

WOODBURY SENIOR CENTER REPORTER



MAY 2022

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.



WOODBURY SENIOR CENTER SPRING OPEN HOUSE

Friday, May 13 from 10 a.m. to 1:30 p.m.

Let's make this Friday the 13th a lucky day! At our Spring Open House, you can win prizes, meet some great people and learn about the many great opportunities to connect with your community through the Center. Check out our beautiful new WELCOME mosaics done by the Center community, try a free exercise demo and meet the instructors and get your blood pressure checked. Enter the drawings for a door prize, and have a free cup of coffee or coffee drink at the Orenaug Friendship Café. Try your hand at cornhole or lawn bocce, or learn how to create beautiful art by paint pouring. Learn about programs to help you stretch your budget, such as renter's rebate and energy assistance. Enjoy a light lunch if you like and be sure to stay for the free concert at 1:30 p.m. See the insert for details.

FREE LUNCH & LEARN WHY CAN'T I EAT THAT... AND OTHER DIGESTIVE MYSTERIES SOLVED

presented by Dr. Tara Tranguch
sponsored by Prince of Peace Parish Nurse/Health Ministry

Monday, June 6
Lunch will be served at 12 p.m.
The presentation will follow lunch.

Dr. Tranguch is a naturopathic doctor in Woodbury, with a focus on preventative health care, digestive issues, chronic illness and environmental medicine. Please sign up.

Learn more about Dr. Tranguch at
drtaratranguch.com



Tips
for
healthy
digestion

ORGANIC DEER REPELLENT



Are deer destroying your beloved outdoor plants? Spray this organic deer repellent on your plants weekly to deter the deer from eating your flowers, vegetables, shrubs, etc. This really works, but you have to be faithful to spray every week.

1/2 cup milk
1 egg

1 tablespoon vegetable oil
1 tablespoon lemon scented dish detergent

Whisk together ingredients. Strain into a two gallon spray container. Add 1 gallon of water. Spray your plants once per week.

MEMORIAL DAY



The Senior Center will be closed on
Monday, May 30
for the **Memorial Day** Holiday.
There will be no senior van transportation.

UPCOMING REFERENDUMS HELD AT THE SENIOR CENTER
BOARD OF EDUCATION REFERENDUM
Tuesday, May 3 from 6 a.m. to 8 p.m.

TOWN BUDGET REFERENDUM
Tuesday, May 24 from 6 a.m. to 8 p.m.

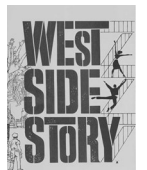
The Senior Center will be open, but please check the Senior Center calendar, as some programs may need to be moved to a different location on these days.



MEMORIAL DAY PIZZA & MOVIE

Friday, May 27 at noon
\$5 (includes pizza, dessert, beverage)

Enjoy a pizza lunch followed by the new 2021 version of the musical movie *West Side Story* directed by Steven Spielberg - love at first sight strikes when young Tony spots Maria at a high school dance in 1957 New York City. Their burgeoning romance helps to fuel the fire between the warring Jets and Sharks - two rival gangs vying for control of the streets. Please sign up. Space is limited.



GRAB AND GO (OR GRAB AND STAY) 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 and fresh fruit and yogurt. Thank you to Annoula’s Restaurant for making this option available for our congregate diners!

The 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. 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.

Starting in May, if you’d like to Grab and Stay, we would be glad to heat your meal up in the microwave and you could enjoy your lunch in the café or on the patio with a friend or two.

