

WOODBURY SENIOR CENTER REPORTER

Sponsored by
**Munson-Lovetere Funeral Homes
and Cremation Services, Inc.**



MARCH 2020

MISSION STATEMENT

Volume 40, Issue 3

The Woodbury Senior Center will serve as a community focal point providing information, programs, services and links to promote independent living for adults at least 60 years of age.

Senior Center hours are Monday through Friday, 8 a.m. to 4 p.m.



**CELEBRATE ST. PATRICK'S DAY
WITH US AT THE CENTER
Tuesday, March 17 at noon**

Enjoy a festive St. Patrick's Day lunch of creamy cucumber salad, Dijon crusted corned beef, boiled potatoes, stewed cabbage, Irish soda bread and green jello with whipped topping for dessert.

Wear your green is you wish.

Be sure to make your reservation by
Tuesday, March 3.



CHOOSE
Kindness

Every so often we need to repeat some basic realities of life at the Senior Center.

This is one of those times.

Please read and remember:

- We all need to treat others with respect and consideration at all times. This includes staff, instructors and volunteers, in addition to members. Let's be an example of how people can get along, even when we disagree.
- If you are sick or feeling poorly, please stay home. Take care of yourself and help prevent the spread of germs to others.
- Your extra clothing, bags and other personal property are your responsibility. If an item is accidentally picked up by someone else, we will help you correct the situation. If you accidentally pick up the wrong item, please contact the office immediately. There are lockers at the Center, and if you feel you must bring something in, please bring a lock to secure it while you are here. Take it with you when you leave.
- The Center closes at 4 p.m. daily. Please end all activities and games by 3:45 p.m. so we don't have to ask you to leave your program unfinished. Plan ahead to use the restrooms, etc. so that you are out of the building by 4 p.m. when the doors are locked. Please be considerate of staff who often have their own appointments and obligations after 4 p.m., and who need to leave promptly.



**NONNEWAUG HIGH SCHOOL
PRESENTS THE REGION 14
SENIOR CITIZEN
"SPRING LUNCHEON & MUSICAL"
Thursday, March 26**

Woodbury seniors are invited to attend the Spring Luncheon and Musical at Nonnewaug High School. The 11:45 a.m. lunch menu will include NHS Greenhouse Spring Salad with Basil-Balsamic Vinaigrette, Baked Stuffed Shells al forno (sauce prepared with NHS greenhouse tomatoes & basil, ricotta, parmesan, mozzarella cheese), Garlic Toast and Chocolate Fudge Brownie and Cream Trifle.

The NHS Drama Club will present *Shrek* following lunch from 1 to 3 p.m. in the school auditorium. Seating is limited to 35 people. We do recommend our senior bus for transportation, as visitor parking is limited at the high school. Please sign up.

This popular event fills up fast.





Techie Tuesdays



Tuesdays, March 3, 10, 17, 24 & 31

9:30 a.m. or 10:15 a.m. (by appointment)

Volunteer Michael Huhn, a very knowledgeable techie, will be here at the Center to assist you and troubleshoot issues with various technology problems and questions on your iPads, phones, computers, etc. Please sign up for your 45 minute appointment.

MEMORY CAFÉ AT WOODBURY

Friday, March 20 from 1:30 to 3 p.m.



A Memory Café is a welcoming place for people with memory changes and for their family and friends. Each Memory Café is different. Some cafés invite guest artists, some offer education about memory changes and some are just for meeting others and relaxing. All memory cafés have two goals: to help guests feel comfortable and to know they are not alone. Cafés are a place to talk with others who understand what you are going through, a place for couples and families to connect, to leave behind limitations for a while and instead focus on strengths, to enjoy each other's company and to explore something new. Resources and information on future cafés will also be available. This program offered free of charge. Please sign up.

AN AFTERNOON OF CARTOONS, COMICS AND HILARITY

with cartoonist Rick Stromoski

Friday, March 20

12:30 to 1:30 p.m.

Rick Stromoski, an award winning nationally syndicated newspaper comic strip creator and humorous illustrator, will be at the Center to talk about his career in cartooning and show samples of his hilarious work and his new book *Andrew's Journal*. Please sign up for this free program.

STITCHES OF LOVE

Knitting and Crocheting with a Purpose

Fridays, March 6 & 20 and April 3 & 17

10 a.m.

Join this group twice per month and be a part of creating items including blankets, hats, scarves and mittens for those in need, while enjoying each other's company. All levels are welcome.

Please sign up.



EXERCISE CLASSES

Class fees are posted below for each class offered. Payment is due by the start of each session. Reminder: Out-of-town residents will pay an additional fee - \$5 more for full sessions, \$1 more for drop-ins.

