 for additional details and be on your way to healthier feet.



MAH JONGG



This fun game returns on Fridays from 9:30 to 11:30 a.m. on the outside patio (indoors if weather does not allow for outdoor play).



HIKING GROUPS ARE A HIT

We are thrilled to learn how many of our members are interested in a hiking group. Beginning in July we will offer 2 hikes per month, the “Mile Hike” and the “Trek Hike”. The Mile Hike will be a local “kinder and gentler” hike of about a mile. The Trek Hike will often be around 3 miles in length, and may involve a narrower path , but no steep climbs. All paths are “ boot tested” before we go and is led by Loryn; we don’t hike if weather is extreme or inclement. You must sign up. Transportation to and from the trailhead is on your own. Sign up for either hike, below, and call if you have questions. Bring a snack and water.

Mile Hike: Hollow Park River Walk, Woodbury - Thursday, July 15 at 9:00 am. Meet at the back of Hollow Park for a lovely getaway right here in town. We’ll enjoy the river, the woods, the breeze. We’ll walk down and back the River Walk- a terrific opportunity to hike a mile together with friends.

Trek Hike: Hidden Valley Preserve, Washington – Thursday, July 29 at 9:00 am. Meet at the Horse Trailer Parking Lot at Bee Brook along Rt. 47 in Washington for a scenic 3.5 mile hike featuring the Shepaug River and the famous Thoreau Bridge. Bring a camera!



ONLINE GAMES FOR YOUR BRAIN

Friday, July 16. 1-2:30 p.m
for FIRE HD tablets and iPad

For our first tablet learning class, we’re having fun - literally! Learn how to find and play online games from Google, AARP, and more. Class limited to 8 people; bring your own tablet or use one of the Center’s tablets (tell us at sign up, please).

BEST DAD JOKE/STORY CONTEST

And the winners are...Eleanor Phalon & Kathy Britton

Their prizes are \$5 gift cards to Starbucks

Eleanor’s story -

In the late 1970’s I asked my husband, Jim, to make a reservation for a summer dance to benefit our kid’s school. He did not know the chairman’s name, so I told him it was Jon; then I spelled it. When he started speaking to the man, he called him “Yon.” It was too late for me to correct him. Needless to say, he said “Yon” a few times. When he hung up, I said “his name is Jon, not Yon.” Jim said to me “He called me Yim!” P.S. - We all had a great laugh.



Kathy’s joke:

A dad walks into a bar with a piece of asphalt in his hands he said give me a beer and one for the road.

COMPUTER ROOM

The Computer Room is available by appointment. Appointments will be for 2 hours. There are 2 computers available, with 2 people in the room at a time. Call the Center to make your appointment.

Available times are 8:30 to 10:30 a.m., 10:30 a.m. to 12:30 p.m.. or 12:30 to 2:30 p.m.

TEMPORARY COMPUTER ROOM CLOSURE
Please see Page 8 for details.


**PLEASE BE SURE TO MAKE ALL CHECKS PAYABLE TO:
"TOWN OF WOODBURY"**

**CHECKS CANNOT BE ACCEPTED MADE OUT
TO WOODBURY SENIOR CENTER**

**NEAR AND FAR TRAVEL CLUB PRESENTS:
Hudson River Cruise Daytrip
Sunday, September 26, 2021
Cost: \$137 per person**


**Price includes bus, lunch, cruise, & gratuities
Contact: Arlene at 203-263-2363**

What could be nicer than a day along the Hudson River? The Near and Far Travel Club presents a daytrip suited for our times. Enjoy a sit down lunch at Shadows on the Hudson Restaurant - sitting on the South Deck. Then we will go to the Walkway Over the Hudson State Historic Park, the world's longest elevated pedestrian bridge, spanning 1.28 miles over the Hudson River in Poughkeepsie, NY. Stroll as much or as little as you would like. Then relax as we take a scenic cruise aboard the Rip Van Winkle with beautiful views of lighthouses, waterfront mansions & more. Just 7 seats are still available on this reduced capacity bus trip; don't delay in reserving your seat.




CANASTA PLAYERS WANTED

The Canasta group will meet on Wednesdays at the Center from 12 - 3:30 p.m. Why not join them? Call for details.



