

WOODBURY SENIOR CENTER REPORTER



MAY 2020

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

A Letter from Loryn's Desk

Hi everyone. The last day the Senior Center building was open to members was March 12; it feels like a lifetime ago, doesn't it? So much has changed and we've all had to adapt to new ways of thinking and doing things. We miss seeing you, and the halls of the Center are much too quiet. The staff here have been very busy, and I'd like to thank them now, for their willingness to wade into the deep water with me as we've made thousands of phone calls, taken folks shopping at 6 a.m., and set up new outreach programs, distributed all types of groceries, meals and even bagged lunches and masks. Through it all, one phrase has really resonated with the staff; "Our building is closed, but our community is STRONG!" Thank you for believing in us and for your graciousness to us during this difficult time.

We are excited about our Virtual Senior Center programs coming in May; whether you are computer-literate or just have a landline phone, we have opportunities for you to get back into programs and classes. This newsletter features things to do and ideas keeping mentally and physically active. And I promise you we are looking forward to the day we can have you come through the Center's doors again.



Our Facebook page has LOTS of tips and links to fun and important information; new items are added daily, so be sure to LIKE US on Facebook! Pantry cooking? Virtual museum tours? Online exercise? Online discussions? It's on our Facebook page.

What do you need from us right now?
Please let us know how we could be of
help to you during this time.
Give us a call at 203-263-2828

How can we
help you?

WELCOME TO THE WOODBURY VIRTUAL SENIOR CENTER

Beginning May 1st we will be conducting some programs by telephone conference calls and/or on Zoom, which is a virtual online learning platform. This new way of coming together promises to be a great alternative to missing each other...and you CAN do this. The staff have been busy learning the "how-to's" and we've already sponsored a Zoom session of the Woodbury Ukulele Band. If we can do it, you can do it!

We invite you to look over the May virtual calendar. When you see a class that interests you, please call the Center to register at 203-263-2828. You MUST register for a class before you can participate in the program. This is a learning experience for all of use, but we believe in the power of connection and in the power of learning. So...we will all learn this together!

Participating in a tele-center program requires only that you have a telephone. Landlines, cell phones and smart phones will all work. Register for the class by calling the Center. On the day before your class, we will give you the toll-free telephone number you need to call for the class. On the day and time of the program, just dial the toll-free number. Then...have fun!

Using Zoom for video classes should be relatively easy and truly requires next-to-nothing on your part. You need to have an email address and a device that connects to the internet. It's best if that device has a camera (most laptops, iPads and smartphones do; some laptops and tablets may not). If you have a camera, the instructor will be able to see you. In both instances, you can speak and have the instructor and other participants hear you. Zoom classes will run for 40 minutes. We can help you get ready for the Zoom experience. Call for details.

NEED GOOD LOCAL INFORMATION?

There is a lot of misinformation out there...be sure your information is accurate! A good resource for local information is our own Town of Woodbury website, found at www.woodburyct.org. Here you can find what's happening, who's open, what helps are available and links to resources you may need.

FREE TUTORING FOR ONLINE PROGRAMS IS AVAILABLE

Do you need help understanding and using some of the online platforms that we are all suddenly using? We have volunteer tutors who can help you over the phone.

Call the Center for an appointment.

We can help with your struggles with:

- Facebook
- Instagram
- Instacart
- Peapod
- Shop Rite
- Zoom

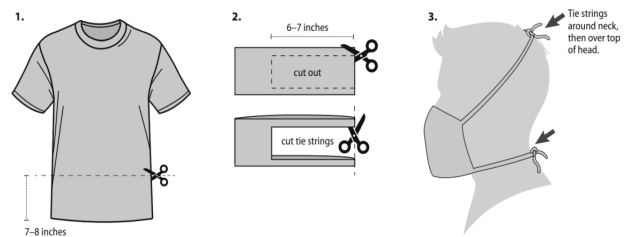
FACE COVERING INFORMATION

As part of Executive Order #7BB requiring signed by CT Governor Ned Lamont, all citizens are to wear cloth face coverings or higher level of protection in public **wherever close contact is unavoidable.**

The Center may have a mask available for Woodbury seniors when homemade masks are provided to us by volunteers. Call the Center to see if a mask is available for you. If not, below is an easy-to-make, no sew mask that can be made with fabric or a t-shirt that you may have at home.

Quick Cut T-shirt Cloth Face Covering (no sew method)**Materials**

- T-shirt
- Scissors

Tutorial**STOP COVID-19 FRAUD AND SCAMS****SCAM ALERT**

Scams related to the coronavirus, also known as COVID-19, are rapidly increasing as the public health emergency develops. Scammers are targeting older adults and those with serious long-term health conditions who appear to have a higher risk for serious illness from COVID-19. Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus and are targeting individuals to illegally obtain money or Medicare numbers.

