

WOODBURY SENIOR CENTER REPORTER



JULY 2024 - Connect!

Sign ups begin Wednesday, June 26 at 9 a.m.

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.

Hours of Operation: Monday through Friday, 8 a.m. to 4 p.m. You can reach us at: **203-263-2828**



CENTER CLOSED FOR HOLIDAY

The Center will be closed on **Thursday, July 4** for the **Independence Day** holiday. There will be no senior bus or medical transportation.



FREE JULY COOKOUT LUNCH

Friday, July 5 at noon

A reminder for those who are currently signed up as the event is full. Enjoy an all-American meal of hot dogs, sides and fixins plus dessert with entertainment by Danny Russo. This program is sponsored in part by Synergy Home Care & The Lutheran Home of Southbury. Limited to 50.

ALZHEIMER'S PRESENTATION

with Dr. Victor Ylagan

Thursday, July 18 at 1 p.m.

Dr. Ylagan will primarily cover Alzheimer's dementia, but he will also briefly review the other types of dementia as well -

- Frontotemporal Dementia
- Multiple Infarct/Mixed Dementia
- NPH related Dementia
- Lewy body Dementia
- Vascular Dementia

Dr. Ylagan will offer a Q and A period after completing his PowerPoint presentation.

Please sign up.



SHOPPING TRIP TO QUARRY WALK IN OXFORD

Monday, July 15 at 10 a.m.

By popular request, this is a shopping day at the Quarry Walk complex in Oxford. Shop at stores including Market 32, a wine shop, Ace Hardware, Goodwill and Peach Blossom Boutique. Take a break and enjoy a snack at Tea with Tracey, the Quarry Coffee Company, or one of the many restaurants there. Sign up soon!

CHARCUTERIE and KARAOKE

An Early Bird Evening Event

Tuesday, July 16 at 5 p.m.

Enjoy an early evening program at the Center! Enjoy a personal charcuterie board dinner (including various meats, cheeses, nuts, fruits, crackers, spreads and dips) and dessert followed by Karaoke! Our last karaoke dinner was a hoot, and we hope you'll want to be part of this fun evening of food, music and good company. Cost: \$10. Limited to 40. Sign ups are required.



HURRICANE PREPAREDNESS with Amy Clark, Woodbury Emergency Management Director

Tuesday, July 30 at 1 p.m.

With hurricane season approaching, Amy will discuss the increased risk of hurricanes this year and how to be prepared, offering information from the NOAA. There will also be valuable door prizes!. Please sign up.



Be sure to bring a water bottle to exercise classes!

EXERCISE CLASSES

New! - Stretch, Strength and Core with Susan - in person or on Zoom - New!

Tuesdays and/or Thursdays at 11 a.m.

July 2, 9, 11, 16, 18, 23, 25 & 30 (no class 7/4)

This class is an excellent all-around fitness program that helps older adults safely enhance their strength, flexibility and endurance. Bring light weights. The cost for July (8 classes) is \$32, Tuesdays (5 classes) is \$20, Thursdays (3 classes) is \$12. Call the Center to sign up with your email for the link if you want to take the class via Zoom.

Zumba Gold with Emperatriz

Wednesdays and Fridays from 9 to 10 a.m.

July 3, 5, 10, 12, 17, 19, 24, 26 & 31

Join Emperatriz for her unique, lively class! The cost for July (9 classes) is \$27. You must sign up for the full session. Call the Center to sign up.



Tai Chi with Susan - in person or on Zoom

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

July 3, 10, 17 & 31 (no class 7/24)

The cost for the July session (4 classes) is \$20. Please call the Center to sign up and let us know if you opt to take the class virtually so we can send you the link.



Deep Stretch and Meditation Class with Jennifer

Mondays and Thursdays from 8:30 to 9:30 a.m.

July 1, 15, 18, 22, 25 & 29 (no class 7/4, 8 & 11)

This class is set to soothing music. Low-impact stretching and breathing exercises are designed to de-stress you physically and mentally while increasing flexibility. All levels of activity/fitness welcome. Dress comfortably and bring a mat. The cost for July (6 classes) is \$18. The cost is \$15 for those who took the class in June for credit for June 3. You must sign up for the full session.