Strength Training and Weights Class with Chris

Tuesdays and Thursdays, 1 to 2 p.m.

March Session: 3/3 - 3/31

\$36 for 9 classes (\$41 out of town)



Mat Pilates with Megan

Tuesdays and Thursdays, 8:30 to 9:25 a.m.

March Session: 3/3 - 3/31

\$27 for 9 classes/\$32 out of town

Yoga with Joann

Tuesdays and Thursdays

8:30 to 9:30 a.m.

March Session: 3/3 - 3/31

\$40 for 8 classes (\$45 out of town)



Tai Chi with Susan

Mondays and Wednesdays, 1 to 2 p.m.

Current Session: March 2 - April 8

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



Classic Cardio Dance with Andrea

Mondays, Wednesdays and Fridays

8:30 - 9:30 a.m.

March Session: 3/2 - 3/30 (no class 3/18)

\$36 for 12 classes (\$41 out of town) or

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



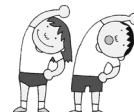
Fitness Fury - Strength, Flex & Condition

with Susan

Mondays, Wednesdays and Fridays

9:30 - 10:30 a.m.

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



...and try these FREE classes:

Exercise for Balance Class

Tuesdays and Thursdays

10 to 10:45 a.m.

Indoor Walking

Tuesdays and Thursdays at 11 a.m.

Follow Leslie Sansone DVD.





UNCONDITIONAL LOVE: DOG DAYS

with Matt Hughes

Friday, March 6

11 a.m. to 12 p.m.



Join Matt and share your stories of the wonderful effect the unconditional love of your four-legged bestie has had in your life. Please sign up.

PIZZA & A MOVIE

Friday, March 13 from 12 to 3 p.m.



Enjoy this pizza and movie event - the pizza is sponsored by the Lutheran Home in Southbury. The movie POMS, starring Diane Keaton, about a woman who moves to a retirement community and starts a cheerleading squad with her fellow residents, proving it's never too late to follow your dreams. We ask that you stay for the full pizza and movie event. The event is limited to 25 people. Please sign up.

ADVENTURES IN COOKING WITH CHEF MARIANNE DESILVA

Instant Pot Cooking

Monday, March 16 at 10:30 a.m.



Learn how to make pork tenderloin with a sweet and tangy gravy, Caribbean sweet potatoes and bulgur pilaf with caramelized onions, sautéed mushrooms and kale...all in an instant pot.

The cost is \$20/\$25 out of town. Please sign up.

OPEN ART SPACE

Tuesday, March 10 at 1 p.m.

Come in and enjoy a casual art experience. You can work on adult coloring, work with pastels, watercolors, colored pencils, etc. or bring an item of your own for inspiration to work from if you wish. Please sign up.

INCAPACITY, CONSERVATORSHIPS AND THE PROBATE COURT

with Probate Judge Domenick Calabrese

Friday, March 27 at 1 p.m.

While many people plan for the transfer of assets at death by creating wills, few are aware of the options and importance of planning for legal incapacity. Legal incapacity can occur suddenly and unexpectedly to people of any age - college students, men and women of working age, and those over 65.

Wills have no utility during will creator's lifetime, including when they become incapacitated. The ability to deal with the incapacitated person's financial and personal affairs may require court intervention. Planning for incapacity can minimize the stress and uncertainty families face when a loved one becomes incapacitated, and, in most cases, can help avoid court intervention. Connecticut probate courts deal with issues of incapacity regularly with guardianships, conservatorships and commitments. Judge Calabrese discusses legal incapacity, the role of the probate court, conservatorships and legal tools to plan for incapacity. Judge Calabrese will also answer questions from the audience. Please sign up.

DANCING IN THE WOO-WOO WITH LYN PRIESTMAN: LET'S HAVE A DIALECTIC

Thursday, April 2

1 to 3 p.m.

A method devised by the great thinkers of ancient Greece, Dialectic is an exploration of universal abstractions (beauty, truth, justice for example) toward deeper understanding and mental clarity, a "play of ideas."

Join Lyn for this ancient parlor game. Please sign up.

**DIALECTIC THOUGHT
IS AN ATTEMPT TO
BREAK THROUGH THE
COERCION OF LOGIC
BY ITS OWN MEANS.**

Theodor Adorno

HAPPY BIRTHDAY TO OUR SENIOR CENTER MEMBERS BORN IN MARCH!



Celebrate your **March** birthday with lunch and birthday cake on

Thursday, March 26 at 12 p.m.

A small token for your birthday will be given to those who sign up in advance.

Sign up for lunch to reserve your place.

