

WOODBURY SENIOR CENTER REPORTER



JUNE 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.

FLAG DAY DRIVE THROUGH BERRY SHORTCAKES

Monday, June 14 from 1 to 2 p.m.



Celebrate our flag with a red, white and blue berry shortcake (strawberries and blueberries) to go! Each person who participates will receive a fresh biscuit shortcake topped with sweetened berries and whipped cream. Yum!

Free, but you must sign up by June 10 as quantities are limited.

Don't be disappointed; sign up now. Feel free to enjoy it on our patio!



SENIOR CENTER COVID-19 UPDATE

Beginning June 1, the following changes will be in effect at the Senior Center.

- 1. Cards** may now be played inside the building. People wishing to meet here to play cards **MUST** designate one player to call Jennifer for an appointment. All players must be registered members of the senior center. Card players must bring their own cards and take them home at the end of play.
- 2. Mah Jongg and board games** can now be played in the building. Groups wishing to meet here must designate one player to call Jennifer for an appointment. At the end of play, you must take home any games you brought with you; if using Center- owned games, we will ask you to spray game materials with disinfectant at the end of play.
- 3. Needlework groups** can now meet in the building. Please designate one person to call Jennifer for an appointment. Please bring all your own materials and take them home with you after meeting.
- 4. Coffee and other beverages** may now be enjoyed inside the building. Try our new coffee creations or an iced coffee or tea - it's been a popular addition!
- 5. "Hanging out"** People who want to be at the Center without participating in a program may now do so. However, if you want to participate in a program or class advance registration is still required.
- 6. Fitness Room** use will still be by appointment and only for current members. Per the State of CT, masks must continue to be worn in the Fitness Room for those not vaccinated - masks optional for others. New members will be able to join the Fitness Room in July.

Here is what will NOT change regarding COVID-19 protocols for the time being:

- 1. The Kitchen** is still off limits to everyone. Congregate meals will continue as a grab and go event at least through the summer.
- 2. Computer Room Use** will continue to be by appointment.
- 3. Pool Table** will continue to be by appointment with no limit on number of players.

We will continue to offer an assortment of indoor, outdoor and at home programs and services. Call if you have questions or concerns. (203) 263-2828.

PATIO CAFÉ

Weekdays from 9 to 11 a.m.

\$1 per coffee or tea

Imagine a lovely summer morning, sunny with flowers in bloom. Now imagine sitting at a cute outdoor café with a friend and a cup of coffee, or maybe a cappuccino or espresso or hot tea. You don't have to imagine any longer; enjoy our new Senior Center Patio Café! We have new café tables, and we have coffee, espresso, cappuccino and tea on order at our "take out" window.

Do stop by and enjoy a coffee. Meet our volunteer baristas! Your first cup is on us.

Also, please vote for the winning name of our café using the insert. The winning name will be announced on June 25; we'll celebrate with free coffee and donuts that morning at the Center from 9 - 11 a.m.!

JUNE BREAKFAST SANDWICH PARTY HONORS THE MEN

Monday, June 21 from 9 to 10 a.m.

This month, we'll be honoring the men (but ladies, you are certainly invited!) Just \$1 gets you a hot bacon, egg and cheese sandwich (or just egg and cheese if you let us know) and a hot beverage (coffee, decaf or hot tea). Plus enjoy great company in our outdoor café and the chance for our men to win a prize fit for a dad. Please pre-order your sandwich by June 16.



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.