What can you do to stop COVID-19 fraud?

- Do not give our your Medicare number to anyone other than your doctor, health care provider or other trusted representative.
- Protect your Medicare number and treat your Medicare card like you would a credit card.
- Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts or emails.
 - Be cautious of anyone who comes to your door offering free coronavirus testing, treatment or supplies.
- Don't click on links from sources you don't know, which could put your computer or device at risk. Make sure the anti-malware and anti-virus software on your computer are up to date.
- Be cautious when purchasing medical supplies from unverified sources, including online advertisements and email/phone solicitations.
- Ignore online offers for vaccinations. If you see ads touring prevention products or cures for COVID-19, they are most likely a scam.
- Do your homework before making a donation to a charity or crowdfunding site due to a public health emergency. Be particularly wary of any charities requesting donations by cash, by gift card or wire transfer.
- Be alert to "investment opportunities." The U.S. Securities and Exchange Commission (SEC) is warning people about online promotions, including on social media, claiming that the products or serves of publicly traded companies can prevent, detect or cure COVID-19 and that the stock of these companies will dramatically increase in value as a result.

COFFEE TALK ON ZOOM**Thursdays, May 7, 14, 21 & 28 from 10 to 10:40 a.m.**

Using social media to stay social...ZOOM! Join Jen & Jen every Thursday morning to discuss the ordinary and happy happenings of life. You will need the Zoom app to participate. The May 7 session will be a practice run to work out any snags or kinks. Call us for details. Sign up for one or all of our meetings.

CRAFTING WITH JEN AND KAREN ON ZOOM**Friday, May 29 from 1 to 1:40 p.m.**

Using Zoom, we will be sharing how to decorate a ceramic bisque disk to hang in a window or wherever you would like a small piece of art. We will provide the disk and deliver it to your doorstep. You will need to provide your own art medium that you have on hand - paints/brush, colored pencils, Mod Podge and pictures to decoupage, etc. If you do not have access to Zoom but would still like to participate, please notify the office at the time of sign up and we will gladly delivery a disk to decorate on your own. Woodbury residents must sign up so we could deliver your craft disk. Class size is limited to 15 people.

TELE-BINGO**Wednesday, May 13 & 20 from 1 to 1:40 p.m.**

Sign up to play Tele-BINGO via a conference call just for fun - your only prize will be bragging rights. We will deliver your BINGO card and instructions that will include the phone number to call, along with an access code that you will be asked to input when you call. You will then be connected with everyone playing the game. Please use beans or pennies to mark your cards to enable you to reuse it for several games. Woodbury residents must sign up by calling the Center so we could deliver your supplies.

Please remember that the senior bus is available for urgent shopping trips and delivery of masks (as available). Call the Center to book your ride, preferably one day in advance. Only one passenger (and aide if necessary) will be allowed on the bus per trip. Masks will be required.



We would like to thank the numerous volunteers who have offered to do shopping, deliver meals, and make masks for our senior population in Woodbury.

VIRTUAL SENIOR CENTER EXERCISE CLASSES**Balance Class with Loryn on Facebook Live - Tuesday, May 12 at 11 a.m.**

Go on Facebook and look for the live video at 11 a.m. on May 12 on the Woodbury Senior Center's Facebook page. The video will remain on Facebook afterward for you to exercise at your convenience. This is a free class. Let us know what you thought of it.

Cardio Dance with Andrea on Zoom - Mondays and/or Wednesdays from 9 to 10 a.m.

Andrea will offer this class live via Zoom. Great music and dance moves in this energetic class! Take this class on Mondays and/or Wednesdays. The cost is \$5 for the month of May for one day or \$10 for the month of May for both days - this is an introductory rate as we all learn virtual programming together. You can mail your check (made out to the Town of Woodbury) to the Woodbury Senior Center at 281 Main Street South, Woodbury, CT 06798. Call the Center for details and registration. Class will begin on Monday, May 4.

The following classes are being offered by Woodbury Parks & Recreation:

The minimal charge for each program will be \$5 for each session (4 weeks) per person.

Virtual Pilates Mat with Megan: Mondays, May 4, 11, 18 & 25 from 8:30 to 9:30 a.m.**Virtual Yoga with Megan: Tuesdays, May 5, 12, 19 & 26 from 9:45 to 10:45 a.m.****Virtual Pilates Mat with Megan: Thursdays, May 7, 15, 21 & 28 from 8:30 to 9:30 a.m.**

To register go to woodburyparksandrec.org and also send an email to Megan at megan@peacefulwaywellness.com indicating the virtual class you want to attend. Megan will send you instructions on downloading the free app "GoToMeeting" as well as a link with instructions on how to join a virtual meeting from your phone, tablet or PC. You will be in your own homes and Megan will be in hers. You will need a mat and some props (more information will be supplied). For technical questions contact Megan via her email above.