Senior Center in a Bag is on hiatus until the winter months. We hope you've enjoyed each month's unique programs and supplies provided through the COVID-19 shutdown. Look for this program to return next winter.



Vaccinated? Masks are optional.
Not vaccinated? Must wear a mask.
Exception: All riders must wear a mask on the bus.

WOODBURY SENIOR CENTER STAFF



Loryn Ray
Director of Senior Services

Jennifer Skene-Tiso
Program Assistant

Karen Blanchet
Office Manager



Sarah Wirtes
Municipal Agent/
Social Services Director

Tom Davis
Senior Bus Driver

Nancy Gubiotti
Senior Bus Driver



Bob Hughes
Senior Bus Driver
Currently on Medica Leave


John White
Custodian

Donna Cole
Senior Nutrition Services

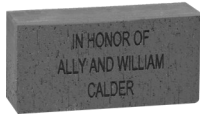
281 Main Street South (mailing address)
265 Main Street South (physical address)
Woodbury, CT 06798
Phone: 203-263-2828
Fax: 203-266-4308

Email: SeniorCenter@woodburyct.org
Website: woodburyseniorct.org
Our newsletter is available on our website.

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.



**Friends of Woodbury Senior/Community Center, Inc.
BRICK CAMPAIGN
Underway Now!**



Commemorative Bricks — A Way to Celebrate Family, Friends, or Even Pets

Order forms for commemorative engraved bricks are available at the Senior Center. You may also call Arlene Campbell (203-263-2363) or Beth Lyons (203-263-5418) and an order form will be mailed to you. The bricks are \$100, just as they were in 2007 for the first brick campaign.

BUS TRANSPORTATION

Beginning in July, the bus can hold up to 6 passengers at a time; all must be masked.



We are offering a shopping trip to Quarry Walk in Oxford on **Monday, July 12**, leaving Woodbury at **10 a.m.** Stores there include Market 32, Goodwill, Dollar Tree, Wine Market, Party Plus, Supercuts, Dazzle Boutiques and more. Eateries include Country Creamery, Tea with Tracy and Five Guys, among others.

A trip to Naugatuck for shopping will be offered monthly on the third Monday of each month. The next trip is on **Monday, July 19**, leaving Woodbury at **10 a.m.** We will also be resuming our "regular" run to Southbury for shopping and errands each Friday

Sign up quickly as seats are limited to 6 people.

CURRENT EVENTS DISCUSSION GROUP RETURNS

**In Person or on Zoom
Facilitated and led by Penny O' Connell
Wednesdays, 11:30 a.m. to 1 p.m.
Through August 25th**

Come 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 neighbors and peers about your community and world events. Please sign up. If you are joining the group on Zoom, we will need your email at sign up.



DENTAL CLEANING RETURNS



Our dental cleaning clinic returns in July. This clinic allows those with no dental insurance an affordable way to have regular teeth cleanings. The cost of an appointment is \$80, or for those with qualifying incomes, just a \$10 copay per visit.

Appointments for our existing patients begin on **Thursday, July 15 & 29**. We plan to open appointments to new patients in the fall. Please note: Proof of COVID-19 vaccination is required to take part in this program.

VIRTUAL EXERCISE CLASS



Virtual Fitness Fury with Susan on Zoom

Tuesdays from 11 to 11:45 a.m. and Thursdays from 10 to 10:45 a.m. - July 1, 6, 8, 13, 15, 20, 22, 27 & 29
You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost for the July session (9 classes) is \$27. 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.

IN-HOUSE OR VIRTUAL: HYBRID EXERCISE CLASSES

Cardio Dance with Andrea - in person or on Zoom

Wednesdays and Fridays from 10 to 11 a.m. - July 2, 7, 9, 14, 16, 21, 23, 28 & 30

Great music and dance moves in this energetic class! The cost is for the month of July (9 classes) is \$27. 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 if you choose to take the class virtually.



Tai Chi with Susan - in person or on Zoom

Wednesdays from 1:30 to 2:30 p.m.

Current session: through July 7

Next session: July 14, 21 & 28 - The cost for this session is \$20

Please call the Center to sign up and let us know if you choose to take the class virtually so we can send you the link.