MAY MENU



- Tuesday, May 3** - Shepherd’s Pie, vegetables **OR** Spinach Salad Plate
- Thursday, May 5** - Mediterranean Chicken, roasted potato, vegetable **OR** Chicken Scampi with broccoli over pasta
- Tuesday, May 10** - Greek Salad Plate **OR** Chicken Marsala, mashed potato, vegetable
- Thursday, May 12** - Hamburger, roasted potato, vegetable **OR** Meatloaf, mashed potato, vegetable
- Tuesday, May 17** - Pasta Bolognese, small salad **OR** Shepherd’s Pie, vegetables
- Thursday, May 19** - Chicken Gyro, roasted potato, vegetable **OR** Greek Salad Plate
- Tuesday, May 24** - Chicken Scampi with broccoli over pasta **OR** American Chop Suey, small salad
- Thursday, May 26** - Baked Macaroni & Cheese, small salad **OR** Chicken Francese, roasted potato, vegetable
- Tuesday, May 31** - Spinach Salad Plate **OR** Hamburger, roasted potato, vegetable
- Thursday, June 2** - Pasta Bolognese, small salad **OR** Chicken Marsala, mashed potato, vegetable



HIKING CLUB RETURNS

If you would enjoy hiking but don’t want to go out alone, this program may be what you’re looking for. Each month the Senior Center does 2 group hikes – one is for beginners, and one is a bit more advanced.

The beginner hike is about 1 mile in length, and we walk slowly. There is no to very little elevation.

The advanced hike is about 2 ½ - 3 miles in length and some mild elevation may be involved.

Each hike is led by Loryn Ray, center director. Fair weather only. Pre-registration is a must; call or email for more details and to register.

MAY

Tuesday, May 24 at 9:30 a.m. **1 mile hike: Flanders Nature Center:** Blue Trail to viewing platform and back

Tuesday, May 31 at 9:30 a.m. **2.5 mile hike: Flanders Nature Center/Wittemore Sanctuary:** Blue to yellow to viewing point to white to parking lot



DIME BINGO!

Wednesday, May 11

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

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

JUNK TO JEWELS BOUTIQUE

Save the Date!

**Tuesday, May 10
8:30 a.m. to 2 p.m.**

**in the Activity Room at the Senior Center
ONE DAY ONLY!**

Don’t miss it!

Shop for costume jewelry, vintage, sterling, one-of-a-kind and more! Bargains galore. Tell your friends. All proceeds benefit the Senior Center.



MAY BREAKFAST SANDWICH PARTY HONORS THE LADIES

Tuesday, May 10

9 to 10 a.m.

Enjoy a beautiful morning with a breakfast sandwich and a coffee/tea! Place your orders with us by **Monday, May 2.** Just \$2 for your choice of bacon, egg & cheese; sausage, egg & cheese or egg & cheese sandwich and a hot beverage. Please pick it up in our café! You can take it home with you, eat it in our café or enjoy it outside on our patio. Ladies will receive a flower.



SENIOR LEARNING NETWORK (SLN)

All programs begin at 2 p.m. in person at the Senior Center. Limited to 9 people per program – please sign up.

Tuesday, May 3

“Our Girls Over There”: The Hello Girls of World War I National Museum of the U S Army



During World War I, over 200 women served the American Expeditionary Forces as telephone operators connecting calls between the front line and higher headquarters. The women, nicknamed the “Hello Girls,” worked tirelessly, under at times combat conditions as the first women to actively support combat operations. Learn more about how these female telephone operators were recruited for specific skills and how their contributions were critical to effective U.S. Army wartime communications.

Tuesday, May 10

Exploring Southeast Arizona National Parks

Deserts, mountains and grasslands, oh my! People are often surprised by the diversity one can find in Southeast Arizona. Our three parks are located in the Sky Island region, which is one of the world’s premier biodiversity hotspots. Come explore the unique rock formations of Chiricahua National Monument and more!



Tuesday, May 17

“Invasion of the Body Snatchers”- The Plot to Steal Lincoln’s Body

Abraham Lincoln Presidential Library and Museum/ Illinois State Museum

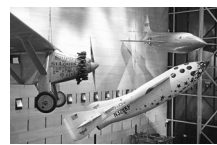


It was a comedy of errors! Incompetent robbers tried to steal Abraham Lincoln’s body and bumbling officials almost let them get away with it. Learn about this dramatic story from Abraham Lincoln Presidential Library and Museum research historian, Jacob Friefeld, Illinois and Midwest Studies Research Historian.