JUNE MENU

- Tuesday, June 1** - Shepherd’s Pie and vegetable **OR** Chicken Gyro, roasted potato, vegetable
- Thursday, June 3** - Mediterranean Chicken, roasted potato, vegetable **OR** Meatloaf, mashed potato, vegetable
- Tuesday, June 8** - Baked Macaroni and Cheese, small salad **OR** Chicken Marsala, mashed potato and vegetable
- Thursday, June 10** - Greek Salad Plate **OR** Pasta Bolognese, small salad
- Tuesday, June 15** - Hamburger, roasted potato, vegetable **OR** Baked Macaroni and Cheese, small salad
- Thursday, June 17** - Baked Scrod, roasted potato, vegetable **OR** Shepherd’s Pie, vegetable
- Tuesday, June 22** - Chicken Gyro, roasted potato, vegetable **OR** Baked Macaroni and Cheese, small salad
- Thursday, June 24** - Greek Salad Plate **OR** American Chop Suey, small salad
- Tuesday, June 29** - Pasta Bolognese, small salad **OR** Chicken Francese , roasted potato, vegetable



FREE CONCERT

You are invited to a free outdoor concert to be held at the Senior Center on **Sunday, June 13 at 2 p.m. (raindate Sunday, June 20).**



Sponsored by the Friends of the Woodbury Senior Community Center, the concert will feature live music by **The Berkshire Jazz Orchestra**, a 17-piece ensemble composed of Fairfield County musicians. The BJO presents big band selections which represent classic titles by Glenn Miller, Duke Ellington and Count Basie. The BJO hopes to chase away the COVID Blues and bring a smile to your face with music to “knock your socks off.” No sign ups are necessary.

New Opportunities, Inc. CHORE Workers

New Opportunities, Inc. is looking for part-time workers helping the Elderly. This position performs light indoor/outdoor work or household tasks for individuals who are unable to do these tasks for themselves. Must have own transportation. The hourly rate of pay is \$12.00 per hour and the schedules vary up to 20 hours per week. Please apply online at newoppinc.org

EEO/AA/M/F/Vets/Disability

THERAPEUTIC MASSAGE WITH ANDREA

Wednesdays, June 9, 16, 23 & 30 and

Fridays, June 11, 18 & 25

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.



BEST DAD JOKE CONTEST

In celebration of Father’s Day on June 21, the Woodbury Senior Center is searching for the funniest, G-Rated dad joke ever!



From now until June 21, you can enter our contest by emailing your most memorable dad joke to Jennifer, jtiso@woodburyct.org, for a chance to win an Ace Hardware gift certificate. Make sure the subject line reads “Best Dad Joke Contest”. Best submission will be featured in our July Newsletter.

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: History!

Monday, June 28 from 2 - 3 p.m. - This month!
Fortune’s Story: Enslaved in Life and Death



Fortune was an enslaved man in Waterbury, CT. Upon his death, his body was not buried, and his bones were used to teach anatomy. His bones were donated to the Museum where they stayed until he was properly buried in 2013. For this program the Museum will use historical data to learn more about slavery in Waterbury and will explore Fortune’s story, his bones and what they can tell us about him.

MATT on the Go: Art!

Monday, July 26 from 2 - 3 p.m.—Next month!
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



HIKING GROUP: Take a hike!

The hiking group will meet on **Thursday, June 24 at 9 a.m.**

We’ll take advantage of beautiful June weather (we hope) and we will be walking the Tunnel Road at Steep Rock Preserve in Washington. We will meet by the riding ring adjacent to the parking lot.

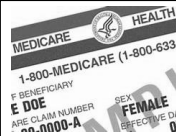
By prior arrangement, you may choose to meet us on Tunnel Road (you may park just prior to the gate that closes the road.) . This group is having a lot of fun, and you are invited to join us. Sign up so we know you’ll be there.

Bring a water bottle and snack if you like. Please call the Center to sign up.

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.



MEDICARE EDUCATIONAL SEMINAR

Friday, June 18, from 1 - 2 p.m

Join **Ray Manzi**, AAI, CGFCM, CIC, from Manzi Insurance, for a session where you can ask your questions about Medicare.

Join us in person or you may also join on Zoom (call to sign up and we will send you the link).

OPEN ART SPACE

Monday, June 28 from 12 to 1:30 p.m.

