

# WOODBURY SENIOR CENTER REPORTER



NOVEMBER 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.



## Welcome to the Hygge Edition!

Hygge - Pronounced “hoo-ga”, the term hygge is both a noun and a verb meaning “cozy” and describes a sense of well-being. As we head into a most unusual cold weather season, we all know we are going to be spending lots of time at home once again. This year of all years, we need to build resilience to endure this pandemic marathon and to protect our mental and emotional health. Who better to be our teachers than people from northern Europe who spend much of the cold season in REAL cold and darkness? We are dedicating this entire issue to the concept of ‘Hygge’ – how to achieve coziness and resilience this winter.

What is Hygge? If you’ve ever snuggled under a blanket with a cup of cocoa during a winter snowstorm, you’ve felt hygge. Same thing if you filled your home with the smell of a homemade soup on a raw winter day, or found just the right book to read on a rainy Sunday. Hygge describes those things that help you feel... well, cozy and at ease at home. For me, hygge often means yoga pants and a soft flannel shirt, some soft music and maybe a candle....find tips for finding YOUR hygge this cold season throughout this newsletter.

PLUS – we are looking for YOUR best idea for creating coziness and comfort at home. Call us, email us, send your suggestion in the mail – we want to hear from YOU! We’ll choose one winner at random from all the entries (put your name and contact info on your entry!) and that person will win a \$25 gift certificate to a Woodbury business! Entries are due by November 30. We’ll publish some of your ideas in the December issue.

## Add a little HYGGE to your life!

Be safe. Don’t start putting out candles if you’re likely to drop into a nap while they’re lit; try a battery operated candle (the nap sounds pretty good though!)

Don’t spend a lot. Hygge doesn’t have to mean expensive. Read on for our tips for adding hygge that won’t cost you a dime! It’s all in the attitude. This pandemic is exhausting. Many of us are actually mourning our old lifestyles, not realizing how quickly they could change and how long we might be impacted. However, we can find some good in this pandemic if we learn to notice the simple things, and now have the time to really appreciate those things. Start by noticing someone being kind....and thank them for it.

That said, we can fake it till we make it. We won’t be feeling perky and cozy all the time this winter, but when things are rough, a little soft music and some time for deep breaths, or another log on the fireplace, can really help us relax and wind down.

THANK YOU VETERANS



The Center will be closed on **Wednesday, November 11** for the **Veteran’s Day** Holiday and on **Thursday, November 26** and **Friday, November 27** for the **Thanksgiving Day** Holiday.



### Ten Ways to Add Hygge to Your Life (without spending a dime)

1. Put some water in a pan; add cinnamon and cloves. Heat and enjoy the fragrance in your home.
2. That pretty dish you keep in the cupboard? Take it out, put it where you can enjoy it. If you like, fill it with something colorful to add a little brightness to your room. Maybe a few chocolates while you're at it....the occasional indulgence is *very* hygge.
3. Open your curtains and blinds. Let as much sun in as possible. Then close them at night for an immediate cozy factor.
4. Keep your feet warm. It sounds simple, but wearing the right socks for the day can make all the difference!
5. Take your favorite *Hyggebukser* ( *that's those pair of pants you'd never wear to the store but love to hang out in*) and keep them close at hand. *No need for mess, but maybe on a hook near your bed?*
6. Put a blanket or afghan or quilt out where you can snuggle up easily ( the back of your sofa works well) Be sure to wrap yourself up! Also, make sure the ends don't drag on the floor.
7. Hot drinks are very hygge. So are good books, jigsaw puzzles and anything else that makes you forget time and feel a sense of well-being. Gather your supplies!
8. Keep it tidy. The Danish people know a thing or two about design. Those simple designs and clean lines help us feel a sense of control. Keeping our house tidy goes a long long way to feeling a sense of well-being.
9. Get some fresh air and sunshine. Hygge doesn't mean we don't go outdoors; in fact, it means bundle up and get out there for a sense of well-being! Keep walking (Connecticut is cool and crisp in November) and try to get your 10-15 minutes of natural Vitamin D every day. Bonus: your cozy house will feel all that much better when you return.



**ENJOY**  
THE  
*little things*

10. Make connections with other people! Even when isolating at home, we can use the telephone, or video chat, Zoom or that most old-fashioned and perfect thing, a letter, to stay in touch. Just do it.