IN-HOUSE EXERCISE CLASS

Balance Class Back by Popular Request - in person only

Tuesdays from 10 to 11 a.m. - July 6, 13, 20 & 27

If you are feeling a little off kilter after so many months at home, you are not alone. Join Loryn on Tuesdays for a jump start on regaining your balance. We will be using exercises from the evidence-based program Matter of Balance to help you improve your sitting, standing and moving balance. Elements of our former chair exercise class will also be found at this class. Free, but you must sign up.



Be sure to bring a water bottle!

INDOOR WALKING WITH LESLIE SANSONE DVD

Tuesdays from 9 to 9:30 a.m.



ALL ARE WELCOME HERE

Woodbury Senior Center respects the diversity of our participants. You will find a warm welcome here, regardless of sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

TABLE TENNIS IS BACK!

Monday, July 12 from 10 to 1 p.m.

Please bring your own paddles.
Please sign up.



American Red Cross

AMERICAN RED CROSS BLOOD DRIVE AT THE SENIOR CENTER

Saturday, July 10, 8:00 a.m – 1:00 p.m.

Register by calling the American Red Cross at 1(800) REDCROSS or click onto www.redcrossblood.org

GET WELL CARDS FOR BOB HUGHES

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 at the Senior Center and we will forward them to Bob. He would love to hear from you!



THE FITNESS ROOM IS OPEN! by appointment



The next Fitness Room membership year is upon us. If you are interested in becoming a Fitness Room member, please contact the office for a membership packet. The fee for the July 2021 to the end of June 2022 year will be \$60 for Woodbury seniors and \$80 for out-of-town seniors. The fee is used to help maintain the current equipment and provide training and supplies as needed. If you join after July 2021, fees will be prorated.

The Fitness Room is available by appointment. Each session will last 50 minutes and will begin on the half hour, Monday through Friday from 8:30 a.m. to 2:30 p.m. There will be three people allowed in the Fitness Room to work out at one time. Make as many as 6 session appointments with one call. Please call 203-263-2828. At some point in the year appointments will likely be phased out.



We're happy the Center is OPEN! Please be aware of the following new protocols for everyone's safety:

- Masks are requested but optional for vaccinated people indoors. If unvaccinated, you are required to wear a mask indoors.
- Please notify us if you are vaccinated, if you are willing. This information may be needed for contact tracing if exposed. Also, certain services may require proof of vaccination. You do NOT need to prove vaccination status to come to the Center; all are welcome.
- Sign in at the kiosk every time you are here. Hand sanitizer is available for your convenience. We must keep accurate records, so please comply.
- Please do NOT come to the Center if you are experiencing ANY cold or flu symptoms. If you become ill while at the Center, we will use the Health Room as a safe space for you to rest while arrangements are made for you to go home. Please try to observe reasonable social distancing. Windows will be open to increase ventilation.
- Our drinking fountain is now a water bottle filling station. Please bring a personal water bottle to class.
- Participation in all programs is by advance registration only.
- Restrooms in the main hallway and the Fitness Rooms. No showers are available.
- The kitchen is off limits to everyone except staff. Thank you.
- The office is off limits as well; please come to the window; thank you.

These protocols may change at any time. We follow all State of Connecticut guidance for Senior Centers during COVID-19.

HEALTH NOTICE – SYMPTOMS OF COLD AND ALLERGIES

While masks are now optional, being aware of your own health and consideration of others is still needed. If you are experiencing symptoms of illness (coughing, sneezing, or fever, among others) please do NOT come to the Center; you may be asked to leave. If you have allergy symptoms, we ask that you stay at home on days when symptoms are severe, and suggest a mask and/or covering your coughs and sneezes while in public. Thank you.



NEAR AND FAR TRAVEL CLUB PRESENTS:

Escorted Montreal & Canada/New England Cruise - June 17 - 25, 2022

9 days/8 nights - Small Ship - No Flying - starting at \$1849 pp twin

For full details, please contact the Center for the trip itinerary.





OPEN ART SPACE

Friday, July 30 from 1 to 2 p.m.

