

WOODBURY SENIOR CENTER REPORTER



JUNE 2024 - Connect!

Sign ups begin Wednesday, May 29 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**



FLAG DAY CEREMONY

Join us on **Flag Day**

Friday, June 14 at noon.

The Bethel NJROTC Color Guard
(which includes Kathleen's son,

Michael Horvath) will present the colors and we will say the pledge of allegiance and sing the national anthem and God Bless America.

After the ceremony we will have an American themed dessert.

Please sign up.



LUNCH & LEARN:

**INTRODUCTION TO HARTFORD
HEALTH CARE CENTER FOR HEALTHY
AGING AND AN OVERVIEW TO HOME
SAFETY SOLUTIONS**

Monday, June 24 at noon

presented by Melissa Garthwait, BSW, Resource Coordinator for the Center of Healthy Aging, sponsored by Prince of Peace Parish Nurse Team.

Learn about Hartford Health Care Center's services and the ways Melissa can assist in connecting individuals to resources in the Northwest Corner. There will be demos of safety devices/products offered through Home Safety solutions. Please sign up. Limited to 60.

Melissa Garthwait, BSW
Resource Coordinator



Pizza and Bingo Night!

EVENING PROGRAM:

PIZZA & BINGO

Thursday, June 27

4 to 6:30 p.m.

Enjoy a pizza dinner from 4 to 5 p.m. Then play BINGO from 5 to 6:30 p.m. The cost is **\$5** for pizza and 10¢ per card per game for BINGO.

This program is intended to include both pizza and BINGO, not just pizza - please stay for both portions. Thank you.

Please sign up. You'll be home before dark!

CENTER CLOSED FOR HOLIDAY

The Center will be closed on **Wednesday, June 19** for the **Juneteenth** holiday.

There will be no senior bus or medical transportation.



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!



Be sure to bring a water bottle to exercise classes!



EXERCISE CLASSES

VIRTUAL EXERCISE CLASS

Fitness Fury with Susan

Tuesdays at 10:30 a.m. and Thursdays at 10 a.m. on Zoom

June 4, 6, 11, 13, 18, 20, 25 & 27

Fitness Fury is an excellent all-around fitness program that helps older adults safely enhance their strength, flexibility and endurance from home. You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost for 8 classes is \$32; you must sign up for the full session. Call the Center to sign up with your email for the Zoom link.

IN-HOUSE EXERCISE CLASSES

Zumba Gold with Emperatriz

Wednesdays and Fridays from 9 to 10 a.m.

June 5, 7, 12, 14, 21, 26 & 28

Join Emperatriz for her unique, lively class! The cost for June (7 classes) is \$21. 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.

June 5, 12 & 26 (no class June 19)

The cost for the June session (3 classes) is \$15. 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.

June 3, 6, 10, 13, 17 & 20 (no class June 24 & 27)

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 June (6 classes) is \$18. The cost is \$15 for those who took the class in May for credit for May 16. You must sign up for the full session.



Total Body Tone & Strength with Andrea

Tuesdays and/or Thursdays at 11 a.m.

June 4 (at old Town Hall), 6, 11, 13, 18, 20, 25 & 27

Build muscle and strength with a mix of functional strength training exercise. A chair, light hand weights and your own body will be used in this class. This is an all levels class. For June the cost for Tuesdays is \$12 (4 classes) - Thursdays \$12 (4 classes) - Tuesdays & Thursdays \$24 (8 classes)



Cardio Dance Party Series with Andrea

Tuesdays and Thursdays at 10 a.m.

June 4 (at old Town Hall), 6, 11, 13, 18, 20, 25 & 27

This class is offered as a monthly series OR as drop in!

For June the cost will be \$24 (8 classes). Dance style aerobics exercise and toning set to the upbeat tempo of our favorite pop music of old and new to create a fun-filled fitness class. Wear something comfy and shoes you can dance in and don't forget a water bottle.

Balance with Loryn or Kathleen

Mondays, Wednesdays and Fridays from 11 to 11:45 a.m.

Tuesdays and Thursdays 3 to 3:45 p.m. (no class June 4, June 19 or June 24)

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



Cardio Drumming

Wednesdays, June 5, 12 & 26 from 3 - 3:30 p.m.

Stand or sit behind an elevated ball holding your drumsticks, and move and groove to the beat. This class is sure to make you smile. Try it out. Drop ins welcome. Limited to 15.



