

WOODBURY SENIOR CENTER REPORTER



MARCH 2023 - Stay Curious!

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.

COFFEE BY KEURIG

By popular request, we are experimenting in March with a new coffee system. From March 1 – 17, our regular coffee pots will be replaced with a Keurig machine. Regular and decaf coffee pods will be on sale at the office for 50¢ OR you may supply your own K-cup style coffee pods. Hot water and tea bags will still be available during the experiment. This will allow you to always have a fresh cup of coffee while at the Center. We'll be evaluating whether this style of coffee works for the Center. Your respectful feedback is welcome.



**Mondays and Fridays from 12 to 4 p.m.
starting February 6 - by appointment only;**
Call the Center at 203-263-2828 for details and appointments. Appointments will be limited.

OLDER ADULT SELF-DEFENSE SEMINAR

**Saturday, March 25
2 to 3:30 p.m.**

Everyone deserves to feel secure as they go about their lives. Self-defense training teaches us to be aware of our surroundings and focus on our safety. In this 90-minute class, participants will learn simple techniques and tips for preventing dangerous situations and protecting themselves if needed. No previous experience needed. There will be mild physical activity involved, so wear comfortable shoes and clothing. The seminar will be led by Master Lorraine Laranetto and Master Michelle Querijero of the Cheezik Tang Soo Do Federation. Suggested donation: \$5; proceeds will benefit the Tate Scholarship Fund for martial arts students. Sign up now; class limited to 25.



SENIOR BUS TRIP

Monday, March 13

**Lunch at the Mill Plain Diner and
Trader Joe's in Danbury**

Enjoy lunch on your own at the diner and then shop at Trader Joe's. Please bring a small cooler if you plan to purchase cold/frozen foods. Please sign up. Bus seating is limited to 8. Leaving town at 10:30 a.m.

ELECTRICAL GENERATION AND THE POWER GRID

presented by Arthur N. Gottlieb, LCSW, CSA

**Thursday, March 23 at 1 pm
(rescheduled from January)**

Notable historian Art Gottlieb asks us to imagine life for a moment without reliable sources of electricity for our every need, no further away than the nearest wall socket. This program will provide the history of what is called "The Power Grid", a network of power generation and distribution systems made possible by the genius of Nicola Tesla and his practical applications of Alternating Current (AC), enabling electricity to be consumed hundreds of miles away from its point of generation. This program will also discuss alternative green energy sources contributing to "The Grid". Be informed. Please sign up.

WELCOME HEATHER

Thank you all for the warm welcome to Woodbury!

Just a bit about me...

In my free time I enjoy crafting, reading, hiking and photography. My husband and I are enjoying our empty nest with our two cats. We have five children between us and three grandchildren.

I am thrilled to be here and ready to assist you with your needs!



VIRTUAL EXERCISE CLASS***Fitness Fury with Susan*****Tuesdays at 10:30 a.m. and Thursdays at 10 a.m. on Zoom****March 2, 7, 9, 14, 16, 21, 23, 28 & 30**

Fitness Fury is an excellent all-around fitness program that helps older adults safely enhance their strength, flexibility and endurance. You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost for the March (9 classes) is \$27. 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.

IN-HOUSE EXERCISE CLASSES***Zumba Gold with Emperatriz*****Wednesdays and Fridays from 9 to 10 a.m.****March 1, 3, 8, 10, 15, 17, 22, 24, 29 & 31**

The cost for the March session (10 classes) is \$30. You must sign up for the full session.

Tai Chi with Susan - in person or on Zoom**Wednesdays, March 1, 8, 15, 22 & 29 from 1:30 to 2:30 p.m.**

The cost for the March session (5 classes) is \$25. 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.****March 2, 6, 9, 13, 16, 20, 23, 27 & 30**

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 March (9 classes) is \$27. You must sign up for the full session.