Balance with Loryn or Kathleen

NOW BEING OFFERED 5 DAYS PER WEEK

Monday, Wednesday, Friday at 11 a.m.

Tuesday, Thursday at 10 a.m. (no class 7/4 & 5)

Join Loryn or Kathleen for a jump start on regaining your balance. Free, but you must sign up.



Please remember your payment is due by the first class of each session.

Thank you.



I finally made the newsletter! According to Albert Einstein, the only reason for time is so that everything doesn't happen at once. My time with all of you at this center has been a treasure and I hold all of you in my heart. Unfortunately time does not allow me to be everywhere all at once. Nothing will replace dancing with you or supporting my clients, who are more like family now. I feel like a kid who never wanted to leave home and shipped off to college! I am now at the Center for Healthy Aging/Hartford Healthcare, which is a complementary resource and assessment center. My job is to make sure those who need anything are in touch with the proper resources and live safer and healthier. It's been a pleasure and I thank you all for letting me share the years with you .

- Andrea 

ASK A NURSE

Susan will be back in September.



ASK A MENTAL HEALTH PROFESSIONAL

Tuesdays, July 9 & 23 from 10 to 11:30 a.m.

We all need support and resources to take care of ourselves, including our mental health.

Twice a month, Ed Cole, LCSW will be here to meet with people who have questions or need information on how to access mental health services in the community. Ed is retired from working with the Mobile Crisis Team in Waterbury and has years of experience in providing clinical services and community mental health support.

He is also our Friendly Visitor Program coordinator.

FITNESS ROOM UPGRADES

The Fitness Room is getting a facelift, including nearly all new equipment (we're keeping the NuSteps).



The fitness room equipment is being updated and replaced this summer and by September it will look very different than it does right now. These changes are being funded through an ARPA grant through the Connecticut State Bureau on Aging. We anticipate a closing of 1-2 days for installation of new equipment. We will post that information

in advance. Watch for more information as the summer goes by; our hope is to have the new room ready for a Grand Reopening in September.



THE LIFE AND TIMES OF CHARLIE CHAPLIN

presented by Leon DiMartino

Monday, July 29 at 1 p.m.

Chaplin is considered one of the greatest comedic legends of the last century. From his humble beginnings in London to his rise to stardom in the early silent film era and beyond, learn the story behind the legend of Charlie Chaplin and his place in entertainment and cinema history. Please sign up.



JULY CONGREGATE MEAL MENU

You must sign up by Monday morning the previous week.

TUESDAY

July 2 -

(sign up by June 24)

Berry Salad

Old Bay Baked Chicken

Whipped Sweet Potatoes

Sweet Corn

Fruit Salad

July 9 -

(sign up by July 1)

Vegetable Salad

Turkey Meatloaf

Rainbow Grain Pilaf

Vegetable Medley

Chocolate Cookie

July 16 -

(sign up by July 8)

Garden House Salad

Italian Pasta Bolognese

Vegetable Medley

Brownie

July 23 -

(sign up by July 15)

House Salad

Chicken Milanese

Herb Pasta

Vegetable Medley

Crumb Cake

July 30 -

(sign up by July 22)

Caesar Salad

Chicken Cacciatore

Red Bliss Mashed Potato

Vegetable Medley

Peaches

THURSDAY

July 4 -

Closed for Independence Day Holiday

June 11 -

(sign up by July 1)

Cream of Broccoli Soup

Chicken Saltimbocca

Whipped Mashed Potato

Fruit Cocktail

June 18 -

(sign up by July 8)

Chicken Noodle Soup

Chicken Marsala

Buttered Noodles

Vegetable Medley

Cake

July 25 -

(sign up by July 15)

Garden Salad

Tuna Bowtie Salad

Garlic Knots

Vegetable Medley

Ambrosia



Reservations are required! Chef-On-Site meals are provided by Art of Yum and is funded by Western CT Area Agency on Aging, CT Community Foundation & your donation. Please make your check out to "Senior Nutrition Services." Cash is also accepted. No credit cards. The suggested donation is \$3.50-\$5 per meal.



ASK AN ATTORNEY
with Attorney Alyson R. Marcucio
will be back in September.