ASK A NURSE
Mondays, June 10 & 24
10 to 11:30 a.m.



Susan will not be here in July and August

Susan Coates, RN, will be located in our Health Office to answer your medical questions on the second and fourth Mondays of each month. Please stop by to take advantage of this valuable free and confidential service.

ASK A MENTAL HEALTH PROFESSIONAL
 Ed will be back in July.

PAINT A FLOWER POT

with Jennifer of The Watermark at East Hill
Wednesday, June 12 at 10 a.m.



Paint a flower pot and plant with summer flower seeds. The class is free and limited to 12 per class. Please sign up.

NEW MEMBER BREAKFAST
Monday, June 3 at 9 a.m.



Are you new to the Center? If you've registered as a member in 2024 this breakfast is for you! Enjoy a free breakfast, meet other new members and find out more about Woodbury Senior Center. New members only please. Please sign up.

KNOW YOUR ELECTRIC BILL
Monday, June 10 at 1 p.m.

Eversource Electric Supply Rates Will Change on July 1, 2024
Learn How This Change Affects Your Electric Bill and How to Lower Your Cost

Bring a recent copy of your electric bill and learn how the July 1st Supply Rate or choosing an electric supplier can lower your bill. Art Marcelynas, a former state regulator at the Public Utilities Regulatory Authority (PURA), will explain how to choose a supplier and answer questions about the NEW Eversource Standard Service generation supply rate, licensed electric suppliers, the electric bill and any question you have about Connecticut's electric rates and policies.

JUNE CONGREGATE MEAL MENU

You must sign up by Monday morning the previous week.

TUESDAY

June 4 -
(sign up by May 24)
 Garden Salad
 Sweet & Sour Pork
 Fried Rice
 Vegetable Medley
 Pound Cake

June 11 -
(sign up by June 3)
 Caesar Salad
 Pan Seared Chicken
 Mediterranean Vegetable
 Cream Velouté
 Lemon Rice Pilaf
 Vegetable Medley
 Fruit Cocktail

June 18 -
(sign up by June 10)
 Strawberry Spinach Salad
 Rosemary Crusted Cod
 Rice & Quinoa Pilaf
 Vegetable Medley
 Apple Sauce

June 25 -
(sign up by June 17)
 Vegan Vegetable Soup
 Chicken Marsala
 Buttered Noodles
 Vegetable Medley
 Marble Pound Cake

THURSDAY

June 6 -
(sign up by May 24)
 Minestrone Soup
 Parmesan Crusted Chicken
 Whipped Mashed Potato
 Vegetable Medley
 Apple Streusel

June 13 -
(sign up by June 3)
 Creamy Mushroom Soup
 Classic Pork Cutlets
 Whipped Sweet Potato
 Vegetable Medley
 Watermelon

June 20 -
(sign up by June 10)
 Chicken Rice Soup
 Vegetable Lasagna
 Herbed Bread Knots
 Vegetable Medley
 Cake

June 27 -
(sign up by June 17)
 Garden Salad
 BBQ Grilled Chicken
 Roasted Sweet Potato
 Vegetable Medley
 Fresh Fruit



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.

REGION 14 BUDGET REFERENDUM

Tuesday, June 4 from 6 a.m. to 8 p.m. at the Senior Center

Please check the schedule for any changes to programming on this day.

BEACH BOYS & PINA COLADAS

sponsored by The Commons of Newtown

Friday June 7 at noon

Let's celebrate summer! Come on into the café and listen to classic Beach Boys music and enjoy a FREE fruit smoothie with some friends. Limited to 35.

Please sign up.

**SHELL TRINKET TRAY CRAFT**

sponsored by Bethel and Village Crest Health and Rehabilitation Centers

Monday, June 24 at 1 p.m.



Join us for this fun summer craft decoupage scalloped shells to create a beautiful trinket tray for jewelry and other small items. Limit 12

JUNE MOVIES

Please be sure to sign up.

All movies will be shown on Fridays

June 7 at 1:15 p.m. - Barbie

To live in Barbie Land is to be a perfect being in a perfect place. Unless you have a full-on existential crisis! Or you're a Ken. Wear your pink and have a Barbie photo op.