Cardio Dance Party with Andrea - NEW!**Thursdays, March 2, 9, 16, 23 & 30 at 10 a.m.****\$5 drop in fee - stop in the office to pay and receive a ticket to give to Andrea when you enter the class**

Groove to the oldies and shimmy to the sounds of dance music designed to help you improve your cardio fitness. This active and fun class will have you smiling while you sweat. Wear something comfy and shoes you can dance in, and don't forget a water bottle. This class will be offered as a drop-in class.

Balance with Loryn**Mondays and Thursdays from 11 to 11:45 a.m.****March 2, 6, 9, 13, 16, 20, 23, 27 & 30**

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

Silver Age Chair Yoga with Nicole

For those currently enrolled, the class is held on

Tuesdays from 10 to 11 a.m. March 7, 14, 21, 28

The next session will start on April 11. You can sign up beginning March 6. Enrollment in this current session does not automatically enroll you in the next session.

Tai Ji Quan: Moving for Better Balance with Tracy

For those currently enrolled, the class is held on

Mondays and Wednesdays at 10 a.m. through June 2023 (no class 3/1)

THE GREAT WOODBURY JIGSAW PUZZLE-OFF

Begins Monday March 6 at 9:30 a.m.

Two brand new puzzles, similar in theme, design and difficulty. Two teams, made of people who enjoy doing jigsaw puzzles.



The winning team completes their puzzle first!

Sign up for some fun this month. The first team to put their puzzle together correctly will win a pizza party for all team members. You may work on the puzzle any time the Center is open, together or alone, as long as you are on the team.

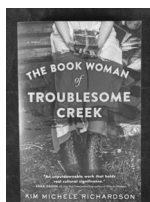
Sign up by March 1. Names will be assigned randomly to one of two puzzles in the Pool Table Room. Have fun!

BOOK CLUB

Tuesday, March 28 at 11 a.m.

(Now on Tuesdays)

March's book is *The Book Woman of Troublesome Creek* by Kim Michele Richardson.



"The hardscrabble folks of Troublesome Creek have to scarp for everything - everything except books, that is. Thanks to Roosevelt's Kentucky Pack Horse Library Project, Troublesome's got its very own traveling librarian, Cussy Mary Carter. Cussy's not only a book woman, however, she's also the last of her kind, her skin a shade of blue unlike most anyone else. Not everyone is keen on Cussy's family or the Library Project, and a Blue is often blamed for any whiff of trouble. If Cussy wants to bring the joy of books to the hill folks, she's going to have to confront prejudice as old as the Appalachias and suspicion as deep as the holler."

Copies are available at the Woodbury Library for you to borrow. Please sign up.

HAIRCUTS WITH LUCY

Make your appointment today!

Friday, March 17

10 a.m. to 12 p.m.



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

Men - \$10

Women - \$15

Call the Center to make your appointment.



MARCH CONGREGATE MEAL MENU

You must sign up by Monday morning the previous week.

TUESDAY

March 7 -

(sign up by February 27)

Caesar Salad
Chicken Florentine
Buttered Noodles
Steamed Broccoli
Fruit Cocktail

March 14 -

(sign up by March 6)

Chopped Salad
Italian Meatballs
Pomodoro Ziti
Squash Medley
Orange Segments

March 21 -

(sign up by March 13)

House Salad with
Cheddar & Turkey
Salisbury Steak
Whipped Sweet Potatoes
Steamed Corn
Fresh Melon Medley

March 28 -

(sign up by March 20)

Greek Salad
Spanakopita
Lemon Rice Pilaf
Vegetable Medley
Greek Pastries

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. Take Out is available upon request.

THURSDAY

March 2 -

(sign up by February 23)

Santa Fe Salad
Mojo Pork
Rice & Beans
Corn
Tres Leche Cake

March 9 -

(sign up by February 27)

Chicken Noodle Soup
Smoked Hickory
Glazed Ham
Potato Au Gratin
Peas, Carrots & Corn
Crumb Cake

March 16 -

(sign up by March 6)

Creamy Cucumber Salad
Dijon-Crusted
Corned Beef
Boiled Potatoes
Stewed Cabbage
Irish Soda Bread
Fruit Cocktail

March 23 -

(sign up by March 13)