### FREE THANKSGIVING TAKE-HOME DINNERS FOR SENIORS

We know many people's plans for Thanksgiving are disrupted due to COVID-19. This year, The Lutheran Home of Southbury will provide Woodbury seniors with a free, special Thanksgiving dinner packed to go. Dinners will be available for pick up at the Woodbury Senior Center (delivery also available for those who do not drive) on

**Wednesday, November 25** between **3-4 p.m.** Each meal is cooked

with care, chilled for safety and served to go with easy reheating instructions. The menu includes turkey and gravy, mashed potatoes, vegetables, cranberry sauce, roll and pie. Don't delay signing up - 40 meals are available. **You must call the Center at 203-263-2828 to reserve your free meal by Friday, November 13.**





**ELECTION DAY IS  
TUESDAY, NOVEMBER 3**

What voters need to know:

**You can vote in person** - Polls will be open at the Senior Community Center from 6 a.m. to 8 p.m. Rides to the polls via the Senior Bus are available...you **MUST** reserve your ride no later than Tuesday, October 27 to ensure a ride on the bus. Call the Center at 203-263-2828 to reserve your ride.

**You can request an absentee ballot** - If you received an application for absentee ballot form in the mail, return it quickly to ensure you receive a ballot in time for the election. If you did not receive an application, you may download an application from the Town Clerk’s website at <https://woodburyct.org>. Return the signed form promptly to ensure enough time to receive and complete the actual absentee ballot.

**How to return your request form** - You may drop it in the Office Ballot Drop Box outside the Boyd Building or mail it to Woodbury Town Clerk, 281 Main Street South, Woodbury, CT, 06798. Your completed absentee ballot may be returned the same way.

**The senior bus will be available for rides to the polls on Election Day, Tuesday, November 3, 2020, by appointment only. Please call by Tuesday, October 27 to reserve your Election Day ride for Tuesday, November 3.**

**WE ARE NOW TAKING CREDIT CARD PAYMENTS!**

For your convenience, starting in November we will now be taking credit card payments!  
Cash and checks are, of course, still accepted .



**THE GREAT SOURDOUGH BAKE-OFF CLASS  
WITH LORYN**

Do you want to learn to make sourdough bread? Sign up for our **FREE** class! You’ll pick up a sourdough starter from the Center, learn to feed it and make it grow, and then meet live on Zoom to bake bread together



in a step by step process. Loryn will be leading the class from the Senior Center kitchen, and you join us from yours (or if you prefer, watch the demo and then try it yourself). Step by step instructions, a free sourdough starter and lots of laughs are guaranteed. You must sign up by **November 12** in order to participate. The Bake-Off Class is on **Monday, November 23 at 11 am** – and you’ll have a loaf perfect for soup, or as a gift for the Thanksgiving table!  
(By the way, baking is VERY hygge!)

**FIVE-MINUTE HYGGE THROW PILLOW MAKEOVER PROJECT**



What can be more cozy than your favorite old sweater upcycled into a fabulous throw pillow? This is the perfect boredom buster, and you get a great pillow too – to use or to give. Try these ideas!

(and send in a photo of YOUR new pillow)  
We have simple instructions for a 5 minute no-sew sweater pillow and a 10 minute cardigan sweater cover. Each uses a throw pillow from around the house, and an old or outgrown sweater. Try it!  
Call or email us for printed instructions and links to online videos.

**WRITING FROM THE INSIDE OUT**

Lin Northrup will be back in January. Details on the day and time of the class will be in the December newsletter. In this class you will explore life in “widening circles” through poetry, story and essays using words as our palette to refine our craft.



**SENIOR BUS TRANSPORTATION NEWS**

We are adapting our senior bus transportation to meet your needs. Trips are limited to 3 riders. We are now reserving Wednesdays for shopping in and around the Southbury area. Please call us to reserve your seat. We have also had requests to get to stores like Target and Walmart, so we have planned a bus trip to Torrington on **Monday, November 23 and Monday, November 30**. Since we have had to limit the number of riders to 3, if you have gone on this trip in October, you will be put on a waiting list and we will let you know if there is an opening. Please call early to reserve your seat. All riders will be screened before getting on the bus and must wear a mask at all times while on the bus. If you require an aide or companion, they may travel with you and sit in your row with you.