A place to create using the medium of your choice. Make Art. Meet People. Explore Ideas. Be Yourself. Open Art Space is a relaxed monthly program for Woodbury Senior Center members interested in thinking about, and making, art in a creative and inclusive environment. Open Art Space is facilitated by Jennifer but is shaped largely by your interests. Artists of all levels and mediums are welcome to join. You may bring in your own pieces to work on or call Jennifer in advance of the class so she can put a project together for you. Please sign up.

POKER

Test your skill or press your luck. Either way **POKER** comes to the Woodbury Senior Center on **Friday, July 23 from 12 to 3 p.m.**

All skill levels are welcome.

Poker is a game which people play with a normal set (or deck) of 52 cards. Poker is a gambling game which involves some luck, but also some skill. In Poker, players make bets against each other depending on the value of their Poker hand. In Draw Poker, each player is dealt five cards. Play for coins not dollars. Please sign up.



SENIOR BUS TRIP

Tuesday, August 10

Bus leaving Woodbury at 9:30 a.m.

Start the day at Meigs Point Nature Center at Hammonasset State Park in Madison for an interesting program on Native American Storytelling at 11:30 a.m. You will learn how the Native Americans told their stories. Listen to traditional stories and learn the symbols used to pass down these stories through the generations. After your program travel down the road for a delicious seafood lunch at Lenny and Joe's Fish Tale. There is plenty of outdoor seating to accommodate our group. The bus will be leaving the Senior Center at 9 a.m. and returning at approximately 2:30 p.m. If you require pick up and drop off, please give us a call for arrangements at 203-263-2828.



Proof of vaccination and masks are mandatory for this trip. Seating is limited to 12. Please sign up.

summer olympics



ROWING EQUESTRIAN TRIATHLON ARCHERY JUDO TENNIS FENCING BOXING DIVING SHOOTING WRESTLING SWIMMING BASKETBALL



If you're interested in following the Summer Olympics, go to Olympics.com for all the information you need.



USSR/RUSSIA - MYTHS, MYSTERIES & SPYING - Personal Experiences - 1986 to 2018

A virtual presentation on Thursday, July 15 from 2:30-3:30 p.m.

Presented by Henry M. Quinlan, owner and publisher of Omni Publishing Company, who has 40+ years of varied experience publishing books. He is a graduate of Boston College and Suffolk University Law School.

This one-hour ZOOM presentation is based on Quinlan's 30 years involvement with the former Soviet Union and Russia, including living in Moscow for 5 years during the demise of the USSR and the rise of the new Russia. The presentation will entertain, educate and will feature discussion of an agreement to publish a book in 1985 by a young Soviet diplomat Vitaly Churkin and ended years later with dinner in New York with Churkin, now a Russian Ambassador to the UN; Hermitage, Bolshoi Theater, Kremlin Museum, Palaces, Moscow Subway and Pushkin Museum; the two great mysteries of Russia - The Amber Room and The Czar's Jewels; the impact of WW2 on Russian people; Vladimir Putin; tour of Soviet Space facilities with Wally Schirra; memorable comments from Michelle Pfeiffer about making a film with Sean Connery in Moscow; Summit 1990 with President Gorbachev and President George H. Bush and the State dinner; witnessing the overthrow of Communism; spying for the F.B.I; publishing the first telephone book in the USSR since 1934; installation of statues of "Make Way for Ducklings" in Moscow; encounters with the Russian Mafia, and more. Please sign up. We will need your email to send you the Zoom link.

BLOOD PRESSURE CLINIC RETURNS
First and Third Tuesdays of the Month
Tuesdays, July 6 & 20

10 to 11 a.m. by appointment at the Center



Get your blood pressure checked twice per month by a registered nurse from Pomperaug District Department of Health. FREE service, but no walk-ins. Please call for an appointment.

FITNESS CHALLENGE WALK ACROSS AMERICA UPDATE

Since the last update, our group of active walkers has traveled a total of 995 miles. Join us for our next leg; call (203) 263-2828.



After enjoying our stop in Yuma, AZ we headed to San Diego, CA. The San Diego Zoo is one of the largest tourist attractions in San Diego County. The park houses a large array of wild and endangered animals including species

from the continents of Africa, Asia, Europe, North and South America and Australia. The park is also noted for its California condor breeding program, the most successful such program in the United States. Next, we moved onto The USS Midway Museum which is a historical naval aircraft

carrier museum located at Navy Pier. The USS Midway was the United States' longest-serving aircraft carrier of the 20th century, from 1945 to 1992. Approximately 200,000 Sailors served aboard the carrier.