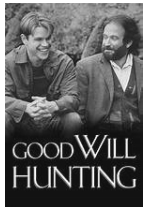
JULY MOVIES

Please be sure to sign up.
All movies will be shown on Fridays at 12 p.m.

Friday, July 12

Good Will Hunting (1997)

starring **Matt Damon and Robin Williams**



Will Hunting has a genius-level IQ but chooses to work as a janitor at MIT. When he solves a difficult graduate-level math problem, his talents are discovered by a professor who decides to help the misguided youth reach his potential. When Will is arrested for attacking a police officer, the professor makes a deal to get leniency for him if he sees a therapist.

Friday, July 19

A Star is Born (1937)

starring **Fredric March and Janet Gaynor**



John has given in to drugs and excessive drinking and his music has suffered as a result.

Wandering into a club one night, John watches singer Esther Hoffman perform and is smitten. The two begin dating, and soon John lets Esther take the spotlight during his concerts. However, even as Esther finds fame and success with her singing, John continues his downward spiral.

Friday, July 26

The Great Gatsby (1974)

starring **Robert Redford and Mia Farrow**



A writer and wall street trader, Nick Carraway, finds himself drawn to the past and lifestyle of his mysterious millionaire neighbor, Jay Gatsby, amid the riotous parties of the Jazz Age.

Bring a bag lunch with you any day we are open and enjoy conversation with friends between programs.

COMMUNITY SING-A-LONG

with **Jerry and Teddi**

Tuesday, July 23 at 1 p.m.



Sing everything from The Beatles to The Everly Brothers, from Sinatra to Elvis.! Join us for a fun afternoon of singing together.



Songbooks will be provided.

Please sign up.

BRASS CITY HARVEST COOKING CLASS

IS BACK IN PERSON

with **Nichole Texiera, Nutritionist**

Wednesday, July 31 from 12 to 1:30 p.m.

in the Senior Center kitchen

We're glad to welcome Nichole back in person for a hands-on cooking class centered around recipes featuring locally grown produce.



Class will be followed by a nutrition talk. Come with questions. Class size is limited to 15. Please sign up.

TECHNOLOGY HELP WITH CLYDE

Wednesdays, July 3 & 17 at 1 p.m. with Clyde

Are you having technology problems? Bring in your phone, laptop or tablet with your questions and let Clyde help you.

He will be here the first and third Wednesday of each month. Class size is limited to 8. Please sign up.



PET PHOTO CONTEST WINNER

Congratulations to Tashi and her person, Renee Laux, who won the Pet Photo Contest. Thank you to everyone who posted pictures and everyone who voted. Together we

raised \$303 for Animal Control! Dana, our Animal Control Officer, was thrilled and put the money to good use, buying new water bowls and other equipment to benefit the animals of Woodbury.



IMAGERY JOURNALING

Wednesdays, July 3, 10, 17, 24 & 31 at 1 p.m.
\$3 for materials on your first session

Journaling is a wonderful way to explore, embrace and accept your inner world. In this class you'll receive a journal, art supplies and other creating materials to get yourself started on your journaling journey. Please sign up.



CRAFT WITH DANIELLE

Monday, July 22 at 1 p.m.

Sponsored by Bethel and Village Crest Health and Rehab Center

Join Danielle and make a crushed seashell vase, perfect for your summer table centerpiece. This class is free. Please sign up.



SENIOR BUS TRIP TO THE SENIOR HEALTH RESOURCE EXPO IN WATERBURY

Wednesday, July 10

The bus will leave the center at 9:30 a.m. to be at the expo from 10 to 11:30 a.m. Please sign up if you'd like. Limited to 12. You can also attend the event on your own if you'd like.

The SHIP/CHOICES Program at the Western CT Area Agency on Aging

Presents



Senior Health and Resource Expo

Free Public Event with 40+ vendors

Event Features:

- ❖ Free Admission
- ❖ Senior Resources
- ❖ Local Support Agencies
- ❖ Health Screenings
- ❖ Healthcare Providers
- ❖ On-Site Food truck
- ❖ Volunteer Orientation & Registration
- ❖ Music, Raffle Prizes, Giveaways & more

Join us and discover amazing resources available to you!
Don't miss out!