**All trips are subject to change.**

**VIRTUAL EXERCISE CLASSES - SIGN UP FOR ALL CLASSES BEGINS TUESDAY, 10/27 at 9 am. (203) 263-2828**

**Virtual Cardio Dance with Andrea on Zoom**

**Wednesdays and Fridays, November 4, 6, 13, 18, 20 & 25 from 9 to 10 a.m.**

Andrea will offer this class live via Zoom. Great music and dance moves in this energetic class! The cost is **\$15** for the month of November (6 classes minus 2 missed classes in October). There is no class on November 11 and 27. 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 or drop your payment off at the Center in our drop off/pick up bin located on the bench outside. Call the Center for details and registration. We will need your email to send you the Zoom link.



**Virtual Fitness Fury with Susan**

**Tuesdays from 11 to 11:45 a.m. and Thursdays at 10 to 10:45 a.m. - November 5, 10, 12, 17, 19 & 24**

Join Susan in this class via Zoom. You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost is **\$20** for the November session (6 classes). There is no class on November 3 or 27. 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 EXERCISE PROGRAMS— Limited class sizes due to COVID-19 precautions.**

**PLEASE NOTE: SIGN UP FOR ALL CLASSES BEGINS TUESDAY, 10/27 at 9 am For Woodbury residents**

**Call (203)263-2828**

**(Center members from other communities may register beginning 10/30 should spaces remain)**

**In-House October Tai Chi Session with Susan**

**Mondays and Wednesdays, November 9, 16, 18, 23, & 30 from 1 to 2 p.m.**

Research shows that Tai Chi benefits senior participants by boosting the immune system, improving balance, strength and flexibility, reducing risk of falls and boosting cognitive functioning. The cost is **\$20** for the November session (5 classes). Participants must sign up for the month of classes and will be screened at the door and masks must be worn. There is no class on November 2, 4, 11 & 25.



**In-House Mat Pilates with Megan**

**Tuesdays, November 10, 17 & 24 from 8:30 to 9:30 a.m.**

The cost is **\$12** for the November session (3 classes). Participants must sign up for the month of classes and will be screened at the door and masks must be worn.

**INFORMATIONAL BROCHURES AVAILABLE FROM THE CT DEPARTMENT OF VETERANS AFFAIRS**

The following brochures are available to Veterans for services provided by the CT Department of Veterans Affairs:

- Office of Advocacy and Assistance
- Cemetery and Memorial Services
- Patriot's Landing Temporary Family Housing
- Residential Programs and Services
- Sgt. John L. Levitow Healthcare Center



If you are interested in receiving any of these brochures, please call the Center at 203-263-2828. You can either pick them up at the Center or we can mail them to you.

**FREE MASKS**

The Center has free masks available for Woodbury seniors and those who care for them. These are white cotton, double ply masks which can be hand or machine washed, are comfortable to wear, and come in a sealed pack of five. We can offer you a pack of five masks for each older adult in your household, while supplies last. Please call us or stop by the Center to pick up your set of 5 free masks.



**HELP: I CAN'T USE TECHNOLOGY!**

**A Two-Part Zoom Class**

**Thursdays, November 12 and 19  
from 11:30 a.m. to 12:30 p.m.**

Can't Zoom? Is your family suggesting a FaceTime call? Is your doctor recommending a telehealth visit? If you need help learning these skills, take this two-part Zoom class. Before the first class, we will contact you by phone and help you download and open Zoom. Then, we will meet together as a class for two weeks. Week1: Learn how to use Zoom and FaceTime to visit people, take classes and join programs. Week 2: Learn how to make and participate in a telehealth medical appointment. Sign up by November 10; staff will follow up by phone to ensure you can connect in time for the first class. You must have a device that connects to the internet and internet service to take the class.



**HOLIDAY WREATH KITS IN A BAG**

**Pick up Friday, November 20  
1 to 2:30 p.m.  
\$10 per person**

The staff from Flanders Nature Center will offer wreaths made from all natural materials available for pick up at the Center to decorate at home. Flanders will provide the wreaths and natural materials for decorating, such as pine cones. The Senior Center will provide a pre-made bow and wire. If you are unable to pick up your wreath kit, please let us know and we will arrange for delivery. The offer is limited to 30 people and Woodbury seniors will be given priority. If you are an out-of-town senior, please call us on Tuesday, November 17 and we will let you know if there are any wreaths still available. Please call the Center at 203-263-2828 to sign up.

We have had many exercise mats left at the Center prior to the pandemic. If you have left an exercise mat here at the Center, please call to let us know and we can make arrangements for you to pick it up.