Enjoy your own art project or let us set you up with a project to do. This is a time for artists and want-to-be-artists to come together (safely) to work on our own projects in the company of others. Jen will be here to lend a hand and cheer you on.



HELLO, FRESH? WE’VE GOT HELLO, DELISH!

Thursdays June 10, 17, & 24, July 1, 8, 15
1 – 2 p.m.

plus pick up of recipe ingredients at the Center

Join us for a very special cooking experience this summer, sponsored by Brass City Harvest. Each week, participants will come to the Center to pick up a bag of fresh locally grown products and a recipe on Wednesday. Then, on Thursday, join Nichole Texiera in a Zoom class where she demonstrates the recipe for you. You can cook along with Nic, or just watch and then complete the recipe later.

What a great way to learn new tricks with fresh local products, for FREE! Sign up today to participate Brass City Eats.



COMPUTER ROOM OPENS!




The Computer Room is now 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 2:20 p.m.

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: \$129 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 15 seats are available on this reduced capacity bus trip; don't delay in reserving your seat.



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

SENIOR CENTER IN A BAG



June will be the last Senior Center in a Bag until the winter. Please be sure to sign up for a bag.

PAINTING CLASS

Thursday, June 17 from 11 a.m. to 1 p.m.

Join Wendy Mutter (from the Lutheran Home of Southbury) for a relaxing afternoon of painting. This how-to-class is for beginner to intermediate painters. You will be using brushes and Q-Tips to paint. All are welcome. All materials will be provided for this FREE class. Sign up is a must and is limited to 15 people.




WOODBURY SENIOR CENTER STAFF

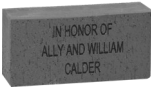
		
Loryn Ray Director of Senior Services	Jennifer Skene-Tiso Program Assistant	Karen Blanchet Office Manager
		
Sarah Wirtes Municipal Agent/ Social Services Director	Tom Davis Senior Bus Driver	Nancy Gubiotti Senior Bus Driver
		
Bob Hughes Senior Bus Driver Currently on Medica Leave	John White Custodian	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, as well as at the upcoming free concert at the Center on June 13. 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.

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.
June 2nd 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 & 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.



SENIOR BUS TRANSPORTATION UPDATE

We will be adding some new options to our senior bus service this month:

- Every weekday, we will be adding a "morning ride" to the Center for people who have appointments here or are registered for a class. We will return you to your home at the end of the morning.
- Up to 6 people may now ride the bus at one time (one per row of seats).
- We will be adding a trip to Naugatuck for shopping monthly (next trip is Monday, June 21, leaving Woodbury at 10 a.m.). Also, we will be resuming our "regular" run to Southbury for shopping and errands each Friday, please make your reservations early.
- If you need the bus to help you get to a medical appointment, please call us before finalizing your appointment with as much advance notice as possible. We will do all we can to help you, but cannot guarantee we can get you to your appointment before you check with us first.

Safety information: Riders may be screened. Anyone who is exhibiting symptoms of illness will not be permitted to board. Masks are still required on the bus. To make a bus reservation, you must call the Center at (203) 263-2828. We cannot take bus reservations by email.



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. - June 1, 3, 8, 10, 15, 17, 22, 24 & 29

You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost is for the June session (9 classes) is \$27. You must sign up for the full session. Call the Center to sign up. We will need your email at sign up to send you the Zoom link.



IN-HOUSE OR VIRTUAL: HYBRID EXERCISE CLASS

Cardio Dance with Andrea - in person or on Zoom

Wednesdays and Fridays from 10 to 11 a.m. - June 9, 11, 16, 18, 23, 25 & 30 (no class on 6/2)
(virtual class via YouTube link on 6/4)

Great music and dance moves in this energetic class! The cost is for the month of June (8 classes) is \$24. 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. - June 2, 9, 16, 23, 30 and July 7

The cost for this session is \$25. Please call the Center to sign up and let us know if you choose to take the class virtually so we could send you the link.



