

WOODBURY SENIOR CENTER REPORTER



MARCH 2024 - Connect!

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**



HOLIDAY CLOSING

The Center will be closed on

Friday, March 29 for the

Good Friday holiday.

There will be no senior bus transportation.



Mondays and Fridays from 12 to 4 p.m.

Through April 12 - by appointment only

Call the Center at 203-263-2828 for details and appointments. Appointments are limited.

LIVE IT UP - SHAKE IT UP!

Wednesday, March 27 at noon

The third installment of our Winter Blues Busters Series is sure to get us ready for spring. We'll meet at



noon for a great catered lunch featuring penne with vodka sauce, wraps & sandwiches and dessert sponsored by Synergy Health Care & Church Hill Village. Performing artist MayaRose will get us all living it up! Shake off the last of the winter blues with fun and easy improv games that will make you want to move your body, have some fun and share some laughs. No experience necessary; all levels welcome.

Caricature artist Sam Wilder will also be here with more opportunities to get your sketch done. Kathleen and Loryn will end the series with some special surprises. Don't miss this one; limited seats available.

Early registration recommended.



AAA DRIVER IMPROVEMENT MATURE OPERATOR PROGRAM

Monday, March 11

10 a.m. to 2 p.m.

Cost: \$15 (checks only - made out to "AAA Northeast" - paid directly to instructor at the class)

This course can save you money on your auto insurance (check with your insurance company).

The cost includes the course materials and certification. AAA requires a minimum of 15 participants to run the class.

Please sign up.



FIRST DAY OF SPRING EARLY BIRD DINNER

Tuesday, March 19 at 5 p.m.

Celebrate the return of Spring (and more daylight) with an early bird Baked Potato Bar supper. This popular meal gives you a large baked potato with all the fixings, dessert and beverage for just \$6. A little karaoke fun follows, which will have us all laughing and smiling, and still be home by sunset. Limited to 35, so sign up soon.



HELP YOURSELF: PROMOTING GOOD MENTAL HEALTH

Tuesday, March 26 at 1 pm

presented by Kaitlin Marcil, Assistant Director of Outpatient Behavioral Health at Waterbury Hospital

Learn the signs, symptoms, coping strategies and resources for depression and anxiety in older adults. Kaitlin will show you some exercises for mindfulness and breathwork which can help with depression and anxiety. Please sign up for this informative program.





EXERCISE CLASSES

VIRTUAL EXERCISE CLASS

Fitness Fury with Susan

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

March 5, 7, 12, 14, 19, 21, 26 & 28

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 March (8 classes) is \$32.

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.

**PLEASE REMEMBER, YOUR
PAYMENT IS DUE BY THE FIRST
CLASS OF EACH SESSION.
THANK YOU!**

IN-HOUSE EXERCISE CLASSES

Zumba Gold with Emperatriz

Wednesdays and Fridays from 9 to 10 a.m.

March 1, 6, 8, 13, 15, 20, 22 & 27 (no class 3/29)

Emperatriz is back with her unique, lively class! The cost for March (8 classes) is \$24. 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.

March 6, 13, 20 & 27 (in activity room on 3/27)

The cost for the March session (4 classes) is \$20. 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 4, 7, 11, 14, 18, 21, 25 & 28



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 (8 classes) is \$24. You must sign up for the full session.

Cardio Dance Party Series with Andrea

Tuesdays and Thursdays at 10 a.m.

March 5, 7, 12, 14, 19, 21, 26 & 28

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

For March the cost will be \$24 (8 classes) or a \$5 drop in fee. 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.

Total Body Tone & Strength with Andrea

Tuesdays and/or Thursdays at 11 a.m.

March 5, 7, 12, 14, 19, 21, 26 & 28

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 March the cost for Tuesdays is \$12 (4 classes) - Thursdays \$12 (4 classes) - Tuesdays & Thursdays \$24 (8 classes).



Pilobolus: Connecting with Balance

Wednesdays, March 6 through May 9 from 12 to 1 p.m. (no class on 3/27)

For those currently enrolled, this progressive exercise program promotes the balance behind everything we do - from working around the house to keeping up with grandkids.