June 14 at 1:15 p.m. - Miracle

Inspired by a true story of the 1980 US ice hockey team's triumphant Olympic victory against the Soviet Union.

June 21 at 12 p.m. - West Side Story

Love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City.

June 28 at 1:15 p.m. - Lucky Seven

Amy's dying mother made out a timeline for Amy's life and predicted she would marry her 7th boyfriend, but when she falls head over heels for her 6th boyfriend Daniel, she decides to find another 6th boyfriend to dump in order to marry Daniel.

COMMUNITY SING-A-LONG

with Jerry and Teddi

Tuesday, June 18 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.

**FREE LIVE WELL TELEPHONE WORKSHOPS**

Chronic Pain: Tuesdays, June 11 through July 16 from 10 to 11 a.m. OR 6 to 7 p.m.

Chronic Conditions: Mondays, June 17 through July 22 from 10 to 11 a.m.

Diabetes: Wednesdays, July 10 through August 14 from 6 to 7 p.m.

We have flyers available at the center to obtain further details and how to register.

ASK AN ATTORNEY

with Attorney Alyson R. Marcucio

Friday, June 21 from 1 to 2 p.m.

Bring your questions.

Please call the Center to make your appointment.

**TECHNOLOGY HELP WITH CLYDE**

Wednesdays, June 5 & 26 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.

**FREE JULY COOKOUT LUNCH**

Friday, July 5 at noon

Enjoy an all-American meal of hot dogs, sides & fixins plus dessert with entertainment by Danny Russo. Please sign up as we are limited to 50 people.

This program is sponsored in part by Synergy Home Care & The Lutheran Home of Southbury.



IMAGERY JOURNALING**Wednesdays, June 5, 12 & 26 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.

**DON'T BUY IT - SWAP IT****Friday, June 21 from 10 a.m. to 2 p.m.**

Why buy a new bag or purse when you can shop for free? Bring your collection of bags, totes, wallets, scarves and accessories in good condition, and maybe you'll find a new treasure from someone else's stash. The swap will be held for 4 hours in the Pool Table Room. There will be no Pool Table available that day.

**NAME THE BUS CONTEST**

We're having a contest to name our new Senior Bus! Propose your suggested name by June 14; then vote for your favorite name here at the Center until June 28. Once a winning name is established, we'll have a sign attached to the bus announcing it's name for all to see. Call the Center, send an email or stop by the Center to suggest the perfect name.

**THERAPEUTIC MASSAGE WITH ANDREA****Wednesdays, June 5 & 26 from 9 a.m. to 3:30 p.m.****Thursdays, June 6, 13, 20 & 27****from 12 p.m. to 3 p.m.****Friday, June 21 from 10 a.m. to 2 p.m.****Please call the Center for appointments**

All State protocols will be followed to ensure a safe and relaxing experience. Massage reduces stress and increases relaxation, reduces pain, while improving circulation and lowering heart rate and blood pressure.



30 minute massage - \$35

60 minute massage - \$60

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.

Tuesday, June 11 at 9 a.m.**Mile hike: Trolley Bed Preserve, off Sherman Hill Road in Woodbury**

We will meet at the parking area on Old Sherman Hill Road and enjoy an easy, 1/2 mile out and back hike at Trolley Bed Preserve. Although the trail is short, we will see a variety of habitats and natural features including hardwoods, marsh and a pond.

Thursday, June 27 at 9 a.m.**3 mile hike: Hidden Valley Preserve, Washington**

We will meet in the parking lot at Hidden Valley and hike the Van Sinderen Trail to explore the old quartz mine and beyond. Depending on the group's wishes, we will go between 2.5-3 miles; expect mostly flat land with some short stretches of ups and downs.

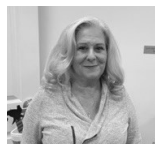
Please sign up for the hikes you want to attend. Once signed up we will send you more detailed information about the hike. Always choose the hike that is right for you. Call if you have questions.

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

GNOME HUNT**June 10 through June 26**

The Great Woodbury Gnome Hunt returns this month! The Senior Center, along with Parks and Recreation and the Library, have hidden gnomes outdoors around town properties. Pick up your Gnome Hunt Guide at any of our offices, and have fun finding the gnomes, being sure to write down the names of the gnomes you find in your guide. Turn the completed guide in to be entered to win a valuable prize.