July 10, 2024, | 10 am - 2:00 pm
 Western CT Area Agency on Aging (WCAAA)
 84 Progress Lane, 2nd Floor, Waterbury, CT 06705



50 YEARS!

For Additional Information:
 Kiara Carchi, CHOICES Regional Coordinator | kcarchi@wcaaa.org | 203-757-5449 X 100

To reserve a vendor booth please scan QR code below and apply by 06/14/24



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HIKING



Enjoy nature and the company of others on our guided hikes; hiking at a leisurely pace and just enjoying the day! Please call the Center to sign up or for more information. Details of each hike will be sent to each registered participant. A waiver will be required from each participant at their first hike of the season.

Thursday, July 18 at 9 a.m.

1 Mile Hike: The Pine Island area of White Memorial Conservation Center and the Litchfield Greenway, Litchfield

Come walk together in this beautiful pine woods with towering trees, the smell of evergreens and a cool breeze even in the summer months. The trails here are flat and broad – almost a walker's boulevard. There will be some roots on the path, but otherwise walking is easy. Parking will be at the White Memorial Little Pond parking lot. Directions and details at the Senior Center.

Thursday, July 25 at 9 a.m.

3 Mile Hike: The Johnson Farm Preserve in Washington CT

This preserve was created from the lands of a working farm. The trails now bring us to rolling vistas and through both woodland and fields. We'll share a snack under a large tree where a picnic table awaits us. Rolling terrain, some uneven spots; total distance between 2.5 and 3 miles to do both trails. Parking is easy. Directions and details at the Senior Center.

Please sign up for the hikes you want to attend. Once signed up we will send you more detailed information about the hike. Always choose the hike that is right for you. Call if you have questions.

MOCKTAILS AND MUSIC

sponsored by The Commons of Newtown
Friday, July 12 at noon

Continue celebrating summer with summer music and free mocktails in the café with your friends. Limited to 35. Please sign up.





HAIRCUTS WITH LUCY
Make your appointment today!
Friday, July 12
10 a.m. to 1:30 p.m.


Lucy has 36 years experience as a hairdresser and is now offering this service at the Senior Center.

Men - \$10 Women - \$15




SENIOR BUS SHOPPING TRIPS
Tuesdays & Thursdays - Woodbury
Monday, July 8 - Naugatuck (leaves at 10 a.m.)
Monday, July 22 - Torrington (leaves at 10 a.m.)
Fridays - Southbury (leaves at 11 a.m.)

Please remember that shopping bags are limited to 2 per person when the bus is full, and you must be able to carry your own bags. Please sign up.




BOOK CLUB
Tuesday, July 23 at 10 a.m.

It's book Show and Tell month: Bring one of your favorite reads to share with the group – we're all looking for new-to-us books to read. Also at this meeting, we'll learn what books we'll be reading in the next year of book club...don't miss it. Sign up if you plan to attend.




COOKBOOK CLUB
Wednesday, July 24 at 6 p.m.

This month's cookbook is sure to be a favorite - *The Lost Kitchen* by Erin French of Freedom, Maine. Erin is a self-taught cook whose restaurant, The Lost Kitchen, is on so many people's "must try" list that reservations are by post card lottery! Sign up with Loryn at the Center or Marla at the library with your preferred recipe from the book. Limited to 20. The library has copies of the cookbook.




SMUDGING 101
Monday, July 29 at 1 p.m.
on the patio

With the chaotic nature of today's modern world, the idea of cleansing our spaces, objects and ourselves of negative energy sounds quite appealing. Cue the ritual known as **smudging**, an essential part of many Native American cultures. Karen will share her knowledge of how she uses smudging in her life. Each participant will be smudged, if they'd like to be, and be shown how to do it on themselves. Receive a free gift. Please sign up.




HOW TO USE A FIRE EXTINGUISHER

has been rescheduled to **Tuesday, July 9 at 1 p.m.** The program was postponed from June due to the extreme heat. Please sign up if you plan to come to the July class.



VETERANS GROUP COFFEE AND...
Tuesday, July 9
10 to 11 a.m.

All veterans are invited to enjoy coffee, snacks and camaraderie at this monthly meeting headed by Brian Naylor, MSgt USAF retired and Veterans Advocate for Independence Northwest, Inc. Brian can also answer your VA questions and help with support. Please let us know if you would like to attend.