**P I L
O B O L U S**

Balance with Loryn or Kathleen

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

March 1, 4, 6, 8, 11, 13, 15, 18, 20, 22 & 25 (no class 3/27 & 29)

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



BACKGAMMON

**Tuesdays, March 5, 19 & 26 at 1:15
with Board Games and Chat**

By request, we'll have the backgammon
boards up on Tuesdays in the Café.
Join the fun. Please sign up.



NEW! ASK A NURSE
Mondays, March 4 & 18
10 to 11:30 a.m.

Susan Coates, RN, will be located in our
Health Office to answer your medical
questions. Please stop by to take advantage of
this valuable free service.



**NONNEWAUG HIGH SCHOOL
PRESENTS THEIR 15TH ANNUAL
REGION 14 SENIOR CITIZEN
HOLIDAY MEAL FOR WOODBURY
SENIOR CITIZENS**

Thursday, April 4

Pick up at NHS between 11 a.m. to 12 p.m.

You will be directed upon entering the parking lot
to the area where you can pick up your meal.
If you cannot drive, please let the senior center know
and we can make arrangements to pick up your meal
and even deliver it to you.

The menu includes:

- **Greenhouse Marinated Spring Salad** -
with greenhouse vegetables & herbs,
lemon-balsamic vinaigrette, couscous, white beans
and lentils
- **Baked Three Cheese Lasagna al Forno** -
layered with ricotta, mozzarella, parmesan and basil
baked with marinara made with greenhouse
tomatoes and basil
- **Mixed Fruit Turnover with Vanilla Glaze** -
made with honey from the school's beehives and
lemon zest

Please sign up by Friday, March 22.

Limited to 60 Woodbury seniors.

**Please find our monthly newsletter on our
website: woodburyseniorct.org
It's easy to print a copy!**

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

MARCH CONGREGATE MEAL MENU

**You must sign up by Monday morning the
previous week.**

TUESDAY

March 5 -
(sign up by February 26)
Caesar Salad
Chicken Florentine
Buttered Noodles
Steamed Broccoli
Fruit Cocktail

March 12 -
(sign up by March 4)
Garden Salad
Italian Meatballs
Pomodoro Squash Medley
Fruit Salad

March 19 -
(sign up by March 11)
House Salad
Cheddar Turkey
Salisbury Steak
Whipped Sweet Potatoes
Steamed Corn
Fresh Melon Medley

March 26 -
(sign up by March 18)
Greek Salad
Lemon Pepper Chicken
Lemon Rice Pilaf
Vegetable Medley
Fruit Cocktail

THURSDAY

March 7 -
(sign up by February 26)
Chicken Noodle Soup
Smoked Hickory Glazed
Ham Potato Au Gratin
Vegetable Medley
Crumb Cake

March 14 -
(sign up by March 4)
ST. PATRICK'S DAY SPECIAL
Creamy Cucumber Salad
Dijon-Crusted Corned Beef
Boiled Potatoes
Stewed Cabbage
Irish Soda Bread

March 21 -
(sign up by March 11)
Butternut White Bean Soup
Coconut Crusted Chicken
Breast
Rice & Beans
Vegetable Medley
Cake

March 28 -
(sign up by March 18)
Lentil and Potato Soup
Honey BBQ Cornbread
Stuffed Chicken
Cheddar Smashed Potatoes
Green Beans
Jello



**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.**



QUILLING CLASS with Karen Anderson

Wednesday, March 13 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. Class size is limited to 8.



FLOWER ARRANGEMENTS with Jen Fernandez of the Lutheran Home of Southbury

Tuesday, March 19 at 11 a.m.
Make a beautiful flower arrangement with Jen to bring home with you.

All supplies will be provided; limited to 12.

Please sign up for this free class.

To be fair, if you took the Valentine's arrangement class in February, you will be put on a waiting list.

THE LIFE AND TIMES OF ALICE ROOSEVELT with Leon DiMartino

Monday, March 18 at 1 p.m.