HAIRCUTS WITH LUCY
Make your appointment today!
Friday, June 14
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, June 3 - Naugatuck (leaves at 10 a.m.)
Monday, June 17 - 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, June 25 at 10 a.m.

This month's book is Emily Henry's
The People We Meet on Vacation.

Poppy and Alex are opposites, and the best of friends who stay close by taking a vacation together one week per year. Until two years ago when they ruined everything. They haven't spoken since. Poppy knows the last time she was happy, it was with Alex, so she has one week to fix everything, if only she can get around the one big truth that has always stood in the way of their seemingly perfect relationship. What can possibly go wrong?

Sign up if you plan to attend. The Woodbury Public Library has copies of the book waiting for you to check out.

COOKBOOK CLUB

Wednesday, June 26 at 6:00 p.m.

This month's gathering will feature the cookbook **Treasures of the Mexican Table** by Pati Jinich. Jinich, the star of the three-time James Beard Award winning PBS series brings together more than 150 iconic dishes that define the country's cuisine. Limited to 20; the library has copies of the cookbook. Call with your chosen recipe to sign up.



PLEASE COMPLETE AN ONLINE SURVEY FOR THE WOODBURY PUBLIC LIBRARY



The Woodbury Public Library Board of Trustees every 5 years engages in a strategic planning process to guide the future of the Woodbury Public Library.

Our beloved cultural center has served this community for close to 100 years! As we plan for the future, we would like your input to help our library evolve and serve its patrons better than ever. Can you please take about 15 minutes to complete this survey for us? Your candid perspectives will help inform our current planning process to help the Woodbury Public Library continue its contributions to our community.

To access the survey, please type in the following phrase in your search engine :

Woodbury Public Library Future Planning Community Assessment Survey

Please submit the survey by June 8, 2024.

Or, stop by the library for technical help in filling out the survey form by June 8, 2024.

FLOWER ARRANGING CLASS

with Jen from the Lutheran Home of Southbury

Wednesday, June 26 at 11 a.m.



Make a beautiful flower arrangement to take home with you. The class is free.

Please sign up. Limited to 12.

VETERANS GROUP COFFEE AND...

Tuesday, June 11

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.

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 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.

