

# WOODBURY SENIOR CENTER REPORTER



MARCH 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.

### SENIOR CENTER BUILDING REMAINS CLOSED

The Senior Center remains closed to the public at this time. Please know that while our building is closed, our services are still open! Call the Center for any questions you may have or services you may need, for guidance in getting a COVID-19 vaccine shot, and read on for information about our many virtual and at-home programs.

### DON'T FORGET TO CHANGE YOUR CLOCKS AND CHANGE YOUR SMOKE ALARM BATTERIES

Daylight Savings Time begins on **Sunday, March 14 at 2 a.m.**

Be sure to "spring ahead" before bed on Saturday night! It is also suggested to get in the habit of changing your smoke alarm batteries when you change your clocks.



### GOOD NEWS! GRAB AND GO CONGREGATE MEALS ARE BACK!

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. 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; (203) 263-2828. 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.

### MARCH MENU

- **March 2-** Beef Gyro Roast potato, vegetable **OR** Chicken Marsala, mashed potato, vegetable
- **March 4 -** Salisbury steak with onions, pepper and mushroom, mashed potato and vegetable **OR** Chicken kebob with roasted potato and vegetable
- **March 9 -** Baked chili casserole with cheddar cheese and small salad **OR** Chicken Marsala with mashed potato and vegetable
- **March 11 -** Pasta Bolognese and small salad **OR** Mediterranean chicken with roasted potato and vegetable
- **March 16 -** Greek Salad plate **OR** Meatloaf with gravy, roasted potato and vegetable
- **March 18 -** Roasted chicken with roasted potato and vegetable **OR** Beef Gyro with roasted potato and vegetable
- **March 23 -** Chicken Marsala with mashed potato and vegetable **OR** Pasta Bolognese and a small salad
- **March 25 -** Mediterranean chicken with roasted potato and vegetable **OR** Baked chili casserole with cheddar cheese and small salad
- **March 30 -** chicken kebob with roasted potato and vegetable **OR** Salisbury steak with mushrooms, onions and pepper, mashed potato and vegetable



**NEW OPPORTUNITIES**  
Building Relationships to End Poverty™

### TAX PREPARATION ASSISTANCE OPTIONS

We know tax preparation assistance is an important service for many people. Last year the sudden COVID shutdown created many difficulties for people who rely on tax preparation assistance. This year, some assistance is available, but ongoing COVID restrictions mean lots of changes to how tax assistance is provided. Please read through the options below and choose the option that works best for you.

- 1. AARP Tax Preparation Assistance:** Call the Woodbury Senior Center at 203-263-2828. **THIS IS NOT FOR A TAX APPOINTMENT.** This year Woodbury residents who have had their taxes prepared here at the Center by AARP last year will have their name and phone number forwarded to an AARP tax volunteer by the Senior Center. An AARP tax volunteer will then call you directly to screen and verify the complexity of your tax return. If you fit their criteria, they will then schedule a socially distant appointment with you. The AARP tax volunteer will give you all the details.
- 2. VITA Free Income Tax Preparation Assistance:** is a program sponsored by the IRS for the elderly, disabled, those who speak limited English and those earning less than \$54,000 per year. Appointments will be held virtually; you must have a phone available during the appointment and documents must be uploaded via their secure internet connection. For more information or to get help, contact 1-800-906-9887. <https://portal.ct.gov/DRS/Individuals/VITA-TCE/Free-Income-Tax-Assistance#vita>
- 3. The IRS Free File program offers online assistance in filing your taxes:** The IRS Free File Program is a public-private partnership between the IRS and many tax preparations and filing software industry leaders who provide their brand-name products for free. It provides two ways for taxpayers to prepare and file their federal income tax online for free. Traditional IRS Free File provides free online tax preparation and filing options on IRS partner sites. Our partners are online tax preparation companies that develop and deliver this service at no cost to qualifying taxpayers. Please note, only taxpayers whose adjusted gross income (or AGI) is \$72,000 or less qualify for any IRS Free File partner offers. Many Tax Preparation Companies offer this service; please call the companies directly to inquire. Free File Fillable Forms are electronic federal tax forms you can fill out and file online for free. If you choose this option, you should know how to prepare your own tax return. Please note, it is the only IRS Free File option available for taxpayers whose income (AGI) is greater than \$72,000.

