

WOODBURY SENIOR CENTER REPORTER



MAY 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.



60'S THEMED PARKING LOT PIZZA PARTY Friday, May 14 from 12:30 - 1:30 p.m

Welcome spring with a fun afternoon at the Center. Meet in your cars or on the lawn for a catered picnic and live music with Pierce Campbell's 60's show. Get up and dance!

We will have a groovy backdrop for photo opps of you in your 60's costume and a prize will be awarded

for the best dirty hippie getup!

Menu includes: pizza, beverage and dessert. Prizes and fun!

Just \$5 per person. Sign ups are a must! Call 203-263-2828 to reserve!



The Center will be closed on **Monday, May 31** for the **Memorial Day** Holiday.

There will be no senior bus transportation or Meals on Wheels deliveries.



MAY BREAKFAST SANDWICH PARTY HONORS THE LADIES Monday, May 10 from 9 – 10 am

Enjoy a beautiful morning with a breakfast sandwich and a coffee on our patio! Place your orders with us by

Thursday, May 6; just \$1 for your choice of bacon, egg & cheese or egg & cheese sandwich and a hot coffee, served at our "take out" window! Watch for some surprise announcements to add to the fun.



PATIO CAFÉ

Weekdays from 9 to 10:30 a.m.

Imagine a lovely spring morning, sunny with flowers in bloom. Now imagine sitting at a cute outdoor café with a friend and a cup of coffee, or maybe a cappuccino or espresso or hot tea. You don't have to

imagine any longer; enjoy our new Senior Center Patio Café!

We have new café tables, and we have coffee, espresso, cappuccino and tea on order at our "take out" window. We're priced right too, at just \$1 per coffee or coffee creation beginning May 3. Do stop by and enjoy a coffee with us.

We're looking for a name for our new café - send us your best idea by May 14. A winning name will be selected, and the winner will get free coffee for two weeks!

SENIOR BUS TRANSPORTATION UPDATE

Beginning May 1, we will be adding some options to our senior bus transportation service. Every weekday, we will be adding a

"morning ride" to the Center for people who have appointments here or are registered for a class.

We will return you to your home at the end of the morning. We will be adding a trip to Naugatuck for shopping monthly. Also, we will be resuming our "regular" run to Southbury for shopping and errands each Friday. Because we are limited to taking 3 riders at a time, please make your reservations early.

If you need the bus to help you get to a medical appointment, please call us before finalizing your appointment with as much advance notice as possible. We will do all we can to help you, but cannot guarantee we can get you to your appointment before we talk to you.

Safety information: Riders may be screened. Anyone with a temperature higher than 100.4 or who is exhibiting symptoms of feeling ill will not be permitted to board. The bus is cleaned and sanitized between uses and has been modified to meet current safety and government COVID-19 guidelines.



**MASKS MUST BE WORN
INSIDE THE SENIOR CENTER AT
ALL TIMES - OVER YOUR NOSE
AND MOUTH. THANK YOU!**

GRAB AND GO CONGREGATE MEALS

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. Please make checks payable to Senior Nutrition Services. 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.

MAY MENU

Tuesday, May 4 - Shepherd's Pie, vegetable **OR** Chicken Francese, roasted potato, vegetable

Thursday, May 6 - Mediterranean Chicken, roasted potato, vegetable **OR** Pasta Bolognese, small salad

Tuesday, May 11 - Chicken Gyro, roasted potato, vegetable **OR** Baked Macaroni & Cheese, small salad

Thursday, May 13 - Greek Salad Plate **OR** American Chop Suey, small salad

Tuesday, May 18 - Hamburger, roasted potato, vegetable **OR** Chicken Marsala, mashed potato, vegetable

Thursday, May 20 - Chicken Pot Pie, vegetable **OR** Pasta Bolognese, small salad

Tuesday, May 25 - Baked Macaroni & Cheese, small salad **OR** Shepherd's Pie, vegetable

Thursday, May 27 - Chicken Francese, roasted potato, vegetable **OR** Greek Salad Plate



NEW OPPORTUNITIES
Building Relationships to End Poverty™

**DRIVER'S LICENSE RENEWAL ONLINE**

Do you need your Driver's License or State ID renewed? Governor Lamont announced that Connecticut residents can now renew their Driver's Licenses and Non-Driver ID cards online without having to visit a DMV office in person. The announcement is part of Governor Lamont's broader initiative to modernize state government and add more convenience for residents by making services available online. Eligible residents will receive an invitation by postal mail or email to complete their transaction online and make an electronic payment via credit or debit card. Upon successful completion of the online renewal, the license or non-driver ID will be received by mail within 20 days. All of the DMV's services can be found online by visiting ct.gov/dmv.