Butternut White Bean
Coconut Crusted
Chicken Breast
Rice & Beans
Vegetable Medley
Birthday Cake

March 30 -

(sign up by March 20)

Lentil & Potato Soup
Honey BBQ Cornbread
Stuffed Chicken
Cheddar Smashed
Potatoes
Green Beans
Jello



THERAPEUTIC MASSAGE WITH ANDREA

Now on Wednesdays as well!
Wednesdays, March 1, 8, 22, 29
Thursdays, March 2, 9, 23, 30
by appointment



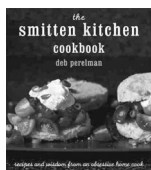
Please call the Center for appointment times.

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 lowers heart rate and blood pressure.

30 minute massage - \$30

60 minute massage - \$55

Andrea is now also offering
10-minute Chair Massages and Foot/Hand Massages!
 10 minute massage - \$10

**COOKBOOK CLUB RETURNS**

Wednesday, March 22 at 6 p.m.

The Smitten Kitchen Cookbooks

Woodbury Senior Center and Woodbury Public Library are bringing Cookbook Club back beginning in March!

Here's how it works:

Copies of cookbooks will be available to check out at the Woodbury Library – join us - all levels welcome! We meet at **on the 4th Wednesday of the month** at the Woodbury Senior Community Center to share recipes and a meal. To avoid any duplicates, we ask for you to call Marla Martin at the WPL 203-263-3502 or Loryn Ray at the WSCC 203-263-2828 and let us know the recipe you are planning to share. We will discuss the recipes/cookbooks/chefs over a delicious pot luck dinner made by the group members. At this time, Cookbook Club is limited to a total of 20 participants so registration is a must.

GLOWFORGE SCULPTURE ART

Tuesday, March 7 from 10 - 11:30 a.m.

Stay curious and create a one-of-a-kind Glowforge piece of art; we have examples on display. You will select from already made pieces and put them together as creatively as you can. If you'd like to make part of it personalized, we can do that too! The class is free. Class size is limited to 12.

INDOOR CORNHOLE LESSONS

Tuesdays, March 14 & 21 from 1 - 3 p.m.

Come learn to play and score this popular social game. The Center has all the equipment; just wear comfortable clothes and be ready to have fun.

BUDGET STRETCHERS LUNCH

Wednesday, March 22

11:30 a.m. to 12:30 p.m.



For our final budget stretcher lunch we'll enjoy Matzah Ball soup, this month made by Heather, served with bread and a cookie. Lunch is FREE while supplies last. No sign ups needed for this event, but no guarantees either....when we run out of soup, lunch is over. We hope you've enjoyed these winter warming budget stretching soups!

SPRING WREATH CREATIVE WORKSHOP

with Priscilla Steponaitis

Wednesday, March 15 at 1 p.m.



Priscilla is graciously offering this free class. Create a spring wreath with artificial flowers, perfect to hang on your front door or give as a gift. Class size is limited to 12. Please sign up.

HEARING SCREENING AND HEARING AID SERVICE

Wednesday, March 15

10 a.m. to 12 p.m.

Please join HearingLife Nationally Board-Certified Hearing Instrument Specialist, Tammy Baker, for hearing screenings or a clean and check of your existing hearing devices. Please register for your 15-minute appointment by Friday, 3/10.

**THE MONTHLY MUFFIN**

Stop in on **Thursday, March 9**
beginning at 9 a.m.



Your favorite monthly muffin is back. **March's muffin is Classic Blueberry.** Celebrate the earlier sunrise these days by stopping in for a freshly baked warm muffin, hot coffee or tea and good conversation! Muffins available while supplies last!

VINTAGE TREE RAFFLE THANK YOU

A great big THANK YOU to all who supported the Vintage Jewelry Tree Raffle. The raffle drawing took place during the wonderful Holiday Luncheon/Party and winners Pat, Daisy and Karen were thrilled with their treasures. Your generosity helped to raise an amazing \$406. which will be used towards new dishes for the kitchen. The most often heard comment by raffle ticket sellers was, "I love the Senior Center and if this will benefit it, then I am IN!"