### Getting Your COVID-19 Vaccine – New information rev 2/17/21

All people are being asked for patience as vaccine arrives in our area. Everyone who wants a vaccine will be able to get an appointment, but not all in the first weeks. Right now, seniors age 65 and up can make appointments. Essential front line workers and people under 65 who meet the criteria for underlying medical conditions are up next for eligibility.

There are different ways to make an appointment. Each method has pros and cons. (Call us if you need to learn which option might be best for you) For most statewide options (including CVS, Walgreens and Walmart stores), please start at the CT COVID-19 Vaccine Information website at <https://portal.ct.gov/Coronavirus/covid-19%20vaccinations>. For Pomperaug District Department of Health local clinics, start at <http://pddh.org/>

Please call Woodbury Senior Center at (203) 263-2828 if you need further assistance. We're here to help you know your options and find your appointments. Also, we are contacting people via phone and email when new clinics are announced in our area or other major changes occur in the vaccine process. Be sure we have your phone number and/or email address to stay informed.

#### VACCINE CLINICS THAT TAKE APPOINTMENTS OVER THE PHONE

If you don't have a computer and want to use the VAMS system to make an appointment (links to most larger clinics), call the **CT COVID Vaccine Appointment Assist Line at 877-918-2224 seven days per week from 8:00 a.m. to 8:00 p.m.**

**Waterbury Hospital/ Post University Drive Through Clinic:** (203) 575-5250, Ext. 4

**Della Pietra Pharmacy Clinic (Waterbury):** (203) 754-0181

**Pomperaug Health Department Clinics (all locations):** (203) 264-9616, Ext. 7

**Griffin Hospital (clinics are being held in Shelton):** (203) 433-3394

**Highwatch Recovery Center (Kent):** (959) 300-6061

**Woodbury Drug:** [\(203\) 263-2282](tel:2032632282)



**REGION 14 SENIOR CITIZENS PICK-UP LUNCH AND VIRTUAL MUSICAL PRODUCTION OF "SEUSSICAL THE MUSICAL" BASED ON DR. SEUSS presented by the Nonnewaug High School Culinary Class and the musical show cast and crew Friday, March 19**

**Woodbury seniors must sign up by Friday, March 5.**



Meals are limited to 40 guests. You will receive a ticket from the Senior Center when you sign up by calling 203-263-2828 and present it to the high school at pick up.

**10 to 11:30 a.m. on Friday, March 19** - Pick up lunch at NHS. Guests will be guided through the school's driveway and pick up the meals at the Culinary Arts room back patio. Lunch will include marinated spring greenhouse herb and vegetable salad with cous cous, white beans and lentils; baked cheese stuffed shells (ricotta, mozzarella and greenhouse basil) and for dessert key lime pie with strawberry whipped cream.

The musical will be virtual. Information and links will be provided when you pick up your lunch.



**TAKE OUT TODAY— An Irish Celebration with Annoula's Restaurant Wednesday, March 17**



Celebrate the luck of the Irish by signing up for our St. Patrick's Day Take Out Today and optional Lucky Day Bingo. Featured will be the traditional Corned beef and cabbage with the works, and dessert. Included with your lunch will be a Lucky Day Bingo card and information on joining us via Zoom for a chance to have some fun and win a valuable grocery store gift certificate! Pick up your lunch on St. Patrick's Day between **11 a.m to 11:30 a.m.** at the Center (limited delivery available if you don't drive). Bingo starts at 1 pm on Zoom (you'll get the link along with your Lucky Day Bingo Card and marker when you pick up your lunch). The suggested donation for this event is just **\$4** per meal, payable at sign up. Do join us, won't you? It will be fun, and you might be the lucky one!