YOU'VE BEEN FLOCKED!

We're spreading a little sunshine this summer with the help of some flamingoes. A family of curious (plastic) flamingoes appears on your lawn with a sign that says "You've been flocked!" when you least expect it, and mysteriously disappears a few days later. It's all in good fun and generates lots of laughter and connection in your neighborhood. Our "flockers" will be active this summer. If you'd be willing to be surprised and delighted by a flock of flamingoes, be sure to let the office at the Center know. You must live in Woodbury. Renters, be sure to ask your landlord first. You won't know when you'll be flocked, but you'll be tickled - ahem...*pink* when you are!



Heather Zuckerman

Social Services Director/Municipal Agent
203-263-4117 203-266-4310 (fax)

Heather's hours: Monday through Friday,
8 a.m. to 4 p.m.

Heather can help with all your applications - Medicare Savings Program, SNAP (food stamps), Medicaid, Medicap, nursing homes, respite care, day care, the Home Care Program (CCC) and other services and benefits for seniors.

A Note from Heather:

Senior Nutrition \$50 Farmer's Market debit cards are available. Bring your card from last year to be activated. If you don't have a card, one will be provided for you. While supplies last - first come first served. Bus trips to farm markets are planned.

YOU MUST MEET THE INCOME GUIDELINES FOR 2024: One person \$27,861 annually; \$2322 monthly. Two people \$37,814; \$3152 monthly. Proof of income is required.

TRANSPORTATION SCHEDULE FOR MEDICAL APPOINTMENTS

Transportation will be available for non-urgent medical appointments as follows:

Mondays - Waterbury, Middlebury & Watertown

Wednesdays - Waterbury, Middlebury & Watertown

Tuesday, Thursday & Fridays - Woodbury & Southbury

Please make your appointments accordingly. As requests for rides increase, ***please be aware that your request is not a guarantee of a ride.*** At times, we may be unable to accommodate you as we have limited resources and staff. To the best of your ability, making appointments at least one-two weeks ahead of time will be helpful. Once your ride is confirmed by the Senior Center office staff, you can rest assured knowing we will pick you up on time and get you where you are going. Please note we are unable to drive people to surgical procedures, including outpatient or one day procedures.

WOODBURY SENIOR CENTER STAFF



Loryn Ray
 Director of Senior Services



Kathleen Horvath
 Program Assistant



Karen Blanchet
 Office Manager



Heather Zuckerman
 Municipal Agent/
 Social Services Director



Paul Sagnella
 Senior Bus Driver



Nancy Gubiotti
 Senior Bus Driver



Dave Deakin
 Senior Bus Driver



Bill Aufricht
 Senior Bus Driver



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.