**PLEASE WELCOME OUR NEW MUNICIPAL
AGENT/SOCIAL SERVICES DIRECTOR**

**SARAH WIRTES**

Sarah has worked for the Town of Woodbury for 12 years, most recently as Personnel Administrator. Sarah is looking forward to transitioning into this role to better serve the community. She is excited to get to know you. Appointments are available Monday through Friday, 9 a.m. to 4 p.m. Call 203-263-4117.

Sarah has been married to her husband Ryan for 15 years and has a beloved chihuahua named Gilbert. Sarah loves kayaking and gardening.

A NEW TRANSPORTATION OPTION TO CONSIDER

On the Mend, located in Southbury, now offers a non-emergency driving service. People who have busy lives can be ensured that they or their mother/father/loved one gets to and from their destination without any worry.

For a fee, On the Mend Drive can take you to doctor's appointments, grocery shopping, to the park, the pharmacy...you name it, they will take you there. Please call 203-266-1930 for more information.

**THERAPEUTIC MASSAGE WITH ANDREA**

Wednesdays, May 5, 12, 19 & 26

10 a.m. to 3 p.m. by appointment



All State protocols will be followed to ensure a safe and relaxing experience. Who has tight muscles after this past year?

Who doesn't?!

- 30 minute massage - \$30
- 60 minute massage - \$55

Call the Center to book your appointment with Andrea or to find out more.

BEAUTIFUL DAY, BEAUTIFUL MUSIC

You are invited to a free outdoor concert to be held at the Center on **Sunday, May 16 at 2 p.m.**, weather permitting. Sponsored by the Friends of the Woodbury Senior Community Center, the concert will feature live music by Handler and Levesque, a guitar/mandolin duo specializing in blending swing, Brazilian, classical, Latin, 60's & 70's, jazz, gypsy, and folk music influences to create their unique, expressive arrangements. Please bring your own chair and enjoy an hour of lovely music and camaraderie. No bathrooms will be available; fair weather only.

JUNE BREAKFAST SANDWICH PARTY HONORS THE MEN

Monday, June 21 from 9 to 10 a.m.



Meet your friends on the patio for a breakfast sandwich and a hot coffee or tea in honor of those celebrating Father's Day.

Choice of bacon, egg and cheese or egg & cheese - let us know your choice at sign up by June 16.

Pick up your sandwich at our "take-out window."

Sign ups are a must! The cost is just \$1.

Special door prizes will be awarded.

FLOWER PAINTING CLASS

Friday, May 21 from 11 a.m. to 1 p.m.

Join Wendy Mutter (from the Lutheran Home of Southbury) for an relaxing afternoon of painting under our new canopy classroom on the lawn. Learn tips for painting beautiful flowers. This how-to class is for beginner to intermediate painters but all are welcome, all materials will be provided. Sign up is a must and limited to 10 people. Call 203-263-2828.

**We're celebrating a Community of Strength – Please help!**

Older Americans Month is celebrated every May. This year's theme is: A Community of Strength. It's been quite a year, and that strength has been tested! Please share with us something that you feel GOOD about this spring- maybe it's a photo of you and a grandchild together at last, or a poem, or a project that you spent your time on this past year. Share your photos, jokes, quotes, and/or good news. We'll use it to create a public display both on view at the Center and on our website. Join the fun, and please, let's celebrate the strength we've all shared.