**Please sign up by Wednesday, March 10.**

Friends, we want you to know that **Jennifer Moshier** has resigned from her position as Director of Social Services and Municipal Agent so that she may continue to focus on her health and well being. While we will miss her, Jennifer will forever be a part of our Senior Center family. Jen wishes everyone peace and wellness with thanks for all you've done for her during her years working at Woodbury Senior Center. Please keep Jennifer and her family in your thoughts.



**WHEN IT BUILDS UP, TALK IT OUT**

To further their efforts in supporting and empowering families, the Department of Children and Families (DCF) partnered with United Way of Connecticut 2-1-1 and community providers to establish a "When it Builds Up, Talk it Out" campaign.

Parents and caregivers who need someone to listen, to understand and to talk your feelings out with can connect with trained professionals by dialing 833-258-5011.

Anyone who wishes to access supports are invited to call 833-258-5011 and engage with trained professionals who will listen and speak with them about their concerns. If additional help is needed, parents and caregivers will be referred to community-based services.

The Talk It Out Line can also be accessed via cell phone by visiting [www.talkitoutct.com](http://www.talkitoutct.com) and clicking on the linked phone number to connect to the same caring professionals.

**MARCH 24 IS NATIONAL COCKTAIL DAY!**

Here's one to try while you're staying home - I'm not sure why it has this name but it sounds good...

**The Grumpy Old Man**

**2 ounces bourbon**  
**1 ounce fresh squeezed lime juice**  
**Ginger ale (try a less-sweet version such as Vernor's)**



Fill an old-fashioned glass with ice; add bourbon and lime. Fill the glass with ginger ale. Enjoy! This drink is similar to a Moscow Mule but is made with bourbon, whereas a Moscow mule is usually made with vodka. Enjoy this delicious cocktail safely and in moderation.

**MARCH SHENANIGANS WITH PIERCE CAMPBELL ON ZOOM**

**Friday, March 26 from 2 to 2:30 p.m.**

Register now for a terrific afternoon of Irish music and fun with Pierce Campbell, sponsored by Connecticut Healthy Living Collective. You can sign up at the link below OR call the Center. You must identify yourself as being from Woodbury Senior Center at sign up. Pierce's Irish music is a true treat. Sign up today to enjoy the music and the shenanigans – You'll be glad you did!



<https://hipaa.iotform.com/210485782888169>



**SLEEPING BY THE NUMBER**

Check out this quiz all about better sleep, just in time for Sleep Awareness Week (March 14-21). How many correct answers can you get?

1. How many times per day are our bodies programmed to get sleepy?
2. How many hours of sleep do most adults need per night?
3. What's the best temperature setting for your bedroom to ensure good quality sleep?
4. What percentage of sleep time is typically spent dreaming?
5. People with sleep apnea typically may stop breathing up to \_\_\_ times per hour while sleeping.
6. What percentage of people dream only in black and white?
7. What fraction of our lives do we spend in sleep?

Turn upside down to see answers:

1) 2 2) 7-9 3) 62-68F 4) 22% 5) 30 6) 12% 7) 1/3

**UPDATED SENIOR BUS TRANSPORTATION NEWS**

We are adapting our senior bus transportation on a monthly basis to meet your needs. We can now take 2 riders at a time (plus aide if required). We will continue bus rides for doctor appointments in Woodbury, Southbury, Middlebury, Watertown and Waterbury. Shopping is now being extended to Southbury and, as always, in Woodbury for any of your needs. Please call us to reserve your seat at 203-263-2828. All riders will be screened before getting on the bus and must wear a mask at all times while on the bus.