Tuesday, May 24

Virtual Tour with National Air and Space Museum (VA)

Our own personal docent will take us on a tour of the National Air and Space Museum’s one-of-a-kind collections! Hundreds of historically significant air- and spacecraft, along with thousands of small artifacts, are on display in an open, hangar-like setting. Highlights in this companion museum to the one in DC is the Space Shuttle Discovery, B-29 Superfortress Enola Gay, Concorde, Lockheed Martin SR-71 Blackbird, Boeing Stratoliner.



IN-HOUSE AND/OR VIRTUAL: HYBRID EXERCISE CLASSES

Fitness Fury with Susan

Tuesdays at 11 a.m. and Thursdays at 10 a.m. on Zoom May 3, 5, 10, 12, 17, 19, 24, 26 & 31



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 May session (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.

Cardio Dance with Andrea - in person or on Zoom

Wednesdays and Fridays from 10 to 11 a.m.

May 4, 6, 11, 18, 20 & 25 (no class 5/27)

Great music and dance moves in this energetic class! The cost for the month of May (6 classes) is \$18. **The class is \$15 for those who took the April session.** 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 - in person or on Zoom

Wednesdays, May 4, 11, 18 & 25

1:30 to 2:30 p.m.

The cost for the May session (4 classes) is \$20. Please call the Center to sign up and let us know if you choose 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.

May 2, 5, 9, 12, 16, 19, 23 & 26 (no class 5/30)

This class is set to soothing music, low-impact stretching and breathing exercises 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 the May session (8 classes) is \$24. You must sign up for the full session. Please sign up.



IN-HOUSE EXERCISE CLASSES

Balance with Loryn

Thursdays from 11 to 11:45 a.m.

May 5, 12, 19 & 26

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

Silver Age Chair Yoga with Chaucey

Current session through 5/24

The next 12-week session:

Tuesdays at 10 a.m.

June 14, 21, 28; July 5, 12, 19, 26;

August 9, 16, 23, 30; September 6

Be sure to bring a water bottle to exercise classes!





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.

TABLE TENNIS

Monday, May 9, 11 a.m. to 2 p.m. (outdoors)
Friday, May 20 from 11 a.m. to 2 p.m. (indoors)
 Please bring your own paddles.

THERAPEUTIC MASSAGE WITH ANDREA

Wednesday, May 11 & 25
Fridays, May 6 & 20

11 a.m. to 2:30 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.

PICK UP A DETERRA, DRUG DEACTIVATION SYSTEM, AT THE CENTER



ASAP, Advocates for Substance Abuse Prevention, has donated Deterra packets to the Center. Deterra is a safe, convenient and permanent way to deactivate and dispose of prescription drugs. Keep your home safe! Pick up at the Center while supplies last.

BRASS CITY EATS COOKING CLASS ON ZOOM
Thursdays at 2 p.m.

Each week, join Nichole Theriault of Brass City Eats for an online cooking class featuring simple, creative and delicious dishes. This is a true classroom experience, with people chatting and interacting with Nic as she demonstrates the dish of the week. You always receive the recipe ahead of time so you can cook along with Nic or simply watch how it's done. To register, call the Senior Center and we will send you the Zoom link.

MAY HELPFUL HINT:

Vitamin D is an important daily nutrient, thought to be helpful in boosting the immune system and supporting muscle strength. Talk to your health provider about adding Vitamin D to your daily routine...and be sure to get outside, where our skin can absorb Vitamin D from the sun!

READY, SET, KNIT!



The needlework group will meet in the Lounge on **Thursdays, May 12 & 26 from 1 to 2 p.m.** All are welcome.