Alice Roosevelt was the first-born child of President Theodore Roosevelt. A Power to be reckoned with in her own life and in her lifetime, she would create scandals and have an impact on American National Politics in the later part of the last century. Learn the story of this interesting and fascinating woman of American History and her influence on American Culture. Please be sure to sign up for this free program.



SPRING FIRE SAFETY with Fire Marshal Janet Morgan

Thursday, March 21 at 1 p.m.

With the Spring season upon us, learn this season's fire hazards and safety tips.

There will be giveaways!

Please sign up.



**WRITING FROM THE INSIDE OUT
with Lin Northrup**
for those enrolled, the class continues
on Wednesdays, March 6, 13 & 20
from 10 – 11:30 a.m.

COMMUNITY SING-A-LONG with Jerry and Teddi

Tuesday, March 19 at 1 p.m.

Sing everything from The Beatles to The Everly Brothers, from Sinatra to Elvis and for March - Irish favorites! Join us for a fun afternoon of singing together. Songbooks will be provided. Please sign up.



LET'S PLAY UKELELE

Tuesday, March 26 at 1 p.m. for those who began instruction in January

Join Jerry (of the Jerry & Teddi duo) to learn how to play the ukelele. If you already know how to play, join us also. The class is a continuation of a 3 month program. A new session begins later this spring.

TECHNOLOGY HELP

Wednesday, March 20 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. Class size is limited to 8.

Please sign up.



**Wednesday, March 6 at 1 p.m.
with Julian and Adrian**

Class size is limited to 8. Please sign up.

GNOME SIGN CLASS

Friday, March 1 at 1 p.m.

Make an adorable gnome sign for your door or wall, depicting your fun Irish name if you'd like. Create it on the Glowforge, then paint it. The cost is \$3 for materials. Class size is limited to 12. Please sign up.



KICK WINTER TO THE CURB BREAKFAST

Monday, March 11 at 9:30 a.m.

Enjoy our last winter breakfast with an array of breakfast items including bagels, waffles/sausage, and homemade donuts.

This breakfast is free - while supplies last.



PIANO MUSIC - Come Listen & Relax Friday, March 15 from 1-2 p.m.

Volunteer Kristina Scheer-Lechowski will perform on the piano American songbook standards and Broadway show tunes. Come listen in the TV room and grab a cup of coffee/tea and a small treat. Sign ups are welcome.



ASK AN ATTORNEY

with Attorney Alyson R. Marcucio
Friday, March 15
from 2 to 3 p.m.



Attorney Marcucio will offer 4 free individual 15-minute appointments each month.

Bring your questions.

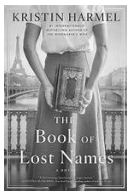
Please call the Center to make your appointment.

BLOOD PRESSURE CLINIC

First and Third Tuesdays of the month
March 5 & 19 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.



BOOK CLUB

Tuesday, March 26 at 10:30 a.m.

Our book for the month is *The Book of Lost Names* by Kristin Harmel. Inspired by a true story from WWII, a young woman with a talent for forgery helps hundreds of Jewish children flee the Nazis in this "sweeping and magnificent" historical novel from the bestselling author of *The Winemaker's Wife* (source: Amazon books).

All are welcome to join us, but please do sign up. The Woodbury Public Library has at least 12 copies of the book available for patrons to borrow.

Like to read? Join the fun!

SPRING CRAFT CLASS

with Danielle Ramos

Monday, March 25 at 1 p.m.

Spring has sprung! Let's welcome it with the creation of these beautiful "Pressed Flower Lanterns".

Sponsored by Bethel Health Care & Village Crest. Please sign up.



IMAGERY JOURNALING

Wednesdays, March 6, 13 & 20 at 1 p.m.

\$3 for materials on your first visit

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 creative materials to get yourself started on your journaling journey. Please sign up.



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.

NEW! ASK A MENTAL HEALTH PROFESSIONAL Tuesdays, March 12 & 26 from 10 - 11:30 a.m.

We all need support and resources to take care of ourselves, including our mental health. Twice a month, Ed Cole, LCSW will be here to meet with people who have questions or need information on how to access mental health services in the community. Ed is retired from working with the Mobile Crisis Team in Waterbury and has years of experience in providing clinical services and community mental health support. He is also our Friendly Visitor Program coordinator!