**Bus schedule is subject to change.**

**HELLO**  
my name is

*What's In A Name?*

**FUN FACTS ABOUT NAMES**

March 1 is "Fun Facts About Names" Day; who knew?! Here are a few fun facts about names in the US:

- NUMBER OF PEOPLE WITH NAMES THAT RHYME: 62,935 (Names like Nellie Kelly)
- NUMBER OF PEOPLE WITH AN IDENTICAL FIRST AND LAST NAME: 4746 (Thomas Thomas is the most frequent found "double name")
- NUMBER OF PEOPLE WITH UNFORTUNATE FIRST INITIALS WITH LAST NAMES: 1307 (There are 721 B. Wares, and 375 B. Quicks, for example)
- NUMBER OF PEOPLE WHOSE LAST NAME STARTS WITH THEIR FIRST NAME: 45,379 (Such as John Johnson)

**WOODBURY SENIOR CENTER STAFF**



Loryn Ray  
Director of Senior Services



Jennifer Skene-Tiso  
Program Assistant



Karen Blanchet  
Office Manager



Tom Davis  
Senior Bus Driver



Bob Hughes  
Senior Bus Driver  
Currently on Medica Leave



Nancy Gubiotti  
Senior Bus Driver



John White  
Custodian



Donna Cole  
Senior Nutrition Services

Director of Social Services/  
Municipal Agent  
currently vacant

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.  
And "Like" us on **Facebook** at **Woodbury Senior Center**.

**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.





**ATOMIC FIREBALL CHALLENGE!**

Are you suffering from a case of the ho-hums? Need some spice in your life? Well friends, we have an answer for you.

**THE CHALLENGE: (on your honor)**

You must hold 2 of these spicy fireballs in your mouth for 6 minutes. IF you complete this challenge you will win a mason jar filled with Atomic Fireballs and Cinnamon Fire Jolly Ranchers.

Call the Center at 203-263-2828 to sign up and to pick up your fireballs...IF YOU DARE! Let us know your results by Wednesday, March 17.

**HEARING CHALLENGES DURING THE PANDEMIC  
Friday March 26, 2021 at 11:00 a.m. on Zoom**

Hearing intelligible words through a face mask without the ability to also take cues from facial expressions or reading lips is a challenge for us all, especially for those of us with hearing difficulties. How can we find ways to communicate while complying with social distancing and face mask requirements? Join our Zoom interactive seminar The Woodbury Senior Center will host a comprehensive discussion with Carol Maksimow ACA, BC-HIS as we explore how wearing face masks can significantly impact how we hear and understand those around us. We will discuss the latest research findings, the day-to-day challenges, offer helpful tips, and latest technical solutions to help you more effectively communicate with those around you. Register at the Center at 203-263-2828. You will receive the Zoom link at sign up. Brought to you by:



**Emergency Heating Assistance Resources**



**Eversource Matching Payments Program** -

Program provides year round electric service and possible forgiveness of back balances to low-income electric heating customers. Call 1-800-286-2828 or 860-947-2828.

**Eversource NUSTART** - NUSTART is a program designed to give a fresh start to low-income customers whose income is below 200% of the federal poverty level and have a past-due balance of \$100 or more on an Eversource bill. Call 1-800-286-2828 or 860-947-2828.

**The Soldiers', Sailors', and Marines' Fund Assistance** - This program provides limited assistance to veterans who are residents of Connecticut. Contact Information: Call 1-800-491-4941.

**Utility Arrearage Forgiveness Programs** - Many Connecticut utility companies have programs designed to help customers pay back portions of their overdue bills. To apply, contact your local utility company.

**Winter Protection Program** - This program is designed to prevent utility shutoff for "hardship cases" between November 1st and April 15th. To apply, contact your local utility company.

**Connecticut Energy Assistance Program**- Energy assistance through the Connecticut Energy Assistance Program (CEAP) helps low income households pay their primary heat source bills. Energy payments are determined by family size and gross income, and by whether a household is classified as "vulnerable." Vulnerable households have a member who is under age 6, who is age 60+, or who is any age and disabled. To apply, contact New Opportunities Community Action 203-756-8151.