**FITNESS ROOM CLOSURES**

The **Fitness Room** will be closed on **Monday, November 2, Tuesday, November 3 and Wednesday, November 4** due to the elections set up the previous day, Election Day itself, and the cleaning and disinfecting of the building the day after elections.

**FREE MONTHLY "SENIOR CENTER IN A BAG"**

Full of opportunities to exercise your brain, your body and your mind. This isn't child's play! If you are interested, call the Center at 203-263-2828 to make arrangements to pick up your bag full of great stuff or we can deliver the bag to you.



**TELEPHONE FRIENDS**

We are looking for people who would be interested in becoming a telephone friend with others. With isolation being an important issue, especially during the current COVID-19 pandemic, this is a great time to meet a new friend and create new social connections. If you are interested, please let us know. It's a great way to connect with others.



**CHRISTMAS TREE LIGHTING**

**Tuesday, December 8 at noon  
(weather permitting)**

This year we will put the Senior Center tree on the patio! Our theme will be "Holiday Messages" **Come help us celebrate.** Bring a seasonal greeting card with a message for your friends and neighbors - we'll have clips and ribbons so you can hang your card on the tree. We'll sing a few songs together (wear masks, please). **Each person attending will receive a special treat to take home. We hope you'll join us!**



**THE PRESIDENTS CONTINUED -**

**FALL 2020 HISTORY COURSE WITH PENNY O'CONNELL  
VIA ZOOM**

For those already enrolled in this class, class continues on:  
**Wednesdays, through November 25  
(no class on November 11 - Veteran's Day)  
10:30 a.m. to 12:30 p.m.**

INFORMATION FROM SOCIAL SERVICES...

ABOUT THE CONNECTICUT ENERGY ASSISTANCE PROGRAM

The federally-funded Connecticut Energy Assistance Program (CEAP) is designed to help low-income households pay their winter heating bills. CEAP is not meant to pay total heating costs. Households must plan to pay a part of the bill themselves. Yet with the help of CEAP, households may secure fuel service deliveries and defray their utility heating costs. For those whose heat is included in their rent, one-time financial assistance is available.

For eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal and wood. Individuals and families qualify for CEAP based on their gross annual income and household size. Any household with a gross annual income at or below 60% of the state median incomes and has also provided all required documentation is deemed eligible for this program.

Applications for CEAP are accepted through April. Benefits are available only until the annual allotment of funds runs out. Although CEAP is overseen by the CT Department of Social Services (DDS), it is administered by New Opportunities, Inc. in all towns which are included in its service area.

For information on how to apply and required documentation, call the Energy Division at 203-756-8151 in Waterbury or email [Energy@NewOppInc.org](mailto:Energy@NewOppInc.org).



Medicare Open Enrollment

PREPARING FOR MEDICARE OPEN ENROLLMENT: Western CT Area Agency on Aging

Dear Medicare Beneficiary,

Thank you for choosing the CHOICES Program at Western CT Area Agency on Aging for free and unbiased information about your 2021 Medicare Open Enrollment needs. During this period, Medicare Beneficiaries can:

- Join a new Prescription Drug Plan (Part D) or Medicare Advantage Plan (Part C)
• Switch from Original Medicare to a Medicare Advantage Plan (Part C)
• Switch from a Medicare Advantage Plan (Part C) to Original Medicare

Unfortunately, due to the COVID-19 Pandemic, our agency will remain closed to the public. All counseling will be done over the phone or by using Zoom\*. We understand this news can be of concern-but do not worry! Each year we help many Medicare Beneficiaries in the 41 towns that we serve, and this year is no different.

Please take the following steps if you wish to have WCAAA assist you with reviewing your plan:

1. Please complete and return the attached "SHIP Open Enrollment Pre-Registration Form". If you need assistance completing this form, please contact us at (203) 757-5449 ext. 134, and a CHOICES counselor will help you complete the form.
2. If you do not already have a "MyMedicare.gov" account, please create one by going to the www.mymedicare.gov website. At the time of your appointment, we will need access to your account so please complete and return the attached "Consent Form".

If you need our assistance in setting up the account, please contact CHOICES at Western CT Area Agency on Aging: (203) 757-5449 ext. 134.

If you have any questions, please contact us at the number above.