ASK AN ATTORNEY
with Attorney Alyson R. Marcucio
Friday, March 10 from 2-3 p.m.

Attorney Marcucio will offer 4 free individual 15-minute appointments.
Bring your questions.

Please call the Center to make your appointment.

REIKI & REFLEXOLOGY SESSIONS

with Reiki Master & Reflexologist Lucy McNerney
Friday, March 10
11:30 a.m. to 12:30 p.m.



Reiki Appointments
10 minute appointments/\$10

Reflexology Appointments
30-minute appointments/\$30

PAINTING WITH WENDY MUTTER

Monday, March 6 at 1 p.m.

Create a painting with acrylics. No experience necessary. Wendy will have all the supplies needed. Please sign up for this free class.



SCRABBLE IS ALWAYS AVAILABLE

We have Scrabble boards and other board games and card tables for your convenience; meet a friend and play!

NEW! CARDIO DRUMMING CLASS

Wednesdays at 2:45 p.m.

Join our own Kathleen for a fun weekly cardio drumming class. In cardio drumming, participants stand (or sit) behind an elevated ball holding drumsticks. Keeping time to the upbeat music, we get our exercise and up our energy while keeping the beat. Beat the afternoon doldrums! Registration for the monthly session is needed. Limited to 15 participants. The class is FREE. All materials provided.



TRANSPORTATION SCHEDULE FOR MEDICAL APPOINTMENTS

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

Mondays - Waterbury & Watertown

Wednesdays - Waterbury & Middlebury

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. Also, please note we are unable to drive people to surgical procedures, including outpatient or one day procedures.

TECHNOLOGY HELP

with Sarah Johnson of

Candlewood Valley Health & Rehabilitation Center
Wednesday, March 22 at 10:30 a.m.

Bring your questions and your technology item (laptop, Ipad, phone) for help in all areas. The class is limited to 10 participants.

Please sign up.



EDUCATIONAL Q & A SESSION

MEMORY LOSS VS. DEMENTIA

presented by Reliant Angels Homecare
Tuesday, March 7 at 1 p.m.

Don't miss this opportunity to educate yourself. Come and learn the difference between natural aging memory loss vs. dementia. Light refreshments will be served. Handouts will be available. Please sign up.



GRANDMA'S ATTIC TAG SALE

Saturday, May 20 9:00 a.m. to 2:00 p.m.

An event for tag sale sellers and crafters. Time to start thinking about spring cleaning! Clear out your attic and cellar, and rent a table to market your wares. Table sizes vary; \$15 for a large round table, \$10 rental for a long rectangular table and \$5 rental for a card table. You keep all proceeds of sale. Limited tables available; first committed, first served. Do you have questions? Contact Kathleen at the Center (203) 263-2828.

**PLAY THE PRICE IS RIGHT!****Friday, March 17 at 1 p.m.**

Do you remember the game? Contestants guess the price of an item and the person who guesses the closest wins the item! Play, test your luck and maybe win a prize or two. Laughter guaranteed! Limited to 15 people; must sign up by 3/13.

CELEBRATE SPRING WITH A SUNCATCHER**Monday, March 20****1 to 3 p.m.**

Spring begins on March 20. Come create a beautiful suncatcher to invite the warm spring sun into your home. These suncatchers are made of real pressed flowers. Join us at the center anytime between 1-3 to create your personal suncatcher. Please sign up by 3/15. FREE!

**ARE YOU IN THE MOOD FOR A LITTLE TRAVEL?****Near and Far Travel Club Meeting****Monday, March 10 at 1 p.m. at the Center**

Arlene and Mary from Near and Far Travel Club have planned three trips for 2023. There will be two relaxing day trips and one short overnight trip to put you in the holiday spirit. They will provide a brief overview of the trips and answer any questions you may have. Bring your calendars and get ready to travel!

ASK THE REALTOR**with Gina Jacobs Real Estate****Friday, March 24 from 11 a.m. to 12 p.m.**

Agents will advise & answer your questions about buying, selling, & downsizing. Please sign up.