**VIRTUAL EXERCISE CLASSES**

**A Note About our Virtual Exercise Classes:**

At the beginning of the pandemic, we made a decision to discount the fees for our virtual exercise programs until the end of the calendar year. This decision meant that all virtual exercise programs offered by the Woodbury Senior Center would have a monthly fee of \$10 if the class meets once per week, or \$20 if the class meets twice per week, a savings to participants of \$10-\$15 per month. We are happy to announce that we will continue this policy until April 2021. Please use this opportunity to try one of our virtual classes. Stay connected to others and stay fit in mind and body.

**Virtual Cardio Dance with Andrea on Zoom**

**Wednesdays and Fridays from 9 to 10 a.m. on March 3, 5, 10, 12, 17, 19, 24, 26 & 31**

Great music and dance moves in this energetic class! The cost is \$20 for the month of March (9 classes). 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.



**Virtual Fitness Fury with Susan on Zoom**

**Tuesdays from 11 to 11:45 a.m. and Thursdays from 10 to 10:45 a.m. - March 2, 4, 9, 11, 16, 18, 23, 25 & 30**

You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost is \$20 for the March session (9 classes). 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.



**FREE MASKS**

The Center has free masks available for Woodbury seniors and those who care for them. These are white cotton, double ply masks which can be hand or machine washed, are comfortable to wear, and come in a sealed pack of five. We can offer you a pack of five masks for each older adult in your household, while supplies last. Please call us or stop by the Center to pick up your set of 5 free masks.



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



**FREE MONTHLY "SENIOR CENTER IN A BAG"**

Sign up for the monthly SCB today. The bag is full of opportunities to exercise your brain, your body and your mind. This isn't child's play! Call the Center at 203-263-2828 to make arrangements for pick up or delivery.



**NO-CONTACT PICK UP/DROP OFF AT THE CENTER**

The Center offers no-contact pick up and drop off for Senior Center in a Bag, program materials, newsletters, masks, payments and more. You'll find it outside our front entrance in an enclosed cabinet which will keep materials safe from bad weather. Give us a call if you'd like us to leave any materials outside for you for pick up or if you are dropping off something to us.



**FITNESS CHALLENGE - WALK ACROSS AMERICA**

Our fitness challenge walkers gained a lot of ground since our last update! On our virtual walk across America, we last stopped in Hershey, PA for a well-deserved rest and a chocolate bar. After that break, our intrepid walkers hit the road again, and with our combined steps over the last few weeks, we have walked an additional 620 miles. Virtually speaking, that lands us right in the heart of Louisville, KY, home of the Kentucky Derby (our timing is off, no race this weekend!), Kentucky Fried Chicken (lunch, anyone?) and the famous Louisville Sluggers Baseball Bats. A tour of the factory is on our agenda, where some of us purchase bats to ship home to grandkids and kids-at-heart.



What did we see along the way from Hershey to Louisville? Snow, and plenty of it! Winter weather started late this year, but as we write, 75% of the US is covered in snow.



We stopped off in Pittsburgh for a photo op at Point State Park at the convergence of the Allegheny, Monongahela and Ohio rivers (and a great shot of many of Pittsburgh's 400 scenic steel bridges), and then again in Athens, Ohio, home to Ohio University, a beautiful university with 22,000 students on the main campus. OU is Loryn's alma mater, so lots of Ohio trivia ensued. We moved on to Columbus (where the other big Ohio school is located) and then turned southwest to make our way to Louisville.



These walkers are motivated, so they are already counting their steps to see where our next stopover will be. Want to join the fun? Call the Senior Center to sign up for "Walk Across America" and start counting your steps!

**AARP VIRTUAL SENIOR CENTER PROGRAMS**

**AARP** Check out the full lineup of virtual programs being offered by AARP online! These programs offer you a way to try new ideas, see new places and grow even while staying at home. Register in advance directly from the AARP website, or call the Center for help in signing up. Start here:

<https://local.aarp.org/virtual-community-center/>

Below is a sampler of March events:

- Over 50? It's a Great Time to Start a Business: Wednesday, March 3 at 12 p.m.
- Virtual U Lecture: In Search of the Himalayan Snow Leopard: Monday, March 8 at 12 p.m.
  - Downsizing and Decluttering: Tuesday, March 16 at 3 p.m.
- Wadsworth Atheneum Virtual Tour Series: European Artists: Wednesday, March 24 at 7 p.m.
- Streaming & Smart TVs Presented by Senior Planet from AARP: Monday, March 29 at 1:30 p.m.