IN HOUSE EXERCISE CLASS

Balance Class Back by Popular Request - in person only

Tuesdays, from 10 to 11 a.m. - June 1, 15, 22, 29 (no class on 6/8)

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.





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, June 21 from 11 to 2 p.m.

in the parking lot; registration required.

Please bring your own paddles.



American Red Cross

AMERICAN RED CROSS BLOOD DRIVES AT THE SENIOR CENTER

Saturday, June 12 , 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**

Time to get back into the Fitness Room? Current Fitness Room members can call to make appointments. Make as many as 6 session appointments with one call. Each session will last 50 minutes and begins on the half-hour. Appointments are available Monday through Friday, 8:30 a.m. – 2:30 p.m. Three people per session. Appointments are a must. Windows will be open. If you have not been vaccinated, a mask must be worn.

Current Fitness Room memberships are extended through June 30, 2021.

We will take new memberships starting in July.



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.

Updated: May 19, 2021

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

Brass City Harvest & the New Opportunities Meals In Motion Food Truck are partnering to bring you a **Farm to Table Outdoor Grilling Demo** complete with lunch and a dessert. On **Friday, June 11, 2021, 11:30 a.m. to 1 p.m.** join Brass City Harvest's nutritionist Nichole Texiera as she demonstrates how to grill a healthy meal using local, farm fresh ingredients.



The Meals in Motion Food Truck will serve each participant:

Grilled Vegetable Panini, Yogurt Parfait and Drink



This event will be held outdoors in the Woodbury Senior Center parking lot. **The cost for this event is a donation of \$3.00.** Seating for this event will be limited, please bring your own chairs.

CT Virtual Senior Center

JUNETEENTH Celebrate Freedom

June 25th from 1 - 2:30 pm

via Zoom

Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States.

Register Here

<https://hipaa.jotform.com/211303668190148>



 **CT Healthy Living
COLLECTIVE**

AARP Real Possibilities
Connecticut



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, June 1 & 15

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 our last update, our group of active walkers has traveled a total of 816 miles.



After enjoying our stop in Albuquerque, NM we headed to Tucson AZ. There we visited the Pima Air & Space Museum which is one of the world's largest non-government funded aerospace museums. The museum features a display of

nearly 300 aircraft spread out over 80 acres on a campus occupying 127 acres. Next, we moved onto the Tucson Botanical Gardens, a large compound made up of 16 individual gardens. The garden complex is spread over 5 acres. The gardens are themed to promote the best of the Arizona flora to visitors, including a children's garden, a Zen garden, and a butterfly garden.



From Tucson we headed northwest to Phoenix AZ. Our first stop was the Musical Instrument Museum. Today, MIM has a collection of more than 8,000 instruments from more than 200 world countries. The galleries reflect the rich diversity and history of many world cultures. Music and instruments also show us what we have in common - a thought powerfully expressed in their motto, music is the language of the soul. Next we headed to the Goldfield Ghost Town site set at the foot of the soaring Superstition Mountains. Founded in 1893 when gold was discovered in the nearby mountains, the town's population slowly dwindled and died as the shining seams ran out. Nowadays, the reconstructed town is a very fun and family friendly place with its corral and county jail, saloons and shacks taking you right back to the times of the Wild West.



From Phoenix we headed to Yuma AZ. According to Guinness World Records Yuma is known as the "Sunniest City on Earth". Our first stop was the Yuma Territorial Prison State Historic Park. It overlooks the Colorado River and is home to the preserved cells and guard tower of a Wild West-era prison. It was strategically built (by its very own pioneering prisoners) on the banks of the Colorado as an additional safety measure against common jailbreaks of the time. Not far from Yuma Prison lies the recently restored natural habitat of Yuma's East Wetlands. Since



the restoration began in 2002, the removal of trash and dirt and replanting of native species has triggered a huge increase in bird diversity and their populations have doubled, making it a wonderful nature spot. The wetlands hold



several trails and paths to walk or cycle, and some nice areas to stop and rest awhile and enjoy the nature.