ENTER THE 8-BALL TOURNAMENT!

Monday, June 20 and Tuesday, June 21

\$5 entry fee

8 players - double elimination.
 Prizes for winner and runner-up.
 Refreshments will be served.
 Please sign up.



NEW! OUTDOORS CORNHOLE LEAGUE

Tuesdays - 10 a.m. to 12 p.m.

May through September
(fair weather only)

starting Tuesday, May 17

Have fun. Meet people. Get some exercise.
 No experience necessary. **FREE!**
 Sign up to receive details and to join.

CUPCAKE DECORATING CLASS

Wednesday, May 25

2:30 to 4:30 p.m.

Learn the secrets of beautifully decorated cupcakes, from the pros at **Mimi's Cake School!** Each participant will receive 1 dozen cupcakes to decorate and all supplies needed to create mini masterpieces, as well as a free gift.



All skill levels are welcome. Connect with others and take home some treats! Limited to 12 people, so sign up now.
 Cost: \$10 at sign up.



CHARM BRACELET WORKSHOP
 sponsored by Candlewood Valley Health & Rehab

Wednesday, May 4 at 2 p.m.

Make your own charm bracelet, similar to the style of bracelet pictured here. Please sign up.

DESIGN YOUR OWN NAME TAG WITH KATHLEEN

Wednesday, May 18

11 a.m. to 12 p.m. OR 1 to 2 p.m.



If you'd like to wear a name tag while you are here at the Center (not required), sign up to make one with Kathleen. It's a great way to learn each other's names while you're here at the Center. Please sign up for one of the two program times.

PLEASE BE SURE TO MAKE ALL CHECKS PAYABLE TO:

"TOWN OF WOODBURY"



CHECKS CANNOT BE ACCEPTED MADE OUT TO WOODBURY SENIOR CENTER

“FRIENDS” FREE COMMUNITY CONCERT

Chime in! Music with a Mission

Sunday, June 5 at 2 p.m. at the Senior Center

This is the 10th Anniversary of the “Friends” sponsoring free community concerts. This rousing concert will feature a range of music, all arranged for handbells.

In their signature style, the group will invite the audience to ask questions about their music.

No reservations needed.



HEALTHY CHATS: COPING DURING TIMES OF COVID-19

presented by Housatonic Valley Health District

Monday, May 23 at 1 p.m.

Feeling stressed and isolated from the pandemic? Join the Housatonic Valley Health District for a 2-hour session with Emily Gomes, RN, BSN, to learn more about promoting positive mental health and combating feelings of anxiety, stress and loss due to the COVID-19 pandemic. Please sign up.



AAA DRIVER IMPROVEMENT COURSE

Rescheduled to Monday, May 2

9 a.m. to 1 p.m.

The course is free for Woodbury Senior Center members and may entitle participants to a 5% insurance discount for 2 years (check with your insurance). This is a four hour in-person program. Space is limited to 14. Call the Center to sign up.



RENTER’S REBATE 2022

The State of Connecticut **“Renter’s Rebate”** program begins on April 7, 2022 and runs through October 1, 2022.

Eligible Woodbury residents, 65 years of age or disabled, with an annual income not exceeding \$38,100 for an unmarried person and \$46,400 for a married couple, are to contact the Woodbury Social Services Office at 203-263-4117 if they wish to apply. Residents of Spruce Bank Farm, Woodbury, may also apply with Dawn Moore, Resident Services Coordinator by calling 203-263-4047.

Applicants must bring proof of all income received, rent and utilities paid in 2021.

Documents required, but not limited to, are as follows:

- Rent payment history from landlord or copies of all canceled checks paid to landlord
- Eversource Statement History – Eversource will supply a statement history for all payments made at your request
- Invoices, statements, or copies of all payments towards gas, water and fuel (including wood, coal, etc.)
- Social Security Form SSA-1099 (or TPQY)
- Income Tax Return (required if you completed and submitted a 2021 tax return)
- Unemployment Statement, Pension Form W-2, IRA distributions or statements from any other income must also be supplied.
- If disabled, Social Security Administration disability certificate required.