**RANDOM ACTS OF KINDNESS SUCCULENT EDITION**

We had succulents left over from our ZOOM class last month and left over teacups from last year. Naturally, this surplus warranted a random giveaway of 16 succulent tea cups.



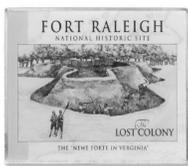
It was a small gesture but brought us much joy. The term "random act of kindness" is generally attributed to Anne Herbert who wrote, "Practice random kindness and senseless acts of beauty." The term refers to selfless acts, both large and small, that are committed unexpectedly, without prompting and with no apparent ulterior motive. Thank you to all of our seniors who think of us each day with random calls of love and encouragement, cards, gifts of chocolate, cookies and muffins making sure we feel thought of and cared for. We miss you all terribly and look forward to open doors, smiling faces and lots of programs!!

**SENIOR LEARNING NETWORK (SLN) MARCH PROGRAMS****All programs begin at 2 p.m. - Log in for roll call at 1:45 p.m.**

For those interested in registering for any of these Senior Learning Network classes, please call the Center at 203-263-2828 and we will email you the link for the class(es) you'd like to attend. **PLEASE DO NOT SHARE THE LINKS. Each person participating MUST be registered with the Senior Learning Network through the Woodbury Senior Center.**

**Tuesday, March 2: Penn Museum/ Personally Guided African Galleries Tour**

What better way to learn about the culture of another place than through the eyes of someone who grew up there? Through the Global Guides Program, the Museum offers virtual tours led by Philadelphians who grew up in countries around the world! In addition to sharing historical information about the museum artifacts on display, our guide from Africa will combine personal experiences and stories to interpret objects from their home country.

**Thursday, March 4: The Lost Colony / Ft. Raleigh National Historic Park*****An in-depth look at the complex history and mystery of England's start in North America.***

Join park rangers to explore the events and unknowns surrounding the first English colony in North America. The program begins at the historic Waterside Theater and will cover the multiple English voyages, the interactions between the English and Native people and some theories about what happened to the Lost Colony. The program will continue with a tour to the archaeology site of the 1585 scientific workshop (this is not an active dig site but rather where known parts of the story exist) and the earthen fort which is a reproduction of one from the 1580's.

**Thursday, March 11: Lovingly, Marion/ Marion McNay Art Museum**

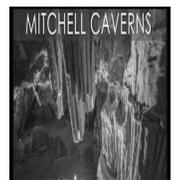
Join us for a tour of the McNay Collection! This tour highlights Marion Koogler McNay's bequest of her home and art collection with particular emphasis on 20th and 21st-century modernist artists Paul Cézanne, Marc Chagall, Pablo Picasso, Georgia O'Keeffe, and Diego Rivera among others. **About Marion Koogler McNay:** Marion Koogler McNay, was an American painter, art collector, and art teacher who inherited a substantial oil fortune upon the death of her parents. She later willed her fortune to be used to establish San Antonio's first museum of modern art, which today bears her name.

**Thursday, March 18: The Story of Amistad/ Mystic Seaport Museum**

This new joint program of Mystic Seaport Museum and Discovering Amistad tells the story of the Amistad and how it serves as an example of how citizens and communities, working together, can bring about landmark change. The program features behind the scenes footage from the vessel itself, and a special Planetarium show that showcases changes in the night sky as seen by the Amistad Africans on their return trip to Sierra Leone, and the role that celestial navigation played in this local story.