JUNE 2024

S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
	<p>June 10 - 26 Gnome Hunt through Woodbury (Pick up guide in Senior Center, Parks & Rec or Library)</p>	<p>National Pet Month Photo Winner Look for the winner and the total donation raised for Woodbury Animal Control posted at the Center</p>				1
2	<p>3 8:30 Stretch & Meditation 9:00 New Member Breakfast 10:00 Bus to Naugatuck 10:30 Current Events (virtual) 11:00 Balance Class 1:00 The Life and Times of Andrew Carnegie 1:30 Tech Class with Julian</p> <p>No table tennis day— referendum set up</p>	<p>4 6am-8pm Region 14 Referendum at the Center 10-11 Cardio Dance at OTH 10-11 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 11:00 Total Body Tone & Strength at OTH 12:00 Lunch in Activity Room 1:30 Canasta (later time) 1-3 Board Games and Chat 1:00 Cribbage 3-3:45 NO Balance today</p>	<p>5 9-10 Zumba Gold® 9-3:30 Massages with Andrea 10:00 Quilling Club 11-11:45 Balance Class 1-2 Imagery Journaling 1:00 Tech Help with Clyde 1:30-2:30 Tai Chi 3-3:30 Cardio Drumming</p>	<p>6 8:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-3 Massage with Andrea 12:30-3:30 Mah Jongg 1-3 Stitches of Love 3:15-3:45 Balance Class</p>	<p>7 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 9:30 Walking Club 11:00 Bus to Southbury 11-11:45 Balance Class 12:00 Beach Boys & Pina Coladas 1-3:30 Table Tennis 1:00 Movie: <i>Barbie</i></p>	8
9	<p>10 8:30 Stretch & Meditation 10-11:30 Ask a Nurse 10:00 Italian Class 10:30 Current Events (virtual) 11:00 Balance Class 11:00 Learn to Play Pinochle 1-3:30 Table Tennis 1:00 Know Your Electric Bill</p>	<p>11 9:00 Mile Hike: Trolley Bed 10-11 Cardio Dance 10:30 Fitness Fury on Zoom 10-11 Veteran's Group 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-3:30 Canasta 1:15 Board Games and Chat 1:15 Dime BINGO 3-3:45 Balance Class</p>	<p>12 9-10 Zumba Gold® 10:00 Paint a Flower Pot 11-11:45 Balance Class 1-2 Imagery Journaling 12-2:30 Foot Care (by appt) 1:30-2:30 Tai Chi 3-3:30 Cardio Drumming 3:30 Bus Trip: Early Bird Dinner at Down the Hatch on Candlewood Lake</p>	<p>13 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-3 Massage with Andrea 12:30-3:30 Mah Jongg 1-2:30 Learn to Play Mah Jongg 1:30 Commission for Seniors 3-3:45 Balance Class</p>	<p>14 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10-1:30 Haircuts with Lucy (by appt) 11:00 Bus to Southbury 11-11:45 Balance Class 12:00 Flag Day Ceremony 1-3:30 Table Tennis 1:00 Movie: <i>Miracle</i></p>	15
16	<p>17 8:30 Stretch & Meditation 10:00 Bus to Torrington 10:00 Italian Class 10:30 Current Events (virtual) 11:00 Balance Class 11:00 Learn to Play Pinochle 1-3:30 Table Tennis</p>	<p>18 10-11 Cardio Dance 10-11 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-3:30 Canasta 1:00 Community Sing-a-Long 1:15 Board Games and Chat 1:00 Cribbage 3-3:45 Balance Class</p>	<p>19 Center closed today for the Juneteenth Holiday</p>	<p>20 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 1:00 Using a Fire Extinguisher 12-3 Massage with Andrea 12:30-3:30 Mah Jongg 1-3 Stitches of Love 3:00 Bus Trip: Southbury Farmer's Market 3:15-4:00 Balance Class</p>	<p>21 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 9:30 Walking Club 10-11 Healthy Chats with Heidi 10-2 Massages with Andrea 10-2 Don't Buy It - Swap It 11:00 Bus to Southbury 11-11:45 Balance Class 12:00 Movie: West Side Story 1-2 Ask an Attorney (by appt) 1-3:30 Table Tennis 1:00 Google, Alexa, Siri class</p>	22
23	<p>24 8:30 NO Stretch & Meditation 10-11:30 Ask a Nurse 10:00 Italian Class 10:30 Current Events (virtual) 11:00 Balance Class 11:00 Learn to Play Pinochle 12:00 Lunch & Learn: Healthy Aging and an Overview to Home Safety Solutions 1:00 Shell Craft</p>	<p>25 10-11 Cardio Dance 10:00 Book Club 10:30 Fitness Fury on Zoom 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-1:30 Canasta 1:15 Board Games and Chat 3-3:45 Balance Class</p>	<p>26 9-10 Zumba Gold® 9-3:30 Massages with Andrea 10:00 Flower Arranging 11-11:45 Balance Class 12:00 Bus Trip: Denmo's in Southbury 1-2 Imagery Journaling 1:00 Tech Help with Clyde 1:30-2:30 Tai Chi 3-3:30 Cardio Drumming 6:00 Cookbook Club</p>	<p>27 8:30 NO Stretch & Meditation 9:00 3-Mile Hike: Hidden Valley 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-3 Massage with Andrea 12:30-3:30 Mah Jongg 1-2:30 Learn to Play Mah Jongg 3-3:45 Balance Class 4-6:30 Pizza and Bingo Night</p>	<p>28 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 11:00 Bus to Southbury 11-11:45 Balance Class 1:15 Movie: 1-3:30 Table Tennis 1:00 Google, Alexa, Siri class 1:15 Movie: <i>Lucky Seven</i></p>	29
30						

QUILLING CLUB**Wednesday, June 5 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.

DIME BINGO!**Tuesday, June 11 at 1:15 p.m.**

10¢ per card, per game.

Please sign up.

**CRIBBAGE****Tuesdays, June 4 & 18 at 1:15 p.m.**

A new Cribbage group has started.

Please let us know if you're interested in playing.

**HOW TO USE A FIRE EXTINGUISHER - TRY IT!****Thursday, June 20 at 1 p.m.**

This class will be presented by Janet Morgan, Fire Marshal. Learn how to use a fire extinguisher in a fire emergency situation. Please sign up.

**BLOOD PRESSURE CLINIC****First and Third Tuesdays of the month****June 4 & 18 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.