**HIKING GROUP: Take a hike!**

The hiking group will meet on

Thursday, May 27 at 9 a.m.

at Roxbury Land Trust Shepaug River Trail via Baker Road. We will be walking the beautiful River Trail. This trail extends for miles and is flat and solid underfoot, with beautiful wooded, river and farmland views. We will walk a little less than 3 total miles on this hike down to the unique Volunteer footbridge (great for photos) and back. For the more adventurous hikers, there are options for hiking up a side trail to Orzech Farm Preserve (with scenic views and ponds) or continuing down River Road for more miles (up to 7 miles out and back!) You'll love this walk. Bring a water bottle and snack if you like. Please call the Center to sign up.

**FREE MASKS**

The Center has free masks available for Woodbury seniors who may need one - while supplies last.

BEST DAD JOKE CONTEST

In celebration of Father's Day on June 21, the Woodbury Senior Center is searching for the funniest, G-Rated dad joke ever!



From now until June 21, you can enter our contest by emailing your most memorable dad joke to Jennifer, jtiso@woodburyct.org, for a chance to win an Ace Hardware gift certificate. (Make sure the subject line reads "Best Dad Joke Contest". Best submission will be featured in our July Newsletter.

Writing Contest

Seniors Ages 60 Years Plus
Submissions Due by June 1st
500-750 Words Maximum

- First Prize: \$200 Gift Card
- Second Prize: \$100 Gift Card
- Third Prize: \$25 Gift Card(s)

Creative Topic:

Submit an original story focusing on a special experience, person, or period of time in your life.

Submit Entries To:

mmarici@candlewoodvalley.com



**COMPUTER ROOM OPENS!**

The Computer Room will be available by appointment starting on May 1.

Appointments will be for 2 hours.

There are 2 computers available, with 2 people in the room at a time.

Call the Center to make your appointment.

Available times are 8:30 to 10:30 a.m., 10:30 a.m. to 12:30 p.m. or 12:30 to 2:20 p.m.

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

CHECKS CANNOT BE ACCEPTED MADE OUT TO WOODBURY SENIOR CENTER

SENIOR DISCOUNTS YOU MAY NOT KNOW ABOUT**Cell Phones**

-Verizon Wireless offers a “Senior 65 Plus Plan”

-AT&T offers a “Senior Nation 200 Plan”

Restaurants

-Applebee's offers 60+ a 10% discount

-Arby's offers 55+ a 10% discount

Shopping

-Walgreens offers a 20% discount once a month with your Balance Rewards Card

-Michael's offers 10% off for 55+ with your AARP card

-Kohl's offers 15% off on Wednesdays for 60+

-Amazon Prime offers a discounted membership to those with a Medicare Card

Sarah Wirtes- Municipal Agent

203-263-4117

203-266-4310 (fax)

Sarah's Hours:

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

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

Notes from Sarah:

For this season's Renter's Rebate program, please contact RaeAnn Walcott, Woodbury Town Assessor, at 203-263-2435.

WOODBURY SENIOR CENTER STAFF

Loryn Ray
Director of Senior Services



Jennifer Skene-Tiso
Program Assistant



Karen Blanchet
Office Manager



Sarah Wirtes
Municipal Agent/
Social Services Director



Tom Davis
Senior Bus Driver



Nancy Gubiotti
Senior Bus Driver



Bob Hughes
Senior Bus Driver
Currently on Medica Leave



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

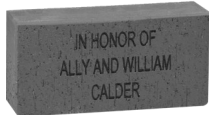
Website: woodburyseniorct.org

Our newsletter is available on our website.

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.





FRIENDS OF THE WOODBURY SENIOR/ COMMUNITY CENTER BRICK CAMPAIGN STARTING SOON!

*Commemorative Bricks –
A Way to Celebrate Family, Friends or Even Pets*

At the Friends of the Senior Center's concert on May 16, order forms for commemorative bricks will be available.

Forms will also be available at the Senior Center.

In 2007 the cost of the bricks was \$100. The only thing that has not gone up in price is this year's brick, which will also be \$100.

BRASS CITY HARVEST VIRTUAL COOKING CLASSES with Nutritionist Nichole Texiera

Mondays, through May 24 1 to 2 p.m.

Join us for some cooking fun with Nichole from Brass City Harvest. With a specialty in senior nutrition, she will be leading this virtual Cooking Experience.