**Tuesday, March 23: Virtual Tour at Mitchell Caverns**

Mitchell Caverns, within the Mitchell Caverns Natural Preserve, is a trio of limestone caves, located on the east side of the Providence Mountains. For many years the caves were thought to be "dead", that is, the formations were no longer growing. However, recent studies have found some signs of life. Numerous paleontological and archaeological finds have been made in and around the caverns. Scientists have found the remains of several prehistoric animals, including a sloth. The caverns were a sacred place for the Chemehuevi Indians, and a number of tools and fire pits have been found. Come join us for a virtual tour with California State Park Interpreter Andrew Fitzpatrick, taking us through a crash course in desert and cave ecology & local history of the Mitchell Caverns.

**Thursday, March 25: Big Bend National Park / Texas' Gift to the Nation**

There is a place in Far West Texas where night skies are dark as coal and rivers carve temple-like canyons in ancient limestone. Here, at the end of the road, hundreds of bird species take refuge in a solitary mountain range surrounded by weather-beaten desert. Tenacious cactus bloom in sublime southwestern sun, and diversity of species is the best in the country. This magical place is Big Bend. During this program, we will view the mountains, river, and desert of Big Bend, and be introduced to a few animals that live in each area. We will also learn what tourists love to do --learning to canoe down the river, or backpack in the mountains. See you at Big Bend!



# MARCH 2021



S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T
<b>1</b>	National Fun Facts About Names Day!	<b>2</b> 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom 2:00 SLN: Penn Museum/ Personally Guided African Galleries Tour on Zoom	<b>3</b> 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny on Zoom 12:00 AARP Presents: Over 50? It's Great Time to Start a Business on Zoom	<b>4</b> 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up 12-4 AARP Tax Preparation (by appointment only) 2:00 SLN: The Lost Colony/Ft. Raleigh National Historic Park on Zoom	<b>5</b> 9-10 Cardio Dance with Andrea via Zoom	<b>6</b>
<b>7</b>	<b>8</b> 12:00 AARP Presents: Virtual U Lecture - In Search of the Himalayan Snow Leopard on Zoom	<b>9</b> 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom	<b>10</b> 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny on Zoom	<b>11</b> 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up 12-4 AARP Tax Preparation (by appointment only) 2:00 SLN: Marian McNay Art Museum on Zoom	<b>12</b> 9-10 Cardio Dance with Andrea via Zoom	<b>13</b>
<b>14</b>	<b>15</b> Sleep Awareness Week!	<b>16</b> 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom 12:00 AARP Presents: Downsizing and Decluttering on Zoom	<b>17</b> 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny On Zoom 11-11:30 St. Patrick's Day Grab-And-Go Lunch Pick up  Let us know your Atomic Fireball Challenge results!	<b>18</b> 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up 12-4 AARP Tax Preparation (by appointment only) 2:00 SLN: The Story of Amistad/Mystic Seaport Museum on Zoom	<b>19</b> 9-10 Cardio Dance with Andrea via Zoom 10-11:30 Region 14 Lunch Pick up (by reservation only)	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b> 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom 2:00 SLN: Virtual Tour at Mitchell Caverns on Zoom	<b>24</b> 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny on Zoom 12:00 AARP Presents: Wadsworth Atheneum Virtual Tour Series - European Artists on Zoom  National Cocktail Day!	<b>25</b> 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up 12-4 AARP Tax Preparation (by appointment only) 2:00 SLN: Big Bend National Park - Texas' Gift to the Nation on Zoom	<b>26</b> 9-10 Cardio Dance with Andrea via Zoom 11:00 Hearing Challenges During the Pandemic on Zoom 2-2:30 March Shenanigans with Pierce Campbell on Zoom	<b>27</b>
<b>28</b>	<b>29</b> 12:00 AARP Presents: Streaming and Smart TV's Presented by Senior Planet on Zoom	<b>30</b> 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom	<b>31</b> 9-10 Cardio Dance with Andrea via Zoom 10:30-12 Current Events with Penny on Zoom		 <p>P.S. - Loryn turned <b>60</b> on February 28! Be sure to wish her a belated Happy Birthday!</p>	
MY NOTES:						