WATCH PARTY!

Reaching for the Moon

Monday, June 21st from 1 to 3 p.m.



June is Pride month! In celebration, the Woodbury Senior Center will be hosting a Watch Party of the movie *Reaching for the Moon*, a chronicle of the tragic love affair between American poet Elizabeth Bishop and Brazilian architect Lota de Macedo Soares. Grappling with writer's block, legendary American poet Elizabeth Bishop travels from New York City to Rio de Janeiro in the 1950s to visit her college friend, Mary. Hoping to find inspiration on her sprawling estate, but she winds up with much more - a tempestuous relationship with her bohemian partner, architect Lota de Macedo Soares, that rocks the staid writer to her foundation. Alcoholism, geographical distance and a military coup come between the lovers, but their intimate connection spans decades and forever impacts the life and work of these two extraordinary artists.

HELP US MAKE A COVID PANDEMIC MEMORY BOOK

While we all want to move on from COVID-19, how many times have you thought "we should be keeping a record of this so we don't forget". Arlene Campbell did something about it. We were inspired by her beautiful photo book commemorating her experience during the COVID pandemic. Her book shows not only photos of empty shelves and hearts in windows, but also the delicious baking she did, the walks she took and the jigsaw puzzles she did during shutdown. We – the people of Woodbury Senior Center – are going to make a book like this to keep and tell future members who we are, what we did, and how we prevailed during COVID. WE NEED YOUR PHOTOS and memories! Please send us your photos and thoughts via email (seniorcenter2@woodburyct.org) – from empty shelves to sourdough to Zoom parties to walks in nature to gardening - whatever helped you get through the pandemic. We will compile the book and have it bound and keep it here at the Center...if there is interest we may be able to have multiple copies made, but our first intention is to make a formal record of what you did and are doing to get through this very challenging time. WE ARE STRONGER THAN WE KNOW. Please share your memories and photos as soon as possible; the deadline is June 30.

WOODBURY UKULELE BAND

Sunday, June 27 from 1 p.m. to 2:30 p.m.

Our national award winning Woodbury Ukulele Band will meet on the Senior Center lawn, weather permitting. Bring a ukulele (you may borrow one of ours by advance request), a chair, a music stand or other device to hold your song sheets, and a bottle of water. Above all, bring a smile and a sense of humor and prepare to have a light-hearted afternoon of music, companionship, and fun. For details, see our website at <https://woodburyukes.org/>

FROM THE DESK OF YOUR**DIRECTOR OF SOCIAL SERVICES & MUNICIPAL AGENT****SARAH WIRTES**

Office Hours: Monday – Friday from 9:00am to 4pm

Phone: (203) 263-4117

Email: SWirtes@woodburyct.org

Please call or email for an appointment

PROGRAMS AVAILABLE TO YOU**Energy Assistance Program** (Last day for applications is June 15, 2021)

In response to the ongoing Covid-19 Public Health Emergency, there have been some changes to this year's energy assistance program (income guidelines remain):

1. Last day for applications has been extended to Tuesday, June 15, 2021.
2. Deliverable fuel deliveries have been extended to Thursday, May 20, 2021.
3. The liquid assets test has been eliminated for the remainder of the program
4. The application process has been streamlined to ensure that eligibility is determined more promptly. Contact: New Opportunities at (203) 575-4261

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

CHECK OUT THESE GREAT VIRTUAL PROGRAMS OFFERED BY AARP

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

**One Day University Lecture Series, Presented by AARP - The Joy of Wine**

Tuesday, June 1 from 6:30 to 8 p.m.

Gain a new appreciation for some of the most popular wine varieties. Join AARP and attendees from across the U.S. for a FREE One Day University Virtual Lecture and live Q&A with William Schragis of Barrel Craft Spirits and the Culinary Institute of America. AARP Membership not required.