**TECHNOLOGY HELP WITH JULIAN****Monday, June 3 at 1:30 p.m.**

Get personal help with your tech items. Especially your cell phones and tablets. Call to sign up!

WALKING CLUB

**Fridays, June 7 & 21 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!

**HEALTHY CHATS WITH HEIDI, RN at HVHD****Friday, June 21 from 10 to 11 a.m.**

Heidi will discuss tick borne illnesses, recent updates and how to protect yourself. Bring your questions.

Please sign up.

THE MONTHLY MUFFIN

**The monthly muffin will be on hiatus for
the summer months - June, July and
August. It's too hot to bake!**


**NATIONAL PET MONTH SNAPSHOT
PHOTO EXHIBIT**


The winner and the total donation that was raised for the Woodbury Animal Control Department will be posted at the center in June.

**FREE TABLETS AVAILABLE THROUGH BRIDGING
THE DIGITAL DIVIDE**

If you are age 60 or better, do not have a computer or smart phone, the Center can connect you to a free tablet and train you to use it as well. Funded



by a grant from the Western CT Area Agency on Aging and United Cerebral Palsy program Bridging the Digital Divide, the tablets can be used for staying in touch with family and friends, taking classes, accessing the internet, checking email, and so much more. Tablets can be modified for low vision, hard of hearing and other accessibility issues. Both iPads and Samsung Galaxy tablets are available. Each person who signs up will be contacted by Chris Connelly, a Digital Divide program specialist, who can help determine which tablet is best for you. Training will be offered by Woodbury Senior Center and also by Digital Divide specialists, and ongoing support is free and available. If you are homebound the training can even come to you. No financial eligibility applies; if you aren't connected to the internet and want to learn, please call the Center for more information and to sign up. Do not wait, as this free program has limited enrollment times. Sign up by June 7.

**ALL ARE WELCOME HERE**

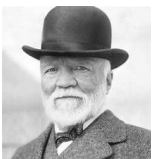
Woodbury Senior Center respects the diversity of our participants. You will find a warm welcome here, regardless of sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

**READY, SET, KNIT! STITCHES OF LOVE****Thursdays, June 6 & 20****1 to 3 p.m.**

Whether you enjoy to crochet or knit, all are welcome.

TABLE TENNIS

Mondays, June 10 & 17
Fridays, June 7, 14, 21 & 28
1 to 3:30 p.m.

**THE LIFE AND TIMES OF ANDREW CARNEGIE****presented by Leon DiMartino****Monday, June 3 at 1 p.m.**

Born in Scotland into a poor family that migrated to the United States, Andrew Carnegie would become one of the wealthy American industrial leaders of the late 1800s and early 1900s. His steel industry would help to produce the high rise buildings, railroads and bridges as the United States transitions from an agricultural to an industrial society. Learn the story of Andrew Carnegie and his place in American history. Please sign up.

Please find our monthly newsletter on our website: woodburyseniorct.org

Copies are also available at the Senior Center while supplies last.

**BE PREPARED FOR A FIRE DRILL THIS SUMMER**

We'd like to make you aware that we will be having a fire drill sometime this summer with the assistance of Janet Morgan, Fire Marshal. A fire drill is a structured and rehearsed exercise that aims to familiarize individuals with the necessary steps to take when a fire emergency takes place within the premises. The primary goal is to promote a quick, orderly and safe evacuation of the individuals while avoiding the risk of injuries or casualties. Please become familiar with our Emergency Exit Plan maps for the Senior Center which are located in each room in the building.

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. More classes in July and August too!

**LEARN TO PLAY PINOCHLE****instructed by Judy Dicarlo**

Mondays, June 10, 17, 24 & July 1
11 a.m. to 12:30 p.m.

Learn to play this card game. Please sign up.

ITALIAN CLASS

Mondays, June 10, 17, 24 & July 1
10 a.m.

This 4 week class will be instructed by Isabel Cymerman. Please sign up.

**CLYDE'S TECH SERIES****Fridays, June 21 & 28 at 1 p.m.**

In this two-part class you will learn how to use Siri, Alexa and Google assistance. Please sign up.

LEARN TO PLAY MAH JONGG

Thursdays, June 13 & 27, July 18 and August 1
from 1 to 2:30 p.m.

Learn to play then join our regular Mah Jongg groups. The class size is limited to 4. Please sign up.