From San Diego we headed north to the City of Angels, Los Angeles. There we visited Disneyland Park. It is the only theme park designed and built to completion under the direct supervision of Walt Disney. It features

characters, rides and shows based on the creations of Walt Disney and the Disney Company. Though its central building, the Sleeping Beauty Castle, is modeled on Germany's Neuschwanstein Castle, it is an unmistakable icon of American popular culture.

From Los Angeles we headed to San Francisco.

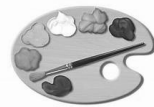
Here we spent our time checking out Alcatraz (the former federal prison that once held notorious criminals Scarface Al Capone and



George 'Machine Gun' Kelly and today is a national historic landmark), Fisherman's Wharf (the bustling waterfront strip is filled with souvenir shops, seafood restaurants, and a wealth of family-friendly attractions—most notably a colony of sea lions that sunbathes and poses for photos on Pier 39), Golden Gate Bridge (the iconic, red-orange suspension bridge rises high above the San Francisco Bay and spans 1.7 miles) and Chinatown (where we browsed the many shops, dim sum restaurants, temples, and markets in this bustling neighborhood that dates back to the California Gold Rush).

Next we headed north to Six Rivers National Forest in Willow Creek, CA. Six Rivers National Forest encompasses over one million acres of land, four counties and six rivers. The Six Rivers is best known for recreation and outstanding fishing. Whitewater rafting on the Klamath and Trinity Rivers along with kayaking on the Smith River are providing visitors exciting water recreation opportunities.

Three Part Monthly Painting Series with Wendy Mutter
from The Lutheran Home of Southbury beginning
Tuesday, July 13 from 11 a.m. to 12:30 p.m.



Participants will paint a large piece, Poppies in a Meadow, in three sessions over the course of three months. Wendy will supply the canvases, paints and brushes. If you would like to use better quality brushes you are encouraged to purchase a set. (Michaels has very affordable sets). The WSC will provide table top easels.

This class is limited to 15. Sign up is a must!

August and September dates TBA

ANNOUNCEMENT: OUT WITH THE OLD, IN WITH OUR
NEW TECHNOLOGY/MAKER SPACE



The Computer Lab will be CLOSED the first 2 weeks in July to allow us to make some exciting changes. When the lab reopens we will be featuring some cutting edge new features.

Two desktop computers will be available by appointment for your use, along with a printer for your convenience. We will continue to have Ancestry.com software available on one of these computers.



We have also added 6 iPad tablets and 6 Fire HD tablets which we will be using to teach tablet skills and get you comfortable with using electronic tablets and the internet. In addition, we are adding some creative

technology - a CRICUT crafts maker and a GLOWFORGE, an amazing 3D laser printer and cutter. Both these machines will be available for classes and individual use, and use computers to

make amazing tangible products possible. Your imagination is the limit for what you can create with these two machines and a computer (we will have one computer dedicated for this use). Classes for the CRICUT and the GLOWFORGE will be announced in August. Your creativity IS ALIVE AND WELL...let us show you how.



WOODBURY UKULELE BAND



We will be on hiatus for July and August. When we resume in September, we hope to be able to return inside the Center.

For more details, visit our website at <https://woodburyukes.org/>

Sarah Wirtes- Municipal Agent

203-263-4117

203-266-4310 (fax)

Sarah's Hours: Monday through Friday 9 a.m. to 4 p.m.

Email: SWirtes@woodburycct.org

Please call or email for an appointment

PROGRAMS AVAILABLE TO YOU

Food Programs (SNAP, Food Bank, Mobile Food Bank, etc.) SNAP helps individuals and families buy food. Anyone can apply for SNAP. The amount you receive depends on your income, expenses and your family size. If found eligible, you are given an Electronic Benefits Transfer (EBT) card which you use like a debit card at the grocery store, corner stores and even some farmers' markets. Contact: Sarah at (203) 263-4117