Virtual Morning Express Workouts with Tricia:**Bootcamp: Mondays through May 25 from 7:15 to 7:45 a.m.****Core & Lower Body Workout: Wednesdays through May 27 from 7:15 to 7:45 a.m.**

To register go to woodburyparksandrec.org and also send an email to Tricia at triciabrown562@yahoo.com by 5 p.m. the night before your first class. She will send you instructions on how to join her virtual workouts using the free app "Zoom Cloud Meetings" or use zoom.us/join on your PC. You will all be in your own homes and Tricia will be in hers. You will need a mat and optional weights.

WOODBURY SENIOR CENTER BINGO CONTEST

B	I	N	G	O
List your top 10 favorite movies	Complete 20 knee lifts - standing or sitting	Take a 15 minute walk.	Clean out your junk drawer.	Complete a crossword, word search or Sudoku puzzle
List 3 things you're grateful for today	Call a friend or a family member	Make a favorite recipe for dinner	Reminisce through old photographs	Listen to music that makes you happy
Visit an online museum virtual tour	Write a short story about a memorable time in your life		Write and mail a friend or family member a letter	Create some sketches
Learn origami	Play a game of solitaire	Watch a movie	Make some muffins	Write down a piece of advice for your grandchildren
Try to list all 50 states	List 3 things you love and miss about your senior center	Mediate for 10 minutes	Do a jigsaw puzzle	Read a book

HOW TO PLAY: Complete a row vertically, horizontally or diagonally. When you have achieved a BINGO, we will enter one ticket into our raffle with your name on it (3 raffle tickets maximum). Please return this page to the Center by May 29 via mail, email or drop off at the Center (in bin located on bench outside of Center). The winner will receive a \$20 LaBonne's Gift Card. The drawing will be held on June 1.

AM	IS	ARE	WAS	WERE	BE
BEING	BEEN	HAVE	HAS	HAD	DO
DOES	DID	CAN	COULD	SHALL	SHOULD
MAY	MIGHT	MUST	UP	NO	IF
OF	ME	AS	IT	WE	OFT
TO	AND	UPON	THEN	DOTH	HATH
HONEY	BY	THIS	ADO	NAY	AYE
USE	SHE	WILT	YON	YOU	LOATH
HASTE	DIRE	MORE	NIGHT	YIELD	USE
MAIDEN	CONFUSION	WICKED	WET	LIE	GRACE
SAID	DIRE	IDLE	SPOT	PRESENT	VILLAIN
LACE	VISION	BLUSH	FEVER	HOME	SATISFY
NATURE	ROOM	ADJUST	SELF	TRUE	CONTRAST
TERRIBLE	AMATEUR	WHITE	BLUR	HOT	MOVE
EYE	FLASH	DARK	BEAUTIFUL	LANDSCAPE	GET
LIVE	FULLNESS	COLOR	LONG	OPEN	POET
MELANCHOLY	ASHEN	DIRT	MOIST	LISTEN	ANY
PEACE	MEASURE	FORESWEAR	OLD	YET	KNOW
DREAM	LIGHT	HEART	GLORIOUS	OCEAN	LIPS
PEASANT	NOTHING	KISS	THROUGH	DECEIVE	MANNER
SNAP	LEST	FAIR	QUESTION	PERCHANCE	MORNING
HELD	TIGHT	MOURNING	POSE	HAND	WHEREFORE
LOATHSOME	MISCHANCE	HOPE	BUG	GOD	FLOWER
MELT	EVERY	OVER	HEAL	WILD	STEEL
SOUL	PUT	WORRY	HARD	DELICIOUS	TORMENT
TREE	SELF	ANGEL	SISTER	HOT	CANDID
THERE	WINDOW	THUNDER	SLANDER	STRIKE	THINE
SHALT	WOO	SMILE	BLEED	QUALITY	CAPTURE
DRUNKARD	THEREFORE	GREEN	BRING	THOSE	HER
THING	HEAL	VOW	SPEAK	WANTON	TRUST
HADST	DOST	LADY	THOU	BLAZE	AFTER
VAST	GIVE	EAT	WARM	SHOW	LONG
CIRCLE	DRINK	LOOK	WORD	DOWN	SOFT
ONLY	NEVER	EVERY	DAMN	HITHER	TEMPT
MORTAL	THENCE	ALWAYS	GOBLET	PLEASE	WHICH
FRIEND	FOE	HENCE	PERILOUS	POISON	BAWDY
MERCY	FORTUNE	YOUNG	YOUTH	STEAM	FATHER
COFFEE	GHOST	BREATH	SEEMLY	STREAM	YOUNG
CANDY	MYSELF	NAUGHT	KNOW	HEREIN	TRIFLE
SHOT	TOO	SEE	TRY	FINE	LOVE
PICTURE	FEEL	DAZZLE	THROUGH	FROM	USE
MORE	MIST	GIVE	LIFE	IN	ALL
AIR	SALT	ART	LINGER	ETERNITY	LESS
WORLD	SINGLE	SEA	JOY	HALF	CHAMPAGNE
MURMUR	BLACK	BLAZE	ING	SEE	MOONLIGHT
SWEET	VISION	YONDER	FEROCIOUS	ALTHOUGH	TELL-TALE