If you wish, you can prepare it with her OR just watch the demonstration. These recipes are easy, quick, healthy, and fun!

Please call to sign up.

A zoom link will be sent to you after you register.



VIRTUAL EXERCISE CLASSES



Virtual Fitness Fury with Susan on Zoom

Tuesdays from 11 to 11:45 a.m. and Thursdays from 10 to 10:45 a.m. - May 4, 6, 11, 13, 18, 20, 25 & 27

You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost is for the May session (8 classes) is \$24. 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.

IN HOUSE OR VIRTUAL: HYBRID EXERCISE CLASS

Cardio Dance with Andrea on Zoom

Wednesdays and Fridays from 9 to 10 a.m. on May 5, 7, 12, 14, 19, 21, 26 & 28

Great music and dance moves in this energetic class! The cost is for the month of May (8 classes) is \$24. 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 if you choose to take the class virtually.



Tai Chi with Susan

Two 6-week sessions, each includes 1 class per week - take one or both sessions; \$25 per session or \$45 for both

Session 1: Mondays from 10:30 - 11:30 a.m. - continues May 3, 10, 17, & 24

Session 2: Wednesdays from 1 to 2 p.m. - continues May 5, 12, 19 & 26

You can choose to come to the Center (indoors) for class or do it from your own home on Zoom. Wear comfortable clothing and shoes, bring a mask and a water bottle. Call to register by April 12.



IN HOUSE EXERCISE CLASSES

Find Your Balance Class

Tuesdays, May 11, 18 & 25 from 10 to 11 a.m.

Does your balance need a tune-up? Are you less confident in your basic and dynamic balance after so much time at home? Join our in-person, 3 week, FREE balance class in-person at the Center, led by Loryn. This class will incorporate techniques from various evidence based balance programs. You'll learn how to improve and enhance your balance safely! Class size is limited; sign up today. On nice weather days we may do class outside w/chairs.



NEAR AND FAR TRAVEL CLUB PRESENTS: Escorted Montreal & Canada/New England Cruise

June 17 - 25, 2022

9 days/8 nights - Small Ship - No Flying - starting at \$1849 pp twin

For full details, please contact the Center for the trip itinerary.



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.

WOODBURY UKULELE BAND

Will meet outside at the Center parking lot (fair weather only) **on Sunday, May 23 at 1 p.m.** for an afternoon of camaraderie and music. Bring your ukulele, a bottle of water, a hat for shade and your favorite outdoor chair. See you there!

For more information, click on <https://woodburyukes.org/>



You requested, we responded - Senior Center in a Bag will continue ! Sign up for a free Senior Center in a Bag today. The bag is full of opportunities to exercise and care for your brain, your body and your spirit. Call the Center at 203-263-2828 to make arrangements for pick up or delivery between 5/3 and 5/14. While supplies last.

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.



THE FITNESS ROOM IS OPEN!

by appointment

Time to get back into the Fitness Room? Current Fitness Room members can call to make your appointments. Make as many as 6 session appointments with one call. Each session will last 50 minutes and begins on the half-hour. Appointments are available Monday through Friday, 8:30 a.m. – 2:30 p.m.

Two people per session with no equipment sharing necessary. Appointments and masks are a must; windows will be open. Current Fitness Room memberships are extended through June 30, 2021. We will take new memberships starting in July.



FACE MASK
MUST BE WORN



We're happy the Center is OPEN! Please be aware of the following new protocols for everyone's safety:

-Masks are mandatory at all times while inside the Senior Center. If you cannot or choose to not wear a mask, we will try to accommodate you with essential services outside the building.

-Please notify us if you are vaccinated. This information may be needed for contact tracing in the event of exposure. As vaccination is a personal choice, we cannot require you to be vaccinated in order to enter the building, but certain services may require vaccination for participation.

-Sign in at the kiosk every time you are here. Hand sanitizer is available for your convenience. We must keep accurate records, so please comply.

-Please use the hand sanitizers inside the front door and **wash your hands frequently** while here. Touchless dispensers have been installed.