Please visit www.woodburypct.org/socialservices and click “Renter’s Rebate” to download the application and for more information. Applications are accepted through September 30, 2022.

Appointments are required



LOW VISION SEMINAR

presented by Dr. Jennifer L. Kolwicz

sponsored by Candlewood Valley

Health & Rehab

Monday, May 9 at 2 p.m.

Learn how to navigate the challenges that seniors may face when dealing with low and impaired vision.



WE’RE SHOWCASING YOU!

Our members are full of incredible stories and experiences. We want to feature you in our showcase. Whether you are a collector, a creator, a traveler with photos, a writer with books, or what have you, please let us know if you’d like to be featured in our showcase. We plan to change the exhibit monthly and hope you’ll sign up now. We all like to get to know each other better, and we KNOW you are fascinating! Call the office to sign up.



May’s Showcase will feature the Junk to Jewels crew and some of their wares to be sold at the Junk to Jewels sale on May 9. After the jewelry sale, check out the showcase for information on our Open House that will be held on Friday, May 13.



BIGELOW TEA PRESENTATION

Thursday, May 12 at 1:30 p.m.

Bigelow Tea is based in Fairfield, CT and was founded by Ruth C. Bigelow in 1945 after she created her first blend of tea in her own kitchen. Do you know what that original tea flavor is? The Bigelow tea presenter will discuss the history of tea and the health benefits of drinking tea. Everyone who attends will receive a free Bigelow goodie bag. Following the presentation there will be a question and answer period. Please sign up.

SENIOR VAN INFORMATION



As you may know, our senior bus is currently out of service. Fortunately we do have our minivan available for rides.

The minivan holds up to 2 passengers and will be available for local shopping and doctor appointments. Please call the Center for a ride. We will do our best to accommodate your needs.

**BLOOD PRESSURE CLINIC RETURNS
First and Third Tuesdays of the Month
Tuesdays, May 3 & 17**



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 at this time. Please call for an appointment.

**Sarah Wirtes - Municipal Agent
203-263-4117**

203-266-4310 (fax)

**Sarah's Hours: Monday through Friday
8 a.m. to 4 p.m.**

Email: SWirtes@woodburyct.org

Please call or email for an appointment

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:

Energy Assistance

The federally-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 for the year 2021-2022 - Those who use deliverable fuel (oil & gas) are urged to apply early. Several forms of documentation are required. A complete application packet can be found on the Town's website or can be picked up outside the Social Services Office. Please call Sarah if you are unsure if you are eligible and need income guidelines or need a further explanation on required documentation.

Lion's Club Eye Exam/Glasses Program

The Lions Club of Woodbury offers assistance for low-income seniors and families of Woodbury requiring aid in obtaining an eye exam and/or glasses. Anyone interested and in need of same, please contact Sarah Wirtes, Social Services Director and Municipal Agent, at 203-263-4117 for further information and qualification guidelines. These services as well as other sight and hearing related issues are provided free-of-charge by our local Lions Club philanthropic endeavors.

WOODBURY SENIOR CENTER STAFF



Loryn Ray
Director of Senior Services



Kathleen Horvath
Program Assistant



Karen Blanchet
Office Manager



Sarah Wirtes
Municipal Agent/
Social Services Director



Tom Davis
Senior Bus Driver



Nancy Gubiotti
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.

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

WE TAKE CREDIT CARD PAYMENTS!

For your convenience we take credit card payments!
Cash and checks are, of course, still accepted.





The Woodbury Lions Club is committed to helping our community address their 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 contact the Sarah Wirtes, Municipal Agent here at the Center at (203) 263-4117.

WALKING CLUB

Tuesday, May 17 at 11 a.m.