THERAPEUTIC MASSAGE WITH ANDREA

Wednesdays, March 6, 13 & 27

from 9 a.m. to 3:30 p.m.

Thursdays, March 7, 21 & 28

from 12 a.m. to 2 p.m.

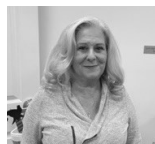
Please call the Center for appointment times.

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 lowering heart rate and blood pressure.

30 minute massage - \$35

60 minute massage - \$60





HAIRCUTS WITH LUCY
Make your appointment today!
Friday, March 8
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

Call the Center to make your appointment.



THE MONTHLY MUFFIN

Thursday, March 21 - beginning at 9 a.m.

Continuing the tradition...a different muffin every month. Our muffin for March is Orange Marmalade. This muffin tastes like a fresh spring morning and is just the ticket for enjoying with a cup of tea or coffee. Freshly baked and free while supplies last. Come on in and meet a friend - or make a new one - over coffee/tea and a muffin.

LEARN TO PLAY MAH JONGG

Thursdays, March 14 & 28

1 to 2:30 p.m.

Mah Jongg lessons continue for those currently registered.

A new session will start in April. Details to come.



LUCKY DIME BINGO!

Tuesday, March 12 at 1:15 p.m.

10¢ per card, per game.

There will also be extra prizes provided by Synergy HomeCare.



DIME BINGO!

Thursday, March 28 at 1:15 p.m.

10¢ per card, per game.

Please sign up for one or both.

VETERANS GROUP COFFEE AND...

Tuesday, March 12

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.



SENIOR BUS SHOPPING TRIPS

Tuesdays & Thursdays - Woodbury

Monday, March 11 - Naugatuck (leaves at 10 a.m.)

Monday, March 25 - 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.



TESTING CLIMATE SOLUTIONS

presented by David Emberling

Monday, March 4 at 1:00 p.m.

Many of us reduce our carbon footprints as best we can because of concerns about climate pollution. We can increase the energy efficiency of our homes, electrify our transportation, heating and cooking - and transition to clean energy sources. The US recently made significant climate policy progress, but not enough. But how can we know which additional policies offer the best chance for success?

En-ROADS can provide insight! En-ROADS is a free web-based tool created by Climate Interactive and MIT that lets anyone compare the effectiveness, cost and impacts of dozens of climate policies and explore how they interact. It was created to inform people about what experts know about climate policies.

Are you ready to put your favorite climate solutions through an academically rigorous test? You'll see the effects on energy sources, energy usage, cost of energy, future greenhouse gas emissions, global temperature, sea level rise, biodiversity and human health. Join presenter David Emberling in this fascinating interactive program.

Limited to 25 people. Sign up now!



LIVE MUSIC & COFFEEHOUSE

Thursday March 14 at 6:30 p.m.

Woodbury Senior Center Community Room

Come enjoy a live evening coffeehouse event sponsored by both the Senior Center and the Woodbury Public Library. Acoustic music will be provided by Marc Berger. His music is a collection of original music paying tribute to the great American frontier. If you're a coffeehouse enthusiast, you've heard his music at Starbucks locations nationwide! Coffee, tea and water provided; feel free to bring your own snacks. Senior bus transportation available; be sure to reserve a ride if you need it when you register.



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.

Energy Assistance

Did you struggle last winter with your heating bills?

Apply for energy assistance with Heather.

Income Eligibility – if you have more people in your household ask for the guidelines.

Household Size	1	2
Annual Income	\$41,553.00	\$54,338.00

Operation Fuel

Operation Fuel's energy assistance program is now accepting applications for the winter/spring 2024 season. Eligible CT residents can apply for energy assistance (gas, electric, oil or other deliverable fuel) and may receive a one-time grant of up to \$500.00 to help with energy bills.

For more information or to apply, please visit operationfuel.org/gethelp

Operation Fuel serves households whose income does not exceed 75% of the State Median Income Guidelines, which include, but are not limited to, the elderly, disabled, working families, or individuals facing a financial crisis.