JULY 2024

S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
	1 8:30 Stretch & Meditation 1:00 Italian Class (last class) 10:30 Current Events (virtual) 11:00 Balance Class 11-12:30 Learn to Play Pinochle (last class) 1:00 Italian Class 1-3:30 Table Tennis	2 10:00 Balance 10-11 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch 1:30 Canasta 1-3 Board Games and Chat 1:15 Cribbage	3 9-10 Zumba Gold® 11:00 Balance Class 1-2 Imagery Journaling 1:00 Technology with Clyde 1:30-2:30 Tai Chi	4 Center closed for the Independence Day Holiday	5 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 11:00 Bus to Southbury 11:00 NO Balance Class 12:00 July Cookout 1-3:30 NO Table Tennis	6
7	8 8:30 NO Stretch & Meditation 10:00 Bus to Naugatuck 10:30 Current Events (virtual) 11:00 Balance Class 11-12 Afghan Project 10-11 Community Afghan Project 12:00 Tech class with Julian 1-3:30 Table Tennis	9 10:00 Balance 10-11:30 Ask a Mental Health Professional 10-11 Veteran's Coffee Hour 11:00 Stretch, Strength & Core 12:00 Lunch 1:30 Canasta 1-3 Board Games and Chat 1:00 Bus to Scoopin' in Southbury 1:00 Learn to Use a Fire Extinguisher	10 9-10 Zumba Gold® 9:30 Bus to Senior Health & Resource Expo 10:00 Quilling Club 11:00 Balance Class 1-2 Imagery Journaling 1:00 Tech Help with Clyde 1:30-2:30 Tai Chi	11 8:30 NO Stretch & Meditation 9:30-12 Ladies' Bridge 10:00 Balance 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-3 Stitches of Love 3:00 Bus to Southbury Farmer's Market	12 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Walking Club 10-1:30 Haircuts with Lucy (by appt) 11:00 Bus to Southbury 11:00 Balance Class 12:00 Mocktails and Music 1-3:30 Table Tennis 12:00 Movie: <i>Good Will Hunting</i>	13
14	15 8:30 Stretch & Meditation 10:00 Bus to Quarry Walk in Oxford 10:30 Current Events (virtual) 11:00 Balance Class 11-12 Afghan Project 1-3:30 Table Tennis	16 8:30-1:30 Dental Clinic 10:00 Balance 10-11 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch 12-3:30 Canasta 1-3 Board Games and Chat 1:15 Cribbage 1:15 Dime Bingo 5:00 Charcuterie & Karaoke	17 9-10 Zumba Gold® 10-11:30 Native American Wisdom Teachings 11:00 Balance Class 1-2 Imagery Journaling 1:00 Technology with Clyde 12-2:30 Foot Care (by appt) 1:30-2:30 Tai Chi	18 8:30-9:30 Stretch & Meditation 9:00 One Mile Hike 9:30-12 Ladies' Bridge 10:00 Balance 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1:00 Alzheimer's Presentation 1-2:30 Learn to Play Mah Jongg	19 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Healthy Chats with Heidi: Substance Abuse in Older Adults 11:00 Bus to Southbury 11:00 Balance Class 1-3:30 Table Tennis 12:00 Movie: <i>A Star is Born</i> 1:00 Downloading Essential Apps with Clyde	20
21	22 8:30 Stretch & Meditation 10:00 Bus to Torrington 10:30 Current Events (virtual) 11:00 Balance Class 11-12 Afghan Project 1-3:30 Table Tennis 1:00 Craft with Danielle: Crushed Seashell Vase	23 10:00 Balance 10-11:30 Ask a Mental Health Professional 10:00 Book Club 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1-3 Board Games and Chat 1:00 Community Sing-a-Long	24 9-10 Zumba Gold® 11:00 Balance Class 1-2 Imagery Journaling 1:00 Tech Help with Clyde 1:30-2:30 NO Tai Chi 6:00 Cookbook Club	25 8:30-9:30 Stretch & Meditation 9:00 Three Mile Hike 9:30-12 Ladies' Bridge 10:00 Balance 11:00 Stretch, Strength & Core 12:00 Lunch 12:30-3:30 Mah Jongg 1-3 Stiches of Love 1:15 Dime Bingo	26 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 9:30 Walking Club 11:00 Bus to Southbury 11:00 Balance Class 12:00 Movie: <i>The Great Gatsby</i> 1-3:30 Table Tennis 1:00 Downloading Essential Apps with Clyde	27
28	29 8:30 Stretch & Meditation 10:30 Current Events (virtual) 11:00 Balance Class 11-12 Afghan Project 1:00 The Life and Times of Charlie Chaplin 1:00 Smudging 101 1-3:30 Table Tennis	30 10:00 Balance 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-1:30 Canasta 1-3 Board Games and Chat 1:00 Hurricane Emergency Preparedness	31 9-10 Zumba Gold® 9:30 Bus to Boat ride on Lake Lillanonah 11:00 Balance Class 12-1:30 Brass City Harvest 1-2 Imagery Journaling 1:30-2:30 Tai Chi			



QUILLING CLUB
Wednesday, July 10 at 10 a.m.
 Quilling is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create decorative designs. Please sign up for this free program. All are welcome.


TECHNOLOGY HELP WITH JULIAN
Monday, July 8 at 12 p.m.
 Get personal help with your tech items. Especially your cell phones and tablets. Call to sign up!