**WHAT'S YOUR STORY?****(A Creative Writing Workshop)****With Lin Northrup**

For those registered, the class continues on Wednesdays through March 8
10:00-11:30 (5 sessions)

DIME BINGO!**Friday, March 3 and Tuesday, March 28****1 to 2:30 p.m.**

10¢ per card, per game. Please sign up.

**A SINGER'S TECHNIQUES FOR BETTER BREATHING****with Loryn****Wednesdays March 8, 22 and 29 at 1 p.m.**

Learn techniques singers use to improve their breathing, articulation and voice projection in this fun and useful class. Limited to 8 people; sign up now!



The "Services Supporting Seniors in Woodbury" 2023 edition booklet has been revised, printed and is now available at the Senior Center.

This is your guide to all essential senior services available in Woodbury. Services include food programs, health information, housing, medical and non-medical transportation and much more.

Information about the "Friends of Woodbury Senior Community Center, Inc.: We are a 501c3 nonprofit organization and all donations are tax deductible. It should be noted *that being a participant at the Woodbury Senior Center does not automatically make you a member of the nonprofit "Friends" organization.*

The "Friends" raise money for needed items that fall beyond the Woodbury's Senior Community Center's operational budget. For example, the "Friends" sponsor free concerts, and have purchased many items for our Senior Center (SUV, TV in the TV room, Center equipment, etc.). Right now the "Friends" are raising monies to purchase a much needed room divider for the Small Activities Room. Next time you are at our Senior Center, pick up a "Friends" brochure and become a member. For more information about the "Friends" contact Claudette Volage at (203) 419-5208 or Sharon Sherman at (203) 695-5410.

JIGSAW PUZZLE LIBRARY

Thanks to a generous donation, we now have a jigsaw puzzle library at the Center. Borrow a puzzle and return it when you are finished. It's such a fun activity to do during the cold winter months.

**READY, SET, KNIT!****STITCHES OF LOVE**

The needlework group will meet in the Lounge on **Thursdays, March 2 & 16 from 1 to 2 p.m.** Whether you enjoy to crochet or knit, all are welcome.



SENIOR BUS SHOPPING TRIPS

Monday, March 6 - Naugatuck
Tuesdays & Thursdays - Woodbury
Wednesday, March 22 - Torrington
Fridays - Southbury



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.

**BLOOD PRESSURE CLINIC**

First and Third Tuesdays of the month
Tuesdays, March 7 & 21
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.

The Woodbury Lions Club is committed to helping our community address vision and hearing needs. If you need glasses or hearing devices and are financially qualified for assistance, the Lions Club can help you with an individual appointment, assessment and help provide you with the correct devices to address your needs.



To find out if you qualify, please call the Senior Center.

HEATHER ZUCKERMAN**OFFICE OF SOCIAL SERVICES/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, Medicaid, Medicap, nursing homes, respite care, day care, the Home Care Program (CCCI) and other services and benefits for seniors

Notes from Heather:**Energy Assistance**

The federal-funded Connecticut Energy Assistance Program (CEAP) is designed to help low-income households pay their winter heating bills. For Woodbury residents in need of Energy Assistance, several forms of documentation are required. Please call Heather if you are unsure if you are eligible and need income guidelines or need a further explanation on required documentation.

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

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Woodbury, CT 06798

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Fax: 203-266-4308

Email: SeniorCenter@woodburyct.org

Website: woodburyseniorct.org

Our newsletter is available on our website.