POETRY CONTEST

POETRY CONTEST RULES: MUST BE A WOODBURY SENIOR AND USE ONLY WORDS FROM THE LIST ABOVE TO CREATE YOUR POEM

SUBMISSION DUE DATE: 5/15/2020

ENTRIES CAN BE MADE VIA EMAIL TO JTISO@WOODBURYCT.ORG - SUBJECT LINE: "WSC POETRY CONTEST"

OR SNAIL MAIL TO: WOODBURY SENIOR CENTER, 281 MAIN STREET SOUTH, WOODBURY, CT 06798 - ATTN: JENNIFER SKENE-TISO

WE ARE ASKING CONTEST WINNER TO ALLOW THE WOODBURY SENIOR CENTER TO PUBLISH THE POET'S NAME/POEM
IN THE NEXT NEWSLETTER EDITION



The prize is a beautifully handcrafted high-quality top-grain 100% leather that looks, smells and feels beautiful. Naturally tanned leather will age with character - or simply rub away your markings if you choose. A lifelong companion on your journeys. Antique deckle edge vintage paper - 200 sheets of 120 gsm vintage blank recycled cotton that is acid-free, chemical-free and tree-free. This gorgeous, thick antiqued paper prevents bleed-through and feels amazing. Environmentally sensitive and fountain pen friendly.

WOODBURY SENIOR CENTER

MAY 2020 PROGRAMS

S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T					
					1	2					
3 4	7:15-7:45: Virtual Bootcamp with Tricia (P&R) 8:30-9:30: Virtual Pilates Mat with Megan (P&R) 9-10: Cardio Dance with Andrea via Zoom	5	9:45-10:45: Virtual Yoga with Megan (P&R)	6	7:15-7:45: Virtual Core & Lower Body Workout with Tricia (P&R) 9-10: Cardio Dance with Andrea via Zoom	7	8:30-9:30: Virtual Pilates Mat with Megan (P&R) 10-10:40: Coffee Talk on Zoom with Jen & Jen	8		9	
1 0	7:15-7:45: Virtual Bootcamp with Tricia (P&R) 8:30-9:30: Virtual Pilates Mat with Megan (P&R) 9-10: Cardio Dance with Andrea via Zoom	11	9:45-10:45: Virtual Yoga with Megan (P&R) 11-11:30 Balance Class with Loryn	12	7:15-7:45: Virtual Core & Lower Body Workout with Tricia (P&R) 9-10: Cardio Dance with Andrea via Zoom 1-1:40: Tele-BINGO with Jen	13	8:30-9:30: Virtual Pilates Mat with Megan (P&R) 10-10:40: Coffee Talk on Zoom with Jen & Jen	14	Poetry Submission Due Date	15	16
1 7	7:15-7:45: Virtual Bootcamp with Tricia (P&R) 8:30-9:30: Virtual Pilates Mat with Megan (P&R) 9-10: Cardio Dance with Andrea via Zoom	18	9:45-10:45: Virtual Yoga with Megan (P&R)	19	7:15-7:45: Virtual Core & Lower Body Workout with Tricia (P&R) 9-10: Cardio Dance with Andrea via Zoom	20	8:30-9:30: Virtual Pilates Mat with Megan (P&R) 10-10:40: Coffee Talk on Zoom with Jen & Jen	21		22	23
2 4	7:15-7:45: Virtual Bootcamp with Tricia (P&R) 8:30-9:30: Virtual Pilates Mat with Megan (P&R) 9-10: Cardio Dance with Andrea via Zoom Memorial Day Holiday	25	9:45-10:45: Virtual Yoga with Megan (P&R)	26	7:15-7:45: Virtual Core & Lower Body Workout with Tricia (P&R) 9-10: Cardio Dance with Andrea via Zoom	27	8:30-9:30: Virtual Pilates Mat with Megan (P&R) 10-10:40: Coffee Talk on Zoom with Jen & Jen	28	1-1:40: Disk Craft with Jen & Karen on Zoom BINGO Contest Submission Due Date	29	30
3 1											