-Please do NOT come to the Center if you are experiencing ANY cold or flu symptoms. If you become ill while at the Center, we will use the Health Room as a safe space for you to rest while arrangements are made for you to go home. People at the Center need to maintain **social distance protocols of at least 6 feet** between people. Windows will be open to increase ventilation.

-No food or beverages will be served inside the building until further notice.

-Our drinking fountain is now a water bottle filling station.

-Participation in all programs is by advance registration only. **Restrooms** in the main hallway and the Fitness Rooms are open with limited capacity. No showers are available.

-The kitchen is off limits to everyone except staff. Thank you.

-The office is off limits as well; please come to the window; thank you.

Please enter through the flagpole doors only. You may exit through any door.

These protocols may change at any time. We follow all State of Connecticut guidance for Senior Centers during COVID-19.

Brass City Harvest & the New Opportunities Meals In Motion Food Truck are partnering to bring you a Farm to Table Outdoor Grilling Demo complete with lunch and a dessert. On **Friday, June 11, 2021, 11:30 a.m. to 1 p.m.** join Brass City Harvest's nutritionist Nichole Texiera as she demonstrates how to grill a healthy meal using local, farm fresh ingredients.



The Meals in Motion Food Truck will serve each participant:

Grilled Vegetable Panini, Yogurt Parfait and Drink



This event will be held outdoors in the Woodbury Senior Center parking lot. **The cost for this event is a donation of \$3.00.** Seating for this event will be limited, please bring your own chairs.

Sign up is a **MUST**, all registrants will be provided with a scannable key tag to use for future events with the Meals in Motion Food Truck.



WHAT'S
YOUR
STORY?



CT Virtual Senior Center

CELEBRATE OLDER AMERICANS MONTH

MAY 21ST

1 - 2:30 PM

VIA ZOOM

Featuring Cindy Eastman author of
Flip-Flops After 50:

And Other Thoughts on Aging I Remembered to Write Down.

Cindy will share excerpts from her book and discuss the phenomenology of writing. We will breakout into smaller groups and use writing prompts to practice finding *your* writing voice to celebrate your story!

BLOOD PRESSURE CLINIC RETURNS
First and Third Tuesdays of the Month
Tuesdays, May 4 & 18

10 to 11 a.m. by appointment at the Center



Get your blood pressure checked twice per month by a registered nurse from Pomperaug District Department of Health. FREE service, but no walk-ins. Please call for an appointment.

FITNESS CHALLENGE WALK ACROSS AMERICA UPDATE



Since our last update our group of dedicated walkers have traveled a total of 1,054 miles. That is an increase of 400 miles!! The nicer weather is definitely making a difference. Keep it up....

After leaving the Ozark National Forest we headed north to Kansas City, MS.

There we visited the Harry S. Truman Presidential Library and Museum. It was the first presidential library to be created under the provisions of the 1955



Presidential Libraries Act. Next, we moved onto the American Jazz Museum. The museum preserves the history of



American jazz music, with exhibits on Charlie Parker, Duke Ellington, Louis Armstrong, Ella Fitzgerald and others. Our last stop was the Negro Leagues Baseball Museum which is a privately

funded museum dedicated to preserving the history of Negro league baseball in America.

From Kanas City we headed due west to Colorado Springs, CO. Our first stop was the Broadmoor Pikes Peak Cog Railway that climbs the well-known mountain Pikes Peak. The railway is the highest in North America. For the more



adventurous of our group, we stopped at the Cave of the Winds. Hiking into the caves offers a wonderful look at stalactites, stalagmites, flowstone, helictites. It also offers spelunking, zip lining and a ropes course.



From Colorado Springs we headed to Albuquerque, NM. There we visited the Indian Pueblo Cultural Center. It is a world-class museum and cultural center created to be a place where the Pueblo people can tell their story. It is the only place in North America to host

traditional Native American dances every weekend year-round. Next, we headed to Old Town. It's narrow streets and century-old adobe houses are home to New Mexican eateries serving enchiladas and sopaipilla pastries, and tiny artisan shops selling jewelry, rugs and pottery.

Keep walking!



AMERICAN RED CROSS BLOOD DRIVES AT THE SENIOR CENTER

Saturday, May 15, 8:00 a.m – 1:00 p.m.