Reservations are required to have lunch at the Center. The requested donation for lunch is \$3.50.



BEWARE OF GROWING GOVERNMENT IMPOSTER PHONE AND EMAIL SCAMS

Here is what people need to know:

1. The government will never call out of the blue and ask for a social security number.
2. The government will never ask for payment by gift card or wire transfer.
3. Social security numbers cannot be suspended.

These general tips can also help everyone protect themselves:

- If you are ever suspicious about a call, hang up immediately.
- Never click on an email link or attachment unless you fully trust the sender.
- Never pay someone you do not know well via gift card or wire transfer.
- Always be cautious about giving out your personal or financial information, including your Medicare or Social Security numbers, or any banking information.
- Sign up for the National Do Not Call Registry at donotcall.gov

Jennifer Moshier - Municipal Agent

203-263-4117

203-266-4310 (fax)

Jennifer's Hours:

Monday through Friday - 9 a.m. to 4 p.m.

Jennifer can help with all your applications - Medicare Savings Program; Medicaid; Medigap; nursing homes; Respite Care; Day Care; the Home Care Program (CCCI) and other services and benefits for seniors.

Please contact Jennifer for information on Energy Assistance.

MASSAGES WITH ANDREA

Wednesdays, March 4, 11, 25 - 10 a.m. to 2 p.m.

Fridays, March 6 & 20 - 10 a.m. to 1 p.m.

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

MASSAGES WITH MARY

Fridays, March 13 & 27

10 a.m. to 1 p.m.

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

Call the Center to make an appointment.



POMPERAUG DISTRICT HEALTH NURSE BLOOD PRESSURE CLINIC

1st & 3rd Tuesdays of each month

10:00 to 11:00 a.m.

JUNK TO JEWELS IS BACK!

Back by popular demand...the Junk to Jewels sale will be held on **Tuesday, May 5**. We need donations of unwanted costume jewelry.

Please place all items in a donation basket in the office at the Center. All proceeds will benefit the Center.



CURRENT EVENTS DISCUSSION GROUP

facilitated and led by Penny O'Connell

Wednesdays at 10:30 a.m.

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 peers about your community and world events. Please sign up.

Woodbury Senior Center Staff

Director of Senior Services: Loryn Ray

Program Assistant: Jennifer Skene-Tiso

Office Manager: Karen Blanchet

Municipal Agent: Jennifer Moshier

Senior Bus Drivers: Tom Davis, Bob Hughes and Nancy Gubbiotti

Meal Site Manager: Donna Cole

Custodian: John White

Assisted by many volunteers

281 Main Street South

Woodbury, CT 06798

203-263-2828

203-266-4308 (fax)

Email: SeniorCenter@woodburyct.org

Website: woodburyseniorct.org

Our newsletter is available on our website.

And "Like" us on Facebook at

Woodbury Senior Center.

ON THE ROAD AGAIN...**JUST LUNCH...AT J. TIMOTHY'S TAVERN IN PLAINFIELD****Wednesday, March 4**

Previously Cooke's Tavern, owners Jim and Tim established this new restaurant in 1988. You are in for a wonderful dining experience. Bus seating is limited to 12. The bus will leave Woodbury around 11 a.m. Please sign up starting March 2.

**SHOPPING AT WHOLE FOODS AND TRADER JOE'S IN DANBURY
AND LUNCH AT ROSY TOMORROWS****Wednesday, March 11**

Do some shopping at these popular stores then enjoy lunch at Rosy Tomorrows. Bus seating is limited to 12. The bus will leave Woodbury around 10 a.m. Please sign up starting March 2.

**"LIVES WELL LIVED" MOVIE DOCUMENTARY AT EDMOND TOWN HALL IN NEWTOWN****Wednesday, March 18**

The 2 p.m. show, "Lives Well Lived" is a feature documentary film by Sky Bergman that celebrates the incredible wit and wisdom of adults 75 to 100 years old who are living their lives to the fullest. Encompassing over 3000 years of experience, forty people share their secrets and insights to living a meaningful life. Their intimate memories and inspiring personal histories will make you laugh, perhaps cry, but mostly inspire you. This documentary is being hosted by Pomperaug Woods in Southbury. In lieu of an admission fee, Pomperaug Woods will be collecting donations for the Alzheimer's Association of CT. Bus seating is limited to 12. The bus will leave Woodbury around 1 p.m. Please sign up starting March 2.

BLUE BACK SQUARE IN WEST HARTFORD**Monday, March 30**

Take a trip to this fun shopping area that includes Barnes and Noble, Crate and Barrel, West Elm and many special boutiques. Lunch options include the Cheesecake Factory, Rizzuto's and small sandwich shops. Bus seating is limited to 12. The bus will leave Woodbury around 10 a.m. Please sign up starting March 2.