Virtual U Art & Education Series: Come Out for Pride

Thursday, June 3 from 7 to 8 p.m.

This workshop will use art and storytelling to offer a unique look at LGBTQIA+ history, concepts of identity, and the importance of telling one's own story. Join AARP CT and attendees from across the U.S. for a free virtual. AARP membership not required.

Virtual U: Infamous Duel: Hamilton & Burr

Wednesday, June 9 from 1 to 2:15 p.m.

Join AARP CT Webinar Wednesday as we welcome Professor Matthew Warshauer, professor of history at Central Connecticut State University as he uncovers the story and intrigue behind the duel between Alexander Hamilton and Aaron Burr. You can probably hum the tune but do you know the story? Join us to learn more about this historic event that has created a new generation of historians!

Thinking Outside of the Box on Elder Law by AARP CT Webinar

Wednesday, June 16 at 7 p.m.

Most people have expectations about attorneys who create documents and do not see or hear from them again. You can learn how a national group of attorneys are trying to change the practice of law to a more holistic approach, utilizing PLANS and not documents. Changing the methods and turning the legal world on its head, while utilizing care as the driving factor in determining a plan. Join us for this live conversation to learn about this nationwide movement pairing elder law attorneys with advocates and care coordinators to support you in preparing for your care now, and in the future.

Coalition for Elder Justice in CT – Annual Virtual Symposium – Advocating through Adversity

Thursday, June 22 from 9:15 to 11:30 a.m.

Join the Coalition for Elder Justice in Connecticut as they offer a virtual symposium designed to educate and engage on recent and emerging elder justice issues. This year's event will focus on aging as a time for exploration and opportunity that comes with the challenges that may happen at any age and at any stage of life. Our keynote will be Erwin J. Tan MD who is the Director of Thought Leadership- Health at AARP where he works on healthy longevity and health equity. He is a physician with fellowship training in geriatric medicine and integrative medicine. The program will also feature case scenarios, with an opportunity to offer both challenges and solutions. Our goal is to provide a better understanding and awareness supporting all professions and advocates working on elder justice issues. Certificates of Attendance and professional credits are available for consideration to those who attend this event. 2.0 CEU's from NASW CT. Law Enforcement training hours pending approval.

Community Response to Senior Nutrition by AARP CT Webinar

Wednesday, June 23 at 1 p.m.

Join us as we shine a light on the people who dedicate their service and profession to the nutrition of older adults. This session welcomes Erin Harkrader, Director of Food Service Enterprise for LifeBridge Community Services, Marie Hakmiller, AARP CT volunteer and Andrus Award Winner for Community Service, and Alison Dvorak, Registered Dietician, Director Education & Training Senior Resources, for a conversation about the community response to nutritional needs of older adults. This session offers an overview of programs available, stories of the people on the front lines, and information about senior nutrition.

Being Mortal: Virtual Screening & Panel Discussion by AARP CT Webinar

Wednesday, June 30 from 6 to 8 p.m.

Join us for the free screening and discussion of the PBS Frontline documentary Being Mortal. Based on the best-selling book by Dr. Atul Gawande, this film explores the hopes of patients and families facing terminal illness and their relationships with the doctors, nurses and family members who care for them. This is a live session not recorded. AGENDA: 6 to 7 p.m. Opening Remarks & Screening of Being Mortal followed by 7 to 8 p.m. Panel Discussion & Reflection.