Medicare Savings Program & Medicare

The State of Connecticut offers financial assistance to income eligible Medicare enrollees through three levels of Medicare Savings Programs. If you qualify for one of the three Medicare Savings Programs, DSS will pay your Medicare Part B premium each month. In addition, some enrollees will be covered for Medicare deductibles and co-insurance. Your gross income or combined gross income with your spouse determines which category you qualify for. Effective March 1, 2021, income limits for single individuals range from \$2,265/mo. to \$2,641/mo. For couples the range is from \$3,064/mo. to \$3,572/mo. Call Sarah for more information or to apply. Contact: CHOICES at (203) 757-5449

Phone/Internet Service (Safelink, Lifeline, or Assurance) The Lifeline Program and SafeLink Wireless provide low-income consumers a discount of up to \$50 on monthly telephone or broadband internet service purchased from participating providers. In addition, the Federal Communications Commission (FCC) has launched an Emergency Broadband Benefit Program to help households struggling to pay for internet service during the pandemic. Eligible households will receive a discount of up to \$50 per month towards broadband service and a one-time discount of up to \$100 to purchase a laptop, desktop computer or tablet. Contact: Sarah at (203) 263-4117

Renters Rebate Program (April 1st to October 1st)

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits (\$37,600 single, \$45,800 couple). Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies. There is a one-year Connecticut residency requirement for this program. Contact: Assessor's Office at (203) 263-2435

Farmer's Market Vouchers The Senior Farmers Market Nutrition Program (SFMNP) is a supplemental food program that runs from July 1 to October 31 for individuals over the age of 60 or those who are disabled living in housing where congregate nutrition services are provided and meet income eligibility. Participants must be enrolled in another program with proper means testing (ex. Renters Rebate) to verify income. Each eligible participant receives one (1) \$18 check booklet annually containing six (6) three-dollar (\$3) checks. SFMNP checks can be redeemed at SFMNP authorized locations throughout Connecticut for fruits, vegetables, fresh cut herbs and honey.

Participant Eligibility: Checks can only be distributed to eligible individuals who are residents of Woodbury. One (1) booklet annual can be provided to each eligible participant. If a senior participant is unable to come to the office to receive the SFMNP checks or to a certified farmers market to redeem their SFMNP checks, a proxy may go in their stead. The Senior Participant Proxy Form must be completed and signed by the participant to allow for a proxy.

Participant eligibility includes:

1. The individual is 60 years of age or older OR is a disabled individual under the age of 60 living in housing facilities occupied primarily by older individuals where congregate nutrition serves are provided.
2. The individual has a maximum household income of not more than 185% of the annual poverty income guidelines. It is acceptable for the participant to verbally attest to meeting the income eligibility guidelines.

2021 Income Limits:

Household Size	Monthly Income	Annual Income
1	\$1986	\$23,828
2	\$2686	\$32,227

Call Sarah at 203-263-4117 to receive your Farmer's Market Vouchers.

CHECK OUT THESE GREAT VIRTUAL PROGRAMS OFFERED BY AARP

To register, please go to: <https://states.aarp.org/connecticut/events-ct>



Picnic History - Food Historian Lecture - Tuesday, July 6 at 6:30 p.m.

Take a delightful look at the history of outdoor dining starting in the Renaissance with Queen Elizabeth I's hunting picnics. Learn about the fascinating picnics of the Gilded Age, which include the exploits of celebrated Newport bon vivant Ward McCallister.

One Day University Lecture Series, Presented by AARP - The Science of Sleep & Stress - Wednesday, July 14 at 6:30 p.m.

Get tips for a better sleep to help bolster your brain and memory!

Your Wishes: Documents & Decisions by AARP CT Webinar - Wednesday, July 14 at 7 p.m.

This session will review life planning documents, identify trusted sources of information to have a conversation with family. Learn how you can offer this gift to those you care for and also care for you.

Cool History: Ices, Gelato, Sorbet & More - Food Historian Lecture - Tuesday, July 20 at 6:30 p.m.

Discover the fascinating stories behind our favorite frozen treats: banana splits, root beer floats, baked Alaska, and more!

Photography Fun: Making it Personal Through Theory & Practice - Wednesday, July 21 at 1 p.m.

What makes a picture interesting? And how do you make an image special and tell something about yourself? Learn this and more when you join us.

One Day University Lecture Series, Presented by AARP - The Olympics Past & Future - Wednesday, July 28 at 6:30 p.m.