Sincerely,

The CHOICES Department

This project was supported, in part by grant number 90SAP0056, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201

We have found safe, creative, and socially distanced solutions to continue serving you during the COVID-19 pandemic.

If you are unable to navigate Medicare Open Enrollment on your own, appointments are available to meet with CHOICES volunteer, Paul Hinckley on Tuesdays, November 3, November 10, November 17, November 24 and December 1 between 9 a.m. to 3 p.m. either on the phone or through Zoom.

Call the Center at 203-263-2828 to make your appointment. We will ask that you complete a Consent Form and a Pre-Enrollment Form, which you can pick up at the Center, or we can email it to you. Once you return the completed forms to the Senior Center, we will forward your information to CHOICES and the volunteer will connect with you on your appointment day. No computer is necessary to receive this help.



# November Fitness Challenge

Details on each exercise on the back of this page

Stay active in body and mind. Doing these simple exercises can help. Read the back of this page for details. Complete any 20 days and let us know at the Center; we will enter you in a drawing to win a set of light handweights and a jigsaw puzzle! Winner chosen Dec.1

## 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Meditation: spend 10 minutes in quiet reflection	2 Arm Yourself- upper body strength and flex	3 Kitchen Counter Ballet	4 Dance Party	5 Balancing Act	6 Strong Legs- lower body strength and flex	7 Take a Walk for Better Health
8 Meditation: spend 10 minutes in quiet reflection	9 Core Strength in a Chair	10 Arm Yourself- upper body strength and flex	11 Kitchen Counter Ballet	12 Dance Party	13 Balancing Act	14 Take a Walk for Better Health
15 Meditation: spend 10 minutes in quiet reflection	16 Strong Legs- lower body strength and flex	17 Core Strength in a Chair	18 Arm Yourself- upper body strength and flex	19 Kitchen Counter Ballet	20 Dance Party	21 Take a Walk for Better Health
22 Meditation: spend 10 minutes in quiet reflection	23 Balancing Act	24 Strong Legs- lower body strength and flex	25 Core Strength in a Chair	26 Arm Yourself- upper body strength and flex	27 Kitchen Counter Ballet	28 Take a Walk for Better Health
29 Meditation: spend 10 minutes in quiet reflection	30 Dance Party					

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**Kitchen Counter Ballet** (Balance, Flexibility) Using your counter as a barre, do 10 toe rises, 10 each of raising one leg to the side and return (on both sides), 10 knee bend leg raises on each side, 10 leg raised to the back and return on each side.

**Arm Yourself** (Strength, Flexibility) neck flex: turn head slowly from side to side and tip from left ear to shoulder to right ear to shoulder; using weights or soup cans, do bicep curls, arms raised in front and lower, over head presses one arm at a time, cross body presses one arm at a time

**Dance Party** (Endurance) turn on your favorite music and dance for 20 minutes

**Balancing Act** (Balance) Walk in place 5 min (use a sturdy chair for support if necessary); side step and return 10 times, extend toes, one foot at a time, straight back for a toe lunge, do a waltz or box step 10 times, while sitting or standing march in place 2 min, breathe deeply!

**Strong Legs** ( Strength, Endurance) seated bent knee leg raises (10 on each side), seated straight leg raises (10 on each side), from seated position partially raise off chair and gently return to seat (5 times) , repeat whole sequence

**Core Strength in a Chair** (Strength, Flexibility, Balance, Endurance) For all these exercises you should sit in a sturdy chair (not your upholstered easy chair). Sit tall, breathe in slowly while expanding your belly. Exhale, pulling your belly button in as far as you can. Repeat 5 times. Touch hands to shoulders. Tip slowly to the left, upright. Repeat on the right, upright. Hold onto chair bottom, lift one bent leg. Hold to the count of 5, set leg down, Repeat on other side. Do 5 times. Putting hands on shoulders, bring elbows together in front; hold for count of 5, release. With hands on shoulders and elbows to front, curl your back and lower elbows to touch your knees. Use your abdominal muscles to pull yourself upright. Repeat 5 times.

**Take a Walk** (Balance, Flexibility) Walking is the ideal exercise! Try a walk outside on a good day, or put on music and walk around the house. There are great walking videos on YouTube if you like online company.

**Meditation** the best complement to physical exertion is meditation – a time to sit quietly and comfortably, focus on just being. Breathe naturally and focus on that breath. Let any thoughts that enter your mind just sweep away and return focus to your breath. Even a few minutes can make a real difference.