CENTER PROGRAMS AND SERVICES AT A GLANCE – JUNE 2021

All programs and services by appointment or advance registration

In Person at the Center- Inside**Fitness Room** – Page 6**Blood Pressure Clinic** – Page 8**Therapeutic Massage** – Page 2**Red Cross Blood Drive** – Page 8**Tai Chi** - Page 5 (also on Zoom)**Find Your Balance Class** - Page 5**Computer Room** – Page 4**Cardio Dance Class** – Page 5 (also on Zoom)**Pool Table** - Page 1**Medicare Educational Seminar** - Page 3**Current Events** - Page 5 (also on Zoom)**Reaching for the Moon Watch Party** - Page 8**Painting Class** - Page 4**Canasta** - Page 3*Something for
EVERYONE!*In Person at the Center - Outside**Patio Coffee Café** – Page 1**Grab and Go Lunches** – Page 2**Woodbury Ukulele Band** – Page 8**Breakfast Sandwich Take Out** – Page 1**Friends Concert** - Page 2**Flag Day Drive Through Berry Shortcakes** - Page 1**Open Art Space** - Page 3In Person in the Community**Hiking Club** – Page 3**Foot Care Clinic** – call for information**Senior Bus Transportation** – call for informationAt Home Programs (no computer required)**Meals on Wheels** – please call New Opportunities, Inc, at 203-757-7738**Walk Across America Fitness Challenge** – Page 8**Best Dad Jokes Contest** – Page 2Virtual Programs (computer or smart device and internet connection required)**Fitness Fury Stretch and Strength** – Page 5**CT Virtual Senior Center - Juneteenth** - Page 7**Hello, Fresh? We've Got Hello, Delish** - Page 3**Mattatuck Museum "Matt on the Go"** - Page 3**Zoom programs sponsored by AARP** - Page 10

JUNE 2021

S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T
		1 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	2 9-10 NO Cardio Dance with Andrea today 10-10:45 Fitness Fury with Susan via Zoom 10:30-12 Current Events with Penny 11-2:30 NO Massage with Andrea today (by appt) 12-3:30 Canasta 1:30-2:30 Tai Chi	3 10-10:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up	4 9-10 Cardio Dance with Andrea (virtual class today) 11-2:30 NO Massage with Andrea today (by appt)	5
6	7	8 10-11 Balance Class 11-11:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up	9 9-10 Cardio Dance with Andrea 10:30-12 Current Events with Penny 11-2:30 Massage with Andrea (by appt) 12-3:30 Canasta 1:30-2:30 Tai Chi	10 10-10:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up 1:00 Commission on Seniors	11 9-10 Cardio Dance with Andrea 11-2:30 Massage with Andrea (by appt) 11:30-1 Meals in Motion Food Truck Program	12
13	14 1-2 Flag Day Drive Through Berry Shortcakes	15 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	16 9-10 Cardio Dance with Andrea 10:30-12 Current Events with Penny 11-2:30 Massage with Andrea (by appt) 12-3:30 Canasta 1:30-2:30 Tai Chi	17 10-10:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up 11-1 Painting Class	18 9-10 Cardio Dance with Andrea 11-2:30 Massage with Andrea (by appt)	19
20	21 9-10 Breakfast Sandwich Party Honoring the Men 11-2 Table Tennis 1-3 <i>Reaching for the Moon</i> Watch Party	22 10-11 Balance Class 11-11:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up	23 9-10 Cardio Dance with Andrea 10:30-12 Current Events with Penny on Zoom 11-3 Therapeutic Massage by appointment 12-3:30 Canasta 1:30-2:30 Tai Chi	24 9:00 Hiking Group 10-10:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up	25 9-10 Cardio Dance with Andrea 11-2:30 Massage with Andrea (by appt) 1-2:30 CT Virtual Senior Center - Juneteenth	26
27	28	29 10-11 Balance Class 10-10:45 Fitness Fury with Susan on Zoom 11-11:30 Congregate Meal Pick Up	30 9-10 Cardio Dance with Andrea 10:30-12 Current Events with Penny on Zoom 11-3 Therapeutic Massage by appointment 12-3:30 Canasta 1:30-2:30 Tai Chi	Our Patio Café is open Monday through Friday from 9 to 10:30 a.m. \$1 per coffee/tea	Friends of the Woodbury Senior Community Center Outdoor Concert with The Berkshire Jazz Band Sunday, June 13 at 2 p.m.	
MY NOTES:						