Register by calling the American Red Cross at 1(800) REDCROSS or click onto www.redcrossblood.org

NEW PROGRAM "POPPING UP"

You won't have to look hard to find our new "classroom" at the Center. Soon you will see green canopy tents on the lawn, providing shade for



some of our classes and activities this summer.

The canopies are designed to be easy to put up and take down, so you won't find them out every day, but know that you will be able to take part in a class such as our May 21 painting class under the canopy! What a relaxing (and safe) way to reconnect with others!

VIRTUAL PROGRAMS AT AARP-CT

Register at: <https://states.aarp.org/connecticut/events-ct>

-Virtual U Lecture: Around the World in 80 Gardens: Tuesday, May 4, 2021 12:00 to 1:15 p.m.

Dr. Richard Benfield, CCSU emeritus professor of geography, will use his experience and humor as he walks us through a view of the world's great gardens. He will begin in the lush gardens of the Pacific, through South America and Europe to South East Asia and Australia, the gardens in Singapore airport, the arid gardens of Australia and the tropical gardens of the Seychelles (home of the love nut!), Canary Islands and the English country gardens of his home country, finishing in the US and Canada.

-Cloud Storage Presented by Senior Planet from AARP: Monday, May 10, 2021 at 1:30pm

Learn to store your digital data safely and efficiently.

-Decluttering & Downsizing: Your Important Documents - Part I:

Tuesday, May 11, 2021 7 p.m.

Prioritize and organize the important papers in your house - or help a loved one do the same.

-One Day University Lecture Series, Presented by AARP - The Real Stories Behind Famous Photographs Wednesday, May 19, 2021 at 6:30pm

-Virtual Mondays with Mark Twain in May: Mark Twain, World Traveler: May 24, 2021 at 12 p.m.

The life and times and travel of Samuel Clemens

Also, try the excellent programs at CCSU's Scholars for Life Program. <https://ce.ccsu.edu/life-leisure/>

PUZZLE PAGE



Memorial Day

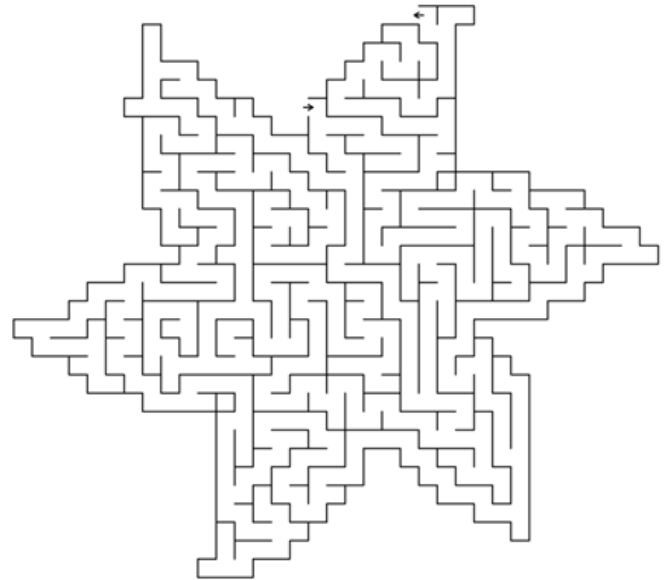
Monday, May 31



AMERICAN
ANTHEM
CEMETERY
CEREMONY
COMMEMORATE
DECORATION
FALLEN
FLAGS
FLOWERS

FREEDOM
GRAVE
HALF MAST
HEROES
HOLIDAY
HONOR
MAY
MEMORIAL
OBSERVANCE

PATRIOTIC
REMEMBRANCE
SACRIFICE
SALUTE
SERVICE
SOLDIERS
TAPS
VETERANS
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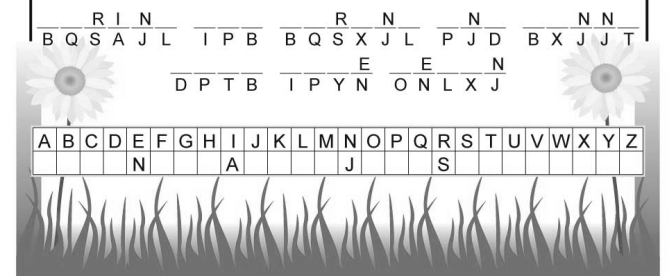


Complete the maze!