MARCH 2023

S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T
	OLDER ADULT SELF-DEFENSE SEMINAR Saturday, March 25 2 - 3:30 p.m. at the Center Don't forget to sign up!		1 9-10 Zumba Gold® 10:00 NO Tai Ji Quan: Moving for Better Balance (TJQ:MBB) today 1:00 Singer's Techniques and Better Breathing 1:30-2:30 Tai Chi 2:45 Cardio Drumming	2 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10: 00 Cardio Dance Party 11-3:30 Massages with Andrea 11:00 Balance Class 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12:30-3:30 Mah Jongg 1-2 Stiches of Love 2:00 Brass City Eats on Zoom	3 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 12-4 Tax Prep Appointments 1-2:30 Dime Bingo 2-3 Ask an Attorney	4
5	6 8:30 -Stretch & Meditation 9:30 Great Jigsaw Puzzle-Off starts 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10:00 Bus to Naugatuck 10:30-12 Current Events (virtual) 11:00 Balance Class 12-4 Tax Prep Appointments 1:00 Painting with Wendy	7 10-11 Silver Age Chair Yoga 10:00 Blood Pressure Clinic 10:00 Glowforge Sculpture Art 10:30 Fitness Fury on Zoom 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12-3:30 Canasta 1:00 Memory Loss vs. Dementia	8 9-10 Zumba Gold® 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10-11:30 Writing Class 1:30-2:30 Tai Chi 2:45 Cardio Drumming	9 8:30-9:30 Stretch & Meditation 9:00 Monthly Muffin 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10: 00 Cardio Dance Party 11-3:30 Massages with Andrea 11-11:45 Balance Class 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12:30-3:30 Mah Jongg 1-2 Commission for Seniors 2:00 Brass City Eats on Zoom	10 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 11:30-12:30 Reflexology 12-4 Tax Prep Appointments 1:00 Near and Far Travel Club Meeting	11
12	13 8:30 -Stretch & Meditation 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10:30 Senior Bus Trip: Mill Plain Diner/Trader Joe's 10:30-12 Current Events (virtual) 11:00 Balance Class 12-4 Tax Prep Appointments	14 10-11 Silver Age Chair Yoga 10:30 Fitness Fury on Zoom 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12-3:30 Canasta 1-3 Indoor Cornhole	15 9-10 Zumba Gold® 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10-12 Hearing Screening (by appointment) 12-3 Foot Care Clinic 1:00 Spring Wreath Workshop 1:30-2:30 Tai Chi 2:45 Cardio Drumming	16 8:30-1:30 Dental Clinic 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10: 00 Cardio Dance Party 11:00 Balance Class 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12:30-3:30 Mah Jongg 1-2 Stiches of Love 2:00 Brass City Eats on Zoom	17 HAPPY ST. PATRICK'S DAY 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10-12 Haircuts with Lucy 11:30-12:30 Reflexology 12-4 Tax Prep Appointments 1:00 Price is Right	18
19	20 8:30 -Stretch & Meditation 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10:30-12 Current Events (virtual) 11:00 Balance Class 12-4 Tax Prep Appointments 1-3 Spring Suncatchers	21 10-11 Silver Age Chair Yoga 10-11 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12-3:30 Canasta 1-3 Indoor Cornhole	22 9-10 Zumba Gold® 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10:00 Bus to Torrington 10:30 Technology Help 11:30 Budget Stretchers Lunch 1:00 Singer's Techniques and Better Breathing 1:30-2:30 Tai Chi 2:45 Cardio Drumming 6:00 Cookbook Club	23 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10: 00 Cardio Dance Party 11-3:30 Massages with Andrea 11:00 Balance Class 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12:30-3:30 Mah Jongg 1:00 Electric Generation and the Power Grid 2:00 Brass City Eats on Zoom	24 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 12-4 Tax Prep Appointments 1:00 Ask the Realtor	25
26	27 8:30-9:30 Stretch & Meditation 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 10:30-12 Current Events (virtual) 11:00 Balance Class 12-4 Tax Prep Appointments	28 10-11 Silver Age Chair Yoga 10:30 Fitness Fury on Zoom 11:00 Book Club 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12-3:30 Canasta 1-2:30 Dime Bingo	29 9-10 Zumba Gold® 10:00 Tai Ji Quan: Moving for Better Balance (TJQ:MBB) 1:00 Singer's Techniques and Better Breathing 1:30-2:30 Tai Chi 2:45 Cardio Drumming	30 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10: 00 Cardio Dance Party 11:00 Balance Class 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12:30-3:30 Mah Jongg	31 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 12-4 Tax Prep Appointments	