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Try to move every day and do some of these exercises at least 4 times per week. Let us know how you're doing! Need an accountability partner? Call us and we'll stay in touch by phone to keep you motivated to move!



**A note from the Friends of the Woodbury Senior Community Center**  
**BRICK CAMPAIGN - Indication of Interest**

You have probably noticed the personalized bricks around the front of the garden at the **Senior Community Center**. They were placed there in 2007 when the Friends of the Senior Center launched an initial fundraising campaign.

In anticipation of a possible new Senior Center technology support program, we will be launching a new brick fundraiser in the spring of 2021. Please complete the form below if you are interested in a **future purchase** of a brick to celebrate yourself, your family or other loved ones.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email (optional) \_\_\_\_\_

Please return to: P.O. Box 493, Woodbury CT 06798 (indicate "Brick Campaign" on outside of envelope) or Drop off outside Senior Center in a box labeled "Brick Campaign."



**THE GET WELL CARD BRIGAGE CONTINUES FOR JENNIFER MOSHIER**

As many of you know our dear Jennifer Moshier is still away from the office on medical leave. The card brigade is really working to brighten Jen's spirits as she continues on her

road to recovery. Continue to mail your cards to:  
 Woodbury Senior Center  
 C/O Cards for Jen  
 281 Main Street South  
 Woodbury, CT 06798  
 or you could drop them off at the Senior Center

We have blank card stock available for pick up at the Center if you wish to create something unique.



**IT'S TURKEY TIME**

These cute pinewood turkeys come preassembled and unfinished. They make for an easy, light-hearted decoration or centerpiece for Thanksgiving. The turkeys are easy to paint or decorate with your own feathers, gems, etc. This craft-in-a-bag is limited to 18 Woodbury seniors and the cost is \$2 per person. Call 203-263-2828 to sign up. Pick up your kit or we can deliver it to you. Email us a picture of your finished piece to [jtiso@woodburyct.org](mailto:jtiso@woodburyct.org) so we may share it on our Facebook page for all to enjoy.

**PEN PAL INTEREST?**

Imagine going days or weeks without hearing from another person. Senior isolation is a reality. Our pen pal program would connect you with that other person to spread joy and help prevent senior social isolation and loneliness. Create a meaningful connection - you may even make a friend for life. Share a story, discuss hobbies, movies, books and other interests.



Letters can be electronic (email if available) or handwritten and mailed. Please let us know if you would like to be matched with a pen pal or if you are interested in connecting with a senior by being their pen pal.

**WE CAN HELP YOU STAY IN TOUCH WITH LOVED ONES THIS WINTER**

The colder months are coming, and our outside visits may become far and few between. Staying socially active this winter, especially with friends and family, is so important. It may be a great time to purchase a new device such as a tablet or iPad, a laptop with a camera and microphone or a new cell phone. If you need assistance in learning how to use apps such as Zoom or FaceTime, we're here to help you stay in touch with your loved ones.



Give us a call at 203-263-2828 to make an appointment for some assistance once you have purchased your device.

# COACH

(COVID-19 Assistance for Community Health)  
counselors are here to connect you with services,  
or listen and offer support if you want to talk with  
someone about how this pandemic is affecting you.

## this pandemic hurts.

Visit [ctstronger.org/COACH](http://ctstronger.org/COACH)


**2-1-1**  
Get Connected. Get Help.™

## HAIKU®


### Pandemic Poetry Haiku Contest Winners!

On behalf of the Senior Center staff, we graciously thank everyone who submitted a poem to our Pandemic Poetry Haiku Contest. It was difficult to choose just three from the many, they were all wonderful and unique. We thoroughly enjoyed reading them.


The three winners are...




**Watching the fall leaves  
Without choreography  
Dancing toward the ground**  
-Connie Baldwin



**Many years are mine  
Wisdom should encompass me  
So much more to learn**  
-Barbara Caruso



**Calm, wise, dark brown eyes  
Comforting words, Never lies  
Husband, No Surprise**  
-Vickie O. Swarz



...bringing a little holiday to seniors who need to know their community cares.

Woodbury Senior Services has a long history of reaching out to our older residents who may be living alone, who are homebound, at risk for social isolation, or who just have had a year of struggle and need to know that people care. We assemble gifts for each person on our list and hand-deliver them in a personal visit, along with information on resources and services available to our gift recipients.