Family Size	75% State Median
1	\$51,941
2	\$67,923

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.

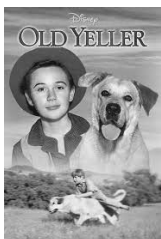
MARCH 2024

S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
					1 9:30-11:30 Mah Jongg 10:00 Friends Meeting 11:00 Bus to Southbury 11-11:45 Balance Class 12-4 AARP Tax Prep Assistance by Appointment Only 1:00 Gnome Sign Class 1:15 Movie: <i>Old Yeller</i>	31
3	4 8:30 Stretch & Meditation 10-11:30 Ask a Nurse 10:30 Current Events (virtual) 11:00 Balance Class 12-4 AARP Tax Prep Assistance by Appointment Only 1:00 Testing Climate Solutions	5 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 1:15 Board Games and Chat 1:15 Backgammon (now on your own - no instruction)	6 9-10 Zumba Gold® 9-3:30 Massages with Andrea 10-11:30 Writing Class 11-11:45 Balance Class 12-1 Pilobolus 1-2 Imagery Journaling 1:00 Technology Help with Julian and Adrian 1:30-2:30 Tai Chi	7 8:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10-2 Massage with Andrea 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-3 Stitches of Love	8 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 12-4 AARP Tax Prep Assistance by Appointment Only 1:15 Movie: <i>Field of Dreams</i>	9
10	11 8:30 Stretch & Meditation 9:30 Kick Winter to the Curb Breakfast 10:00 Bus to Naugatuck 10-2 AAA Driver Improvement Mature Operator Program 10:30 Current Events (virtual) 11:00 Balance Class 12-4 AARP Tax Prep Assistance by Appointment Only	12 10-11 Cardio Dance 10-11:30 Ask a Mental Health Professional 10-11 Veterans Group 10:30 Fitness Fury on Zoom 11:00 Total Body Tone & Strength 11:45 Get Your Sparkle On 12:00 Lunch in the Café 12-3:30 Canasta 1:15 Lucky Dime BINGO	13 9-10 Zumba Gold® 9-3:30 Massages with Andrea 10:00 Quilling Class 10-11:30 Writing Class 11-11:45 Balance Class 12-1 Pilobolus 1-2 Imagery Journaling 1:30-2:30 Tai Chi	14 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 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Learn to Play Mah Jongg 1:30 Commission Meeting (café) 6:30 Live Music & Coffeehouse	15 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 11:00 Bus to Southbury 11-11:45 Balance Class 12-4 AARP Tax Prep Assistance by Appointment Only 1-2 Piano Music 1:15 Movie: <i>Grease</i> 2-3 Ask an Attorney	16
17	18 8-9 Office Closed 8:30 Stretch & Meditation 10-11:30 Ask a Nurse 10:30 Current Events (virtual) 11:00 Balance Class 12-4 AARP Tax Prep Assistance by Appointment Only 1:00 The Life and Times of Alice Roosevelt	19 10-11 Cardio Dance 10-11 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 11:00 Total Body Tone & Strength 11:00 Flower Arrangements 12:00 Lunch in the Café 12-3:30 Canasta 1:00 Community Sing-A-Long 1:15 Board Games and Chat 1:15 Backgammon 5:00 First Day of Spring Early Bird Dinner - Baked Potato Bar	20 9-10 Zumba Gold® 10-11:30 Writing Class (final) 11-11:45 Balance Class 12-2 Foot Care Clinic 12-1 Pilobolus 1-2 Imagery Journaling 1:00 Technology Help with Clyde 1:30-2:30 Tai Chi	21 8:30-9:30 Stretch & Meditation 9:00 The Monthly Muffin 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10-2 Massage with Andrea 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1:00 Spring Fire Safety 1-3 Stitches of Love	22 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 11:00 Bus to Southbury 11-11:45 Balance Class 12-4 AARP Tax Prep Assistance by Appointment Only 1:15 Movie: <i>The Rookie</i> 1-2 Piano Music Listening	23
24	25 8:30 Stretch & Meditation 10:00 Bus to Torrington 10:30 Current Events (virtual) 11:00 Balance Class 12-4 AARP Tax Prep Assistance by Appointment Only 1:00 Spring Craft Class	26 10-11 Cardio Dance 10-11:30 Ask a Mental Health Professional 10:30 Fitness Fury on Zoom 10:30 Book Club 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12-3:30 Canasta 1:00 Help Yourself: Promoting Good Mental Health 1:00 Let's Play Ukelele 1:15 Board Games and Chat 1:15 Backgammon	27 9-10 Zumba Gold® 9-3:30 Massages with Andrea 11:00 NO Balance Class today 12:00 LIVE IT UP - SHAKE IT UP! 12-1 NO Pilobolus today 1-2 NO Imagery Journaling today 1:30-2:30 Tai Chi (in activity room) 6:00 Cookbook Club	28 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10-2 Massage with Andrea 10:00 Cardio Dance 11:00 Total Body Tone & Strength 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Learn to Play Mah Jongg 1:15 Dime BINGO	29 Center closed for the Good Friday Holiday	30