Come walk with us! Park in the Labonne's Parking Lot and meet next to the Red Barn Thrift Shop. Bring a sunhat if the weather is good and a bottle of water; wear comfy shoes and your smile. Getting the walking group going will be our own Kathleen Horvath. Call if you have questions, and be sure to sign up so we know you are coming to join us!



TWO-PART MINI MOSAIC CLASS

Part 1: Wednesday, May 25 at 2 p.m.

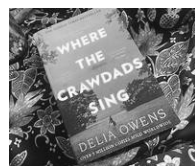
Part 2: Wednesday, June 1 at 2 p.m.

Perhaps you helped with our large welcome mosaics - now we are giving you an opportunity to make your own trivet-sized mosaic in this two-part class. In the first class you will design and set all your pieces, and a week later, complete your project with grout. All materials will be provided for this FREE class. Please sign up. Limited to 12 people.

BOOK CLUB NEWS

First Meeting: Monday, May 23 at 11 a.m.

The Center Book Club is getting underway and you are invited to take part. The book club will feature the book "Where the Crawdads Sing" by Delia Owens. BookBrowse says "Where the Crawdads Sing is at once an exquisite ode to the natural world, a heartbreaking coming-of-age story, and a surprising tale of possible murder." Owens reminds us that "we are forever shaped by the children we once were," and that "we are all subject to the beautiful and violent secrets that nature keeps."



Register now with the Senior Center to be part of the fun and pick up a copy of the book to borrow, courtesy of the Woodbury Public Library. They will be at the counter under "Senior Center Book Club."

If you are interested in stamp collecting or are a stamp collector, please let us know. We may be able to connect you to some stamps.



EVENING PROGRAMS! WOODBURY EATS LOCAL

Woodbury Eats Local is a combined program series presented by the Woodbury Senior Center, the Woodbury Public Library and the Woodbury Parks & Recreation. Join us for a delicious time! **The programs are being held at the Woodbury Senior Community Center, but please call the library at 203-263-3502 to sign up or register at: <https://woodburylibraryct.org/event-keeper/>**

Limited seating so don't wait to sign up!

**Woodbury Eats Local: Fish
Wednesday, May 11 at 6:30 p.m.**

Join local fishmonger and chef Zachary Redin, owner of To The Gills, a mobile fish market, for an expert's advice on all things seafood. Learn how to shuck an oyster, spot for the best quality/freshness, and learn how to incorporate more fish into your own kitchen. From shellfish to whole fish, the sea's the limit! As a fishmonger, Zachary sources only the freshest and sustainably sourced seafood. The program will feature samples of sushi grade seafood.

**Woodbury Eats Local: Chocolate
Wednesday, May 25 at 6:30 p.m.**

Learn the history and benefits of dark chocolate (cacao) in a fun conversation with chocolatier Kim Larkin. You have a chance to sample a variety of specially made chocolates while you learn the sweet story about how chocolate is made.

MAH JONGG

Thursdays, 12:30 to 3:30 p.m.

Fridays, 9:30 to 11:30 a.m.

All are welcome.



LADIES' BRIDGE

Thursdays, from 9:30 a.m. to 12 p.m.

New players are welcome.

CANASTA

Tuesdays from 12 to 3:30 p.m.

All are welcome.



MONTHLY COFFEE SOCIAL

Monday, May 16 at 10 a.m.



On the third Monday of each month, we will get together for coffee/tea and a snack. You can also bring your program ideas to Kathleen at this event.

Tom is retiring after 18 years of driving the senior bus! Please stop in this month to give him your well wishes.