NAME THE BUS CONTEST
 We got some great name suggestions for our new bus and now it's time to vote. There will be ballots and a box to place your vote in on the table in the hallway. Please circle your choice and place your entry in the box. A winning name will be chosen by July 15. The following names have been submitted:



1. Freedom
2. Woody
3. Guardian
4. Commercial Break
5. Jolly Trolley
6. Carrie
7. Mission Impossible
8. Woodbury Runarounds
9. Magic Bus
10. King of the Road

WALKING CLUB
Fridays, July 12 & 26 at 9:30 a.m.
at the Woodbury Cemetery




Come walk with Kathleen! Bring a sunhat if the weather is good and a bottle of water; wear comfy shoes and your smile. Call if you have questions, and be sure to sign up so we know you are coming to join us!

DIME BINGO!
Tuesday, July 16
Thursday, July 25 at 1:15 p.m.
 10¢ per card, per game.
 Please sign up.





CRIBBAGE
Tuesdays, July 2 & 16 at 1:15 p.m.
 A new Cribbage group has started. Please let us know if you're interested in playing.

BLOOD PRESSURE CLINIC



First and Third Tuesdays of the month
July 2 & 16 from 10 to 11 a.m.
 Get your blood pressure checked twice per month by a registered nurse from the Housatonic Valley Health Department. This is a FREE service, stop in.




READY, SET, KNIT! STITCHES OF LOVE
Thursdays, July 11 & 25
1 to 3 p.m.
 Whether you enjoy to crochet or knit, all are welcome.


BLOCK PARTY **SENIOR CENTER BLOCK PARTY**
Thursday, August 15 at 5 p.m.
 Save the date! This will be a party to remember, with live music outdoors (in good weather) by the Pierce Campbell Trio. Bring a lawn chair, enjoy a picnic and live music together at the Center. Thank you to the Friends of the Woodbury Senior Community Center for support for the entertainment!



Watch for details and sign up information in August!



HEALTHY CHATS WITH HEIDI
Friday, July 19 at 10 a.m.
 Join the nurse from Housatonic Valley Health District to discuss the implications of substance abuse in the older adults population. Please sign up.





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

Mondays, July 1, 8, 15, 22 & 29
Fridays, July 12, 19 & 26
1 to 3:30 p.m.



NATIVE AMERICAN WISDOM TEACHINGS
with Lin Northrup

Wednesday, July 17 from 10 to 11:30 a.m.



From the tiny ant to the deer, heron and great brown bears, Native Americans honor all creatures and believe each animal brings a lesson in wisdom

that helps us learn about qualities such as leadership, patience and loyalty. When we truly understand that we are part of nature, we enter a sacred space of "belonging." By listening to Mother Earth, learning animal wisdom and finding our own special "totems," we can appreciate our place in the natural world from an entirely new perspective. This cost of the class is \$5.

Please sign up. Limited to 12.

Lin Northrup has studied Native American animal wisdom for many years. Her book, Leela and the Forest of Light, is based on their teachings. Currently she is working on a new book about becoming earth-wise humans.



Remember to stay hydrated during these summer months. Our center is always air conditioned to stay cool.

Please find our monthly newsletter on our website: woodburyseniorct.org
Copies are also available at the Senior Center while supplies last.

WE TAKE CREDIT CARD PAYMENTS!

For your convenience we take credit card payments! Cash and checks are also accepted.



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

CHECKS CANNOT BE ACCEPTED MADE OUT TO WOODBURY SENIOR CENTER



SENIOR SUMMER SCHOOL SERIES

This summer try any or all of these short series of classes on interesting topics. Sign up and please plan to attend each class in the session. There will be more classes August too!

LEARN TO PLAY PINOCHLE
instructed by Judy Dicarlo
Last class of series is on
Monday, July 1
11 a.m. to 12:30 p.m.



ITALIAN CLASS

instructed by Isabel Cymerman
Last class of series is on
Monday, July 1 at 10 a.m.



LEARN TO PLAY MAH JONGG
Continues on Thursdays, July 18 and
August 1 from 1 to 2:30 p.m.



DOWNLOADING ESSENTIAL APPS
WITH CLYDE
Fridays, July 19 & 26 at 1 p.m.
 Please sign up.



COLLABORATIVE COMMUNITY SERVICE PROJECT
Mondays, July 8, 15, 22 & 29 from 10 to 11 a.m.

Join Kathleen in putting together already crocheted squares using a whip stitch to complete an afghan. All skill sets are welcome. The completed afghan will be donated to someone in need.