MARCH MOVIES

Please be sure to sign up.

All movies will be shown on Fridays at 1:15 p.m.

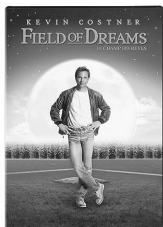
**Friday, March 1 - Old Yeller**

Old Yeller is a 1957 American Western drama film produced by Walt Disney. It stars Dorothy McGuire and Fess Parker, with Tommy Kirk and Kevin Corcoran. It is about a boy and a stray dog in post-Civil War Texas. While Jim Coates is off on a cattle drive, his wife Katie and sons Travis and Arliss are left behind on their Texas ranch. When a runaway dog named Old Yeller causes damage to one of their fields, Travis tries to drive him away. However, Travis and Katie both warm to Old Yeller when he saves Arliss from a bear attack.

As Travis and the brave and faithful dog grow closer, concern grows about an outbreak of rabies.

Friday, March 8 - Field of Dreams

When Iowa farmer Ray (Kevin Costner) hears a mysterious voice one night in his cornfield saying "If you build it, he will come," he feels the need to act. Despite taunts of lunacy, Ray builds a baseball diamond on his land, supported by his wife Annie (Amy Madigan). Afterward the ghosts of great players start emerging from the crops to play ball, led by "Shoeless" Joe Jackson. But, as Ray learns, this field of dreams is about much more than bringing former baseball greats out to play.

**Friday, March 15 - Grease**

Grease is a 1978 American musical romantic comedy film depicting the lives of greaser Danny Zuko (John Travolta) and Australian transfer student Sandy Olsson (Olivia Newton-John) who develop an attraction for each other during a summer romance.

**Friday, March 22 - The Rookie**

Jim Morris is the son of a career Navy man, who moves the family from Hollywood, Florida to Big Lake, Texas, in order to maintain job security.

Jim is shown to be a skilled pitcher, though his father disapproves of Jim's dream of making it to Major League Baseball. It is later mentioned that the town to which Jim's family moved, Big Lake, has lost its love for baseball, preferring football instead. Thus, he was unable to play baseball in high school. He later gets a chance when he is drafted by the Milwaukee Brewers, but he tears up his shoulder, ending his hopes of achieving his lifelong dream.

**GET YOUR SPARKLE ON!**

Tuesday, March 12 beginning at 11:45 a.m.

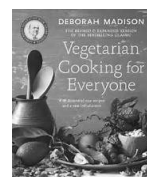
Judy Ryan will be offering strands of "fairy hair" to add a little whimsy to your day - and your hair! Fairy hair are colorful silk strands that are attached to a single hair. The first 2 strands are free; \$2 for each additional strand. Try it! Please sign up.

COOKBOOK CLUB

Wednesday, March 27 at 6 p.m

Cookbook club brings people together over good food. Each month we choose a cookbook author, make a recipe and share with the group. March's cookbook is the comprehensive **Vegetarian Cooking for Everyone** by Deborah Madison. Sponsored by the Senior Center and the Library, this program is open to all ages. Copies are available at the library.