SUDOKU

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

SPRING cryptogram



Decode the message by finding each substitute letter or symbol.

Q: There are five holes in the ground and four seeds. A little boy plants one seed in the second hole. Then, a seed exactly to the right of that seed. Next, he plants a seed in the 5th hole, and finally, he plants a seed four holes to the left of that. Which hole did not get a seed?

A:

CENTER PROGRAMS AND SERVICES AT A GLANCE – MAY 2021

All programs and services by appointment or advance registration

In Person at the Center- Inside

Fitness Room – Page 6

Blood Pressure Clinic – Page 8

Therapeutic Massage – Page 2

Red Cross Blood Drive – Saturday, May 15

Tai Chi - Page 5 (also on Zoom)

Find Your Balance Class - Page 5

Computer Room Opens – Page

Cardio Dance Class – Page 5 (also on Zoom)

Pool Table—daily by appointment

In Person at the Center- Outside

Patio Get Together - Page 1

Patio Coffee Café – Page 1

Grab and Go Lunches – Page 2

Woodbury Ukulele Band – Page 6

Breakfast Sandwich Take Out – Page 1

Parking Lot Pizza Party - Page 1

*Something for
EVERYONE!*

In Person in the Community

Hiking Club – Page 3

Foot Care Clinic – call for information

Senior Bus Transportation – call for information

At Home Programs (no computer required)

Senior Center in a Bag – continues by popular request– Page 6

Meals on Wheels – please call New Opportunities, Inc, at 203-757-7738

Walk Across America Fitness Challenge – Page 4

Best Dad Jokes Contest – Page 3

Older Americans Month Display Items - Page 3 (please send something in!)

Virtual Programs (computer or smart device and internet connection required)

Cardio Dance – Page 5 (also in person)

Fitness Fury Stretch and Strength – Page 5

What's Your Story – with author Cindy Eastman – statewide senior center– Page 7

Brass City Harvest Cooking Class – Page 5

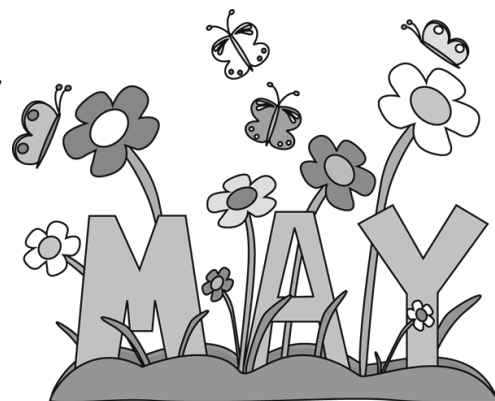
Tai Chi – Page 5 (also in person)

Coming soon....

More Basic Balance Classes

Medicare Educational Seminar

Fight that Pandemic Brain Fog



Renter's Rebate

This is a program for seniors over 65 and/or disabled people of all ages administered by the State of Connecticut Office of Policy and Management. This program reimburses eligible low-income renters a portion of rent paid during the year.

Applications are taken from April 1 through October 1 of each year.

HOW TO APPLY: Please contact the Assessor, RaeAnn Walcott 203-263-2435 to schedule an appointment.

WHO IS ELIGIBLE?

Recipient or spouse must be 65 years of age or older, OR be 50 years of age or older and the surviving spouse of a renter who at the time his death had qualified and was entitled to tax relief, provided such spouse was domiciled with such renter at the time of his/her death

- Or 18 years of age or older and permanently and totally disabled.
- Must meet a one year state residency requirement.
- Grants are based upon income. If applying in Year 2020, single person's total income must be less than \$37,600; married person's total income must be less than \$45,800 per couple.
- **There is no asset restriction.**

Rebate amounts can range from \$50-\$900. To calculate the amount of the rebate 35% of rent plus utilities (but not including telephone) is compared to 5% of total income for the previous year. The difference is the amount of the rebate. Single person's rebate is smaller than married person's rebate.