MAY 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 8:30-9:30 Deep Stretch & Meditation 9-1 AAA Driver Class 10:30-12 Current Events (virtual)	3 6am-8pm Board of Education Referendum 10-11 Silver Age Chair Yoga -at Firehouse today 10-11 Blood Pressure Clinic 11:00 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 12-3:30 Canasta 2:00 SLN: The Hello Girls of WWI	4 10-11 Cardio Dance 1:30-2:30 Tai Chi 2:00 Charm Bracelet Class	5 8:30-9:30 Deep Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:45 Balance Class 11-11:30 Congregate Meal Pick Up 12:30-3:30 Mah Jongg 2:00 Brass City Eats on Zoom	6 9:30-11:30 Mah Jongg 10-11 Cardio Dance 11-2:30 Massage with Andrea (by appt)	7
8	9 8:30-9:30 Deep Stretch & Meditation 10:30-12 Current Events (virtual) 11-2 Table Tennis 2:00 Low Vision Seminar	10 8:30-2 Junk to Jewels Boutique 9-10 Breakfast Sandwich Party (by reservation only) 10-11 Silver Age Chair Yoga 11:00 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 12-3:30 Canasta 2:00 SLN: Southeast Arizona National Parks	11 10-11 Cardio Dance 11-2:30 Massage with Andrea (by appt) 11:30-12:30 Dime BINGO 1:30-2:30 Tai Chi 6:30 Woodbury Eats Local: Fish	12 8:30-9:30 Deep Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:45 Balance Class 11-11:30 Congregate Meal Pick Up 12:30-3:30 Mah Jongg 1-2 Ready, Set, Knit 1-2 Commission for Seniors 1:30 Bigelow Tea Presentation 2:00 Brass City Eats on Zoom	13 OPEN HOUSE DAY Be sure to see the list of events on the insert in the newsletter! 9:30-11:30 Mah Jongg 11-2 Table Tennis	14
15	16 8:30-9:30 Deep Stretch & Meditation 10:00 Coffee Social 10:30-12 Current Events (virtual)	17 10-11 Silver Age Chair Yoga 10-11 Blood Pressure Clinic 10-12 Cornhole League 11:00 Fitness Fury on Zoom 11:00 Walking Club 11-11:30 Congregate Meal Pick Up 12-3:30 Canasta 2:00 SLN: Lincoln Presidential Library & Museum	18 10-11 Cardio Dance 11-12 Design a Name Tag 12-3 Foot Care Clinic 1-2 Design a Name Tag 1:30-2:30 Tai Chi	19 8:30-9:30 Deep Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11 Balance Class 12:30-3:30 Mah Jongg 2:00 Brass City Eats on Zoom	20 9:30-11:30 Mah Jongg 10-11 Cardio Dance 11-2:30 Massage with Andrea (by appt) 11-2 Table Tennis	21
22	23 8:30-9:30 Deep Stretch & Meditation 10:30-12 Current Events (virtual) 11:00 Book Club First Meeting 1:00 Healthy Chats: Coping During Times of COVID-19	24 6am-8pm Town Budget Referendum 9:30 Hiking Club - 1 Mile Hike 10-11 Silver Age Chair Yoga - at Firehouse today 10-12 Cornhole League 11:00 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 12-3:30 Canasta 2:00 SLN: National Air & Space Museum	25 10-11 Cardio Dance 11-2:30 Massage with Andrea (by appt) 1:30-2:30 Tai Chi 2:00 Mosaic Class (Part 1) 2:30-4:30 Cupcake Decorating 6:30 Woodbury Eats Local: Chocolate	26 8:30-9:30 Deep Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:45 Balance Class 11-11:30 Congregate Meal Pick Up 12:30-3:30 Mah Jongg 1-2 Ready, Set, Knit 2:00 Brass City Eats on Zoom	27 9:30-11:30 Mah Jongg 10-11 No Cardio Dance today 12:00 Memorial Day Pizza & Movie - West Side Story	28
29	30 Center Closed for the Memorial Day Holiday	31 9:30 Hiking Club - 2.5 Mile Hike 10-11 Silver Age Chair Yoga (last day of session) 10-12 Cornhole League 11:00 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 12-3:30 Canasta				
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