Call to reserve your spot with Loryn at the Center or with Marla at the library; know your recipe when you reserve so we don't have duplicates. Limit: 20

**DENTAL CLINIC**

The Dental Clinic provides a routine dental cleaning at an affordable price here at the Center. All dental services are provided by a Registered Dental Hygienist, working with oversight from a practicing local dentist.

FOOT CARE CLINIC

The Foot Care Clinic is a subsidized program utilizing grant and donation funds providing routine foot care treatment that is not covered by Medicare or insurance.



The clinic is provided by a practicing Doctor of Podiatry.

For more information and to see if you qualify, please contact the center at 203-263-2828.

CRIBBAGE, ANYONE?

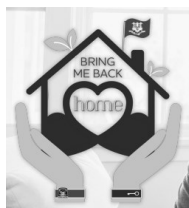
We have interest in starting a new group to meet regularly for cribbage. Call the Center to add your name to the list.

SIGN IN

REMINDER! PLEASE BE SURE TO STOP AT OUR KIOSK TO SIGN IN WHEN YOU ARE HERE! IT'S VERY IMPORTANT FOR US THAT YOU DO!

"BRING ME BACK HOME" REGISTRY**What is the Bring Me Back Home Program?**

Bring Me Back Home (BMBH) is a new registry for CT residents which allows law enforcement access to information to assist in the recovery of missing or wandering persons. The provided information and photo, accessible through the COLLECT criminal justice and safety system, helps first responders and families reunite with individuals living with cognitive challenges, such as dementia or autism. This information is confidential and secure and can only be accessed by law enforcement personnel in an emergency.

**How can we register?**

To sign your loved one up for Bring Me Back Home, visit ct.gov/BMBH.

If you need more information on the program, please contact the Senior Center.

SENIOR DISCOUNT LIST AVAILABLE

The Tribury Rotary Foundation has compiled a list of 163 senior discounts. While you must be aware that discounts can change or be cancelled at any time, this list may just save you some money. Download the list from our website, or email the Center at seniorcenter2@woodburyct.org with "list" in the subject line, and we'll send you a copy.

**ONGOING CLOTHING DRIVE**

Your gently used clothing, shoes and lightweight household goods are needed to share with others. On a regular basis, volunteers will deliver these items to St.

Vincent DePaul's Thrift Shop in Waterbury. Please look for a donation bin under the coat rack near the office and thank you for your help.

**PLEASE BE SURE TO MAKE ALL CHECKS PAYABLE TO:
"TOWN OF WOODBURY"**

**CHECKS CANNOT BE ACCEPTED MADE OUT TO
WOODBURY SENIOR CENTER**

WE TAKE CREDIT CARD PAYMENTS!

For your convenience we take credit card payments! Cash and checks are also accepted.

**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.

**FRIENDS OF THE WOODBURY SENIOR COMMUNITY CENTER, INC.
presents Mandolin & Guitar Duo Handler & Levesque
Sunday, March 3 at 2 p.m.
at the Woodbury Senior Community Center**



Enjoy Celtic music played passionately by this Connecticut-based husband and wife duo. Enjoy their unique and expressive arrangements. No admission fee - no reservations required.

Funded through a grant from the Woodbury-Bethlehem Community Music Foundation, Inc., the Woman's Club of Woodbury and music lover patrons. For more information or to become a member of the "Friends," contact Deb Chester at (203) 263-5290.

TABLE TENNIS IS ON HIATUS DURING TAX SEASON
Play resumes on April 19.



READY, SET, KNIT! STITCHES OF LOVE
Thursdays, March 7 & 21 - 1 to 3 p.m.
Whether you enjoy to crochet or knit, all are welcome.

WINTER WEATHER POLICY

The Woodbury Senior Center will handle winter weather schedule changes independently from the schools. **We are often open even when Region 14 schools are closed.** Please follow these instructions: Should inclement weather occur, watch and listen for announcements on the following television and radio stations: WFSB - Channel 3, WTNH - Channel 8, and NBC-30 - Channel 6, along with WTIC AM/FM radio. Most of all - use your best judgment when traveling on roads covered with ice and snow.



SPRING AHEAD ON MARCH 10
Don't forget to set your clocks one hour ahead.