With circumstances of the COVID-19 pandemic affecting all aspects of Woodbury Senior Services and its operations, the Holiday Cheer Program will look different for 2020, but your help is needed more than ever to ensure the program's success in this challenging year.

Instead of providing physical gifts for every senior, this year's program will take the form of a gift bag with small goodies and the addition of one or more gift cards. We invite you, your family, or your organization to support the project by donating gift cards to local merchants. Gas and grocery cards in small amounts are particularly needed, as are gift cards and gift certificates for local pharmacies. Books of stamps are also appreciated. If you would like to donate to ensure our seniors are remembered this holiday season, please do so and bring items to the Senior Community Center office by December 10. If you would prefer to make a cash donation, we will use it to purchase gift certificates to local stores.

Thank you for your generosity.

Thank you for remembering our older neighbors.  
Many hands indeed do build a caring community.

For those who are interested in registering for any of these Senior Learning Network classes, please call the Center at 203-263-2828 and we will give you the link for the class(es) you'd like to attend.

## Senior Learning Network November

Please note sign in is 1:45 for a 2:00 program



### Thursday, November 5, 2 PM Spanish Missions in Texas

Why did the Spanish attempt to build Missions in Texas? What effect did this have on the Native Americans living in Texas? Were these Missions a success or a failure? Explore these questions alongside a museum educator with maps, timelines, and historical information .

### Tuesday, November 10, 2 PM "I Want My Mummy" Penn Museum

This workshop engages participants in a close examination into the at least 500-year history that led to why ancient Egypt's mummies hold such a special fascination in our own culture. Unpublished images of actual ancient Egyptian mummies, including royal mummies such as Ramses II as well as human remains recovered as part of Dr. Phillips' own excavations in Egypt, are used to illustrate how and why the Egyptians mummified their dead (including their pets!). Please note: This program includes photography of human remains.

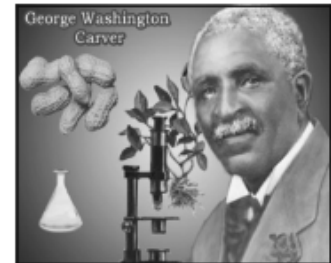


### Thursday, November 12, 2 PM Wright Brothers National Memorial

How did small barrier islands off the coast of North Carolina become the site of the first successful flights of human history? In this presentation by the rangers at Wright Brothers National Memorial, you'll learn about what made two brothers from Dayton, Ohio, travel to Kitty Hawk, North Carolina and how they used the perfect conditions of the Outer Banks to conduct their flying experiments and make the impossible possible.

### Tuesday, November 17, 2PM Life and Legacy of George Washington Carver

Explore the incredible life of George Washington Carver- from his birth into slavery during the Civil War to his 47-year career at Tuskegee Institute in Alabama. Following the program, stick around! Just for fun, we will answer this question: Can you milk a peanut?! Join a park ranger in making milk from peanuts. George Washington Carver found this milk substitute in 1919 and shared it with impoverished people in the Belgian Congo, where most of the cattle and goats had died from disease."



### Thursday, November 19, 2 PM Red Rock Canyon Park "A Walk Through Time on the Desert View Trail".

Join us as we explore the climate change that has occurred at Red Rock Canyon over the millions of years including the beginning of the drying period approximately 12,000 years ago. We will discuss the various animal fossils found and how mother nature goes through a system of change and adaptation. Learn about general flora and fauna and how the Native Americans used various plants for medicinal purposes. Discover the Three Hundred Year Flood the park experienced in 1997, including a story told by one of our past volunteers that was camping at the park with his grandson during the flood.

### MONDAY November 23, 2 PM ART ONLINE WITH SHERITA- "Harvest Pumpkin"

Sherita is back, and ready to paint again! No experience necessary!

We're designing a painting that celebrates the beauty of fall. This opportunity is open to anyone looking to decompress and unleash the inner artist. No art experience is required. Just bring your creative self, paint (orange, yellow, red, blue, black, and white) paintbrushes, and 11 x 14 canvas or 8.5 x 11 white paper.

Paint Brushes & Art Palette (Alternative: Paper Plate)

Cup of Water, Paper Towel, Acrylic or Tempera Paint Colors





### VIRTUAL VOLUNTEERING – HELP OTHERS, HELP OURSELVES

Now that we are staying home more once again, have you thought about virtual volunteering? Helping others is such a good way to engage with our communities and our culture. It will use some of your time, and bring meaning into your days – and it's never been easier to volunteer safely – all the opportunities listed below are volunteer activities you can do from home! For some opportunities you will need a computer; for others, you only need an email to register to get started. You determine where you want to be involved and how much time you can give.