JUST LUNCH...THE ORIGINAL ANTONIO'S IN BEACON FALLS**Wednesday, April 1**

By popular demand the bus will be going to The Original Antonio's in Beacon Falls for lunch. Bus seating is limited to 12. The bus will leave Woodbury around 11:30 a.m.

Please sign up starting March 16.**WADSWORTH ATHENEUM****Wednesday, April 8****\$12 per person due at sign up (cash)**

Explore the museum at your own pace. The Wadsworth is noted for its extensive collections of European Baroque art, French and American Impressionist paintings, Hudson River School landscapes, modernist masterpieces and contemporary works, ancient Egyptian and Classical bronzes, as well as its collections of early American furniture and decorative arts. Current exhibitions include Rembrandt's Titus in a Monk's Habit and Sport and Leisure Sailing on the Sound. There is a café at the museum where you can purchase salads, wraps and other items for lunch. There is also a museum gift shop for you to enjoy. Bus seating is limited to 12. The bus will leave Woodbury around 9:30 a.m.

Please sign up starting March 16.

WRITING FROM THE INSIDE OUT

A Creative Writing Workshop with Lin Northrup
Thursdays, April 16 through May 21
11 a.m. to 12:30 p.m.

\$25/\$30 out of town for 6 class session



Spring. New life breaking through the ground despite the cold winds of March. A season of inspiration. A renewal of our connection to the flowers, the trees, the newborn fawn and to each other. Spring is fertile ground for writers. Stories, poems and new themes break through the ground of our imaginations and seek expression.

Writing takes practice. It takes a willingness to experiment, to polish your craft and stretch your mind and heart. Join us and share your ideas through poetry, essays and story. Live inside the world of words and discover the creativity that lies within you.

Class size is limited. Please sign up.

"In the world of words...language will find you and suddenly there will be a story to live in."
 (Naomi Shihab Nye)

HANDMADE CARDS FOR VETERANS

Tuesday, March 17 from 1 to 2 p.m.



Create cards to send to our service men and women serving overseas. Supplies will be provided. Please sign up.

AARP TAX AIDE

Mondays & Thursdays through April 13
by appointment only at the Senior Center
 Be sure to call the Center for your free 45 minute appointment at 1 p.m., 1:45 p.m., 2:30 p.m. or 3:15 p.m.



Bring your tax return from last year, all required documents for this year, and a photo ID for each person on the tax return.

A MATTER OF BALANCE

Mondays and Wednesdays
April 6 through May 4
9 a.m. to 11 a.m.

This 4-week program (8 classes) emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance.

Please sign up for this free program.

HAIRCUTS FOR MEN AND WOMEN

The Barber Shop/Salon is open on
Monday, March 23
10 a.m. to 2 p.m. by appointment
 Hairstylist Jamie Blanchet is licensed to do hair for both men and women.
 Make your appointment today!
 - Basic man's haircut: \$10
 - Basic woman's haircut: \$12

**AARP DRIVE SMART CLASS**

Monday, March 2

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

\$20 AARP members - \$25 non-AARP members

This class could save you money on your auto insurance.

Contact your auto insurance company to find out. A check made out to AARP is required. Please sign up.

VOICE CALLS

We have added the Voice Call feature to our MySeniorCenter program. This will allow us to make phone calls to groups of people if there is a change to a program or to make any other special announcements. The Caller ID would register as 203-263-2828 or the Town of Woodbury. Please be sure we have your current phone number and email.

ST. PATRICK'S DAY WORD SEARCH

c	i	r	e	l	a	n	d	s	i	p
j	s	w	e	u	m	a	r	c	h	t
p	f	p	a	c	u	h	s	d	a	r
f	a	o	i	k	a	c	p	s	r	a
a	o	t	u	y	h	e	a	h	t	i
l	e	p	r	r	e	c	h	a	u	n
u	m	a	a	i	t	r	r	m	w	b
i	e	r	r	o	c	e	s	r	x	o
r	r	a	s	d	l	k	p	o	t	w
i	a	d	g	g	o	l	d	c	h	n
s	l	e	a	r	v	l	l	k	t	d
h	d	s	c	h	e	s	a	i	n	t
k	w	e	e	r	r	e	f	r	i	e
h	c	g	o	h	o	l	n	t	f	k

Irish	Parade	Pot
Emerald	Leprechaun	Shamrock
Clover	Patrick	Green
Lucky	Gold	Saint
Ireland	Rainbow	March