INCOME LIMITS:

- SINGLE...\$37,600 or less/year
- MARRIED...\$45,800 or less/year

PLEASE BRING ALL OF THE FOLLOWING TO YOUR APPOINTMENT:

- Proof of ALL rent paid in 2020 (Rent receipts or letter from the landlord, not the lease)
- Proof of ALL utilities paid in 2020 (A printout of PAYMENTS made to NPU (NOT what you were billed), receipts from gas/oil/propane/wood/coal company, etc.)
- Proof of ALL household income for 2020 (1099 forms, W-2s, proof of Social Security benefits, pension income, investment income, etc.)
- 2020 Income Tax Return (If you filed a tax return you MUST bring a copy with you.)
- Proof of TVCCA energy assistance grant

Disabled People who are not 65 or older MUST Also Bring:

- Proof of 100% disability from the Social Security Administration.



MAY 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
2	3 10:30-11:30 Tai Chi (in house or on Zoom) 1:00 Brass City Cooking Class (on Zoom)	4 10-11 Blood Pressure Clinic by appointment 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom	5 9-10 Cardio Dance with Andrea (in-house or on Zoom) 10-10:45 Fitness Fury with Susan via Zoom 10-3 Massage with Andrea (by appt) 10:30-12 Current Events with Penny on Zoom 11-11:30 Congregate Meal Pick Up	6 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up	7 9-10 Cardio Dance with Andrea (in-house or on Zoom)	8
9	10 9-10 May Breakfast Sandwich Party Honoring the Ladies 10:30-11:30 Tai Chi (in house or on Zoom) 1:00 Brass City Cooking Class (on Zoom)	11 10-11 Balance Class 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom	12 9-10 Cardio Dance with Andrea (in-house or on Zoom) 10-3 Massage with Andrea (by appt) 10:30-12 Current Events with Penny on Zoom 1-2 Tai Chi (in house or on Zoom)	13 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up 1:00 Commission on Seniors	14 9-10 Cardio Dance with Andrea (in-house or on Zoom) 12:30 60's Themed Parking Lot Pizza Party	15
16	17 10:30-11:30 Tai Chi (in house or on Zoom) 1:00 Brass City Cooking Class (on Zoom)	18 10-11 Balance Class 10-11 Blood Pressure Clinic by appointment 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom	19 9-10 Cardio Dance with Andrea (in-house or on Zoom) 10-3 Massage with Andrea (by appt) 10:30-12 Current Events with Penny on Zoom 1-2 Tai Chi (in house or on Zoom)	20 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up	21 9-10 Cardio Dance with Andrea (in-house or on Zoom) 11-1 Flower Painting Class 1-2:30 CT Virtual Senior Center Celebrates Older Americans Month	22
23	24 10:30-11:30 Tai Chi (in house or on Zoom) 1:00 Brass City Cooking Class (on Zoom)	25 10-11 Balance Class 11-11:30 Congregate Meal Pick Up 11-11:45 Fitness Fury with Susan via Zoom	26 9-10 Cardio Dance with Andrea (in-house or on Zoom) 10-3 Massage with Andrea (by appt) 10:30-12 Current Events with Penny on Zoom 11-3 Therapeutic Massage by appointment 1-2 Tai Chi (in house or on Zoom)	27 9:00 Hiking Group 10-10:45 Fitness Fury with Susan via Zoom 11-11:30 Congregate Meal Pick Up	28 9-10 Cardio Dance with Andrea (in-house or on Zoom)	29
30	31 Center Closed for Memorial Day Holiday	Available daily by appointment : Fitness Room Pool Table Computer Room	Weekend Events at the Center (fair weather only): Sun 5/16: Friends Concert Series featuring Handler & Levesque, 2 pm Sunday 5/23: Woodbury Ukulele Band, 1 p.m.	Red Cross Blood Drive Sat, 5/15 by appointment	Congratulations to Eleanor Phalen , Winner of our Jelly Bean Guessing Contest! Eleanor wins both the bottle of jelly beans AND a LaBonnes Gift Certificate!	
MY NOTES:						