This talk will explore the complex relationship between the Olympic Movement and global politics.

Virtual Clean Cooking Demo with Terry Walters - Summertime Favorites - Wednesday, July 28 at 7 p.m.

These original plant-based recipes are sure to become your summertime favorites. We'll kick off this jam-packed hour demonstration with an Heirloom Tomato and Peach Salsa (your new go-to appetizer!). Then we'll move on to a sweet and summery Golden Beet Salad with Champagne Vinaigrette, and finish with a Plum and Black Currant Crisp.

WHAT'S ON IN WOODBURY (WOW) PRESENTS THE:

NEWTOWN SAVINGS BANK
"SOUNDS OF SUMMER"

summer concert series

ALL ARE WELCOME!

JUNE 30	THE LOW DARTS YOU TUBE, CLASSIC ROCK
JULY 7	60's SATISFACTION MUSIC of the 60's and MORE!
JULY 14	FUTURE HEAVIES 80's ROCK COVER BAND
JULY 21	RIPCHORD CT 102D NATIONAL GUARD ARMY Rock Band
JULY 28	ROOT SIX CLASSIC ROCK, BLUES, COUNTRY
AUG 4	SILVER STEEL BAND STEEL DRUM BAND

NEWTOWN SAVINGS BANK WILL BE ACCEPTING DONATIONS at EVERY CONCERT FOR THE FOOD BANK!

THANK YOU FOR YOUR GENEROSITY!

FREE * HOLLOW PARK * WEDNESDAYS * 6:30 PM

MASK REQUIREMENTS & SOCIAL DISTANCING RULES ARE BASED ON STATE REGULATIONS AT TIME OF CONCERT

Newtown Savings Bank
The Power of Local
Best Small Bank in Connecticut

W.O.W.
What's On in Woodbury
WWW.WOWBURY.ORG

ive Well
"It's Your Life...Live it Well!"

Live Well & Manage Your Chronic Pain - Virtual Workshop via Zoom

Join this FREE 7-week workshop and learn how to better manage your ongoing health conditions!

Participants will need a computer, tablet or smart phone and a reliable internet connection

You will learn:

- Techniques to deal with frustration, fatigue, isolation, poor sleep.
- Gentle exercises to help with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Other helpful information for managing your pain day to day

Materials will be mailed to participants at no cost and include *Living a Healthy Life with Chronic Pain*, an instruction booklet and a relaxation CD. We will meet via Zoom, once a week for six weeks. Each session is 2.5 hours, except for July 12th which is a 1-hour intro session.

Mondays, 10 a.m. - 12:30 p.m.
July 12- Aug. 23, 2021

For more information and to register, contact Debby at dhorowitz@WCAAA.org

Enjoy

Sponsored by the Department of Rehabilitation Services - State Unit on Aging, Connecticut Department of Public Health, and the Western Connecticut Area Agency on Aging. Generous support is also provided by the Connecticut Community Foundation.

CENTER PROGRAMS AND SERVICES AT A GLANCE – JULY 2021

All programs and services by appointment or advance registration

At the Center -

- All-American Treats Lunch** - Page 1
- Blood Pressure Clinic** – Page 8
- Brass City Harvest Mobile Farm Stand** - Page 1
- Canasta** - Page 4
- Cardio Dance Class** – Page 5 (also on Zoom)
- Computer Room** – Page 4
- Current Events** - Page 5 (also on Zoom)
- Dental Clinic** - Page 5
- Find Your Balance Class** - Page 5
- Fitness Room** – Page 6
- Foot Care** - Page 3
- Grab and Go Lunches** - Page 2
- Mah Jongg** - Page 3
- Online Games for Your Brain** - Page 3
- Open Art Space** - Page
- Painting Class** - Page 8
- Patio Coffee Café** - Page 1
- Poker** - Page 7
- Ready, Set, Knit** - Page 2
- Red Cross Blood Drive** – Page 6
- Table Tennis** - Page 6
- Tai Chi** - Page 5 (also on Zoom)
- Tales of New England** - Page 1

In Person in the Community

- Hiking Club** - Page 3
- Senior Bus Transportation** – Call for information
- Senior Bus Trip: Quarry Walk in Oxford** - Page 5
- Senior Bus Trip: Naugatuck** - Page 5
- Senior Bus Trip: Meigs Point/Lenny & Joe’s** - Page 7
- Summer Concert Series** - Page 10

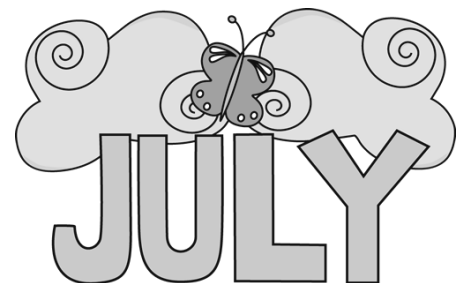
At Home Programs (no computer required)

- Meals on Wheels** – please call New Opportunities, Inc, at 203-757-7738
- Walk Across America Fitness Challenge** – Page 8

Virtual Programs (computer or smart device and internet connection required)


- AARP Sponsored Zoom Programs** - Page 10
- Fitness Fury Stretch and Strength** - Page 5
- Live Well & Manage Your Chronic Pain** - Page 10
- Mattatuck Museum “Matt on the Go”** - Page 3
- USSA/Russia: Myths, Mysteries & Spying** - Page 7

Something for EVERYONE!



Notes: _____

JULY 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 10-10:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Brass City Eats	2 9-10 Cardio Dance with Andrea (virtual class today) 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea t (by appt)	3
4	5 CENTER CLOSED FOR THE INDEPENDENCE DAY HOLIDAY 	6 9-9:30 Indoor Walking 10-11 Balance Class 10-11 Blood Pressure Clinic by appointment 11-11:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up	7 10-11 Cardio Dance with Andrea 10:30-12 Mobile Farm Stand 11-2:30 Massage with Andrea (by appt) 11:30-1 Current Events with Penny 12-3:30 Canasta 1:30-2:30 Tai Chi	8 10-10:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up 1:00 Commission on Seniors 1-2 Ready, Set, Knit 1-2 Brass City Eats	9 9-10 Cardio Dance with Andrea 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt)	10
11	12 10:00 Senior Bus Trip: Quarry Walk Shopping in Oxford 10-1 Table Tennis	13 9-9:30 Indoor Walking 10-11 Balance Class 11-11:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up 11-12:30 Painting Class	14 10-11 Cardio Dance with Andrea 10:30-12 Mobile Farm Stand 11-2:30 Massage with Andrea (by appt) 11:30-1 Current Events with Penny 12-3:30 Canasta 1:30-2:30 Tai Chi	15 8:30-1:30 Dental Clinic 9:00 Mile Hike (Hollow Park) 10-10:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Brass City Eats 2:30-3:30 USSR/Russia: Myths, Mysteries & Spying (virtual)	16 9-10 Cardio Dance with Andrea 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) 1-2:30 Online Games for Your Brain	17
18	19 10:00 Senior Bus Trip: Naugatuck Shopping 11:00 Tales of New England 12-1 All-American Treats Lunch	20 9-9:30 Indoor Walking 10-11 Balance Class 10-11 Blood Pressure Clinic by appointment 11-11:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up	21 10-11 Cardio Dance with Andrea 10:30-12 Mobile Farm Stand 11:30-1 Current Events with Penny on Zoom 12-3 Foot Care Clinic at Center 12-3:30 Canasta 1:30-2:30 Tai Chi	22 10-10:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Ready, Set, Knit 1-2 Brass City Eats	23 9-10 Cardio Dance with Andrea 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) 12-3 Poker	24
25	26 2-3 MATT On the Go: The Artistic Life of Kay Sage (virtual)	27 9-9:30 Indoor Walking 10-11 Balance Class 11-11:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up	28 10-11 Cardio Dance with Andrea 10:30-12 Mobile Farm Stand 11-3 Therapeutic Massage by appointment 11:30-1 Current Events with Penny on Zoom 12-3:30 Canasta 1:30-2:30 Tai Chi	29 8:30-1:30 Dental Clinic 9:00 Trek Hike (Hidden Valley Preserve) 10-10:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up	30 9-10 Cardio Dance with Andrea 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) 1-2 Open Art Space	31
MY NOTES:						