#### Virtual Volunteering – a Sampler

Send a card, letter or note once a week to someone undergoing chemotherapy. Apply at **Chemo Angels** by registering at <https://www.chemoangels.com>

Record audiobooks for **Librivox** at <https://librivox.org/>

Help nature and ecosystem researchers with real projects by observing and reporting at **Zooniverse** <https://www.zooniverse.org/projects>

Be an online emotional support “listening volunteer” at **7 Cups** by registering at <https://www.7cups.com/listener/become-a-volunteer-listener.php>

Proofread ebooks for **Project Gutenberg**. Register at <http://www.gutenberg.org/help/volunteers>

Transcribe historical documents for the **Smithsonian**. Register at <https://transcription.si.edu/>

Fight loneliness during the COVID outbreak by sending letters to those in nursing homes and assisted living. Helps and prompts available. Contact **All for Good** at <https://www.allforgood.org/projects/iQ9R1o8e>

Help the **Red Cross** with projects, phone calls and paperwork from home [https://volunteerconnection.redcross.org/?nd=rco\\_opportunity\\_browse\\_list](https://volunteerconnection.redcross.org/?nd=rco_opportunity_browse_list)

**AARP** has many home-based volunteering opportunities, from fighting digital fraud to counseling low income high school students to recording audiobooks and planning events <https://createthegood.aarp.org/volunteer-search/?remoteOpps=true>

**Volunteer Match** has more than 24,000 opportunities for helping from home, including organizations in your own community. Sample opportunities include crocheting for cancer patients, planning charity walks for next year, writing cards to children and adults, and organizing pet supplies drives.

Find them at <https://www.volunteermatch.org/search/opp3290371.jsp>

**DON'T MISS THIS! A STATEWIDE "It's a Wonderful Life" HOLIDAY PARTY ON ZOOM FOR SENIORS AND SENIOR CENTERS**

**Friday, December 18 from 1 to 2:30 p.m.**

Like the best kind of variety show, this event will feature VIP greetings from around the state, seasonal music, ballroom dancing, "visits" to CT places decked out for the holiday, vignettes celebrating diverse cultures and traditions and more of our favorite things.

Door prizes! Goodie bags (delivered!) Registration begins in late October; watch for a separate email with registration links, or call us at (203) 263-2828 to make sure you are registered. This is going to be a party to remember!



**Slow Cooker White Chocolate Cinnamon Lattes**

It's "hygge" in a cup. Just imagine how good it will taste (and smell!)

**Ingredients:**

- 3 cups Strong brewed coffee
- ½ cup half and half
- 1 cinnamon stick
- 5 oz. white chocolate chips
  - 1 tsp. Vanilla
  - ¼ tsp cinnamon

**To Garnish:**

- Cinnamon
- Cinnamon Sticks
- Whipped Cream

**Instructions:**

Add all ingredients to the slow cooker. Cook on low 2-3 hours or until chocolate is melted. Stir and then add to mugs. Garnish with whipped cream and cinnamon and enjoy!

**THE FITNESS ROOM IS OPEN**

Registered Fitness Room members may call for an appointment to work out in the Fitness Room. Appointments are available Monday through Friday at 8:30 a.m., 10:30 a.m., 12:30 p.m. and 2:30 p.m. Two people will be permitted in the Fitness Room at a time, and have one hour to use the machines. You will be screened at the door. Masks must be worn. Each person will be assigned a set of equipment to use. The room will be closed for cleaning and sanitation between appointments. The Fitness Room locker rooms will NOT be available. All members with a Fitness Room membership on file will be permitted to use the room at no charge through the remainder of this calendar year.



Not a Fitness Room member? Call us for information.

**2020 REGION 14 SENIOR CITIZEN**

**DRIVE-THROUGH FARM TO TABLE HOLIDAY MEAL**

**SATURDAY, DECEMBER 12 - PICK-UP 10 AM - 12 NOON**

This year Nonnewaug High School & Woodbury Middle School will host the 12th annual Region 14 Senior Citizen Holiday Meal. Provided are the details:

- This is a drive-through event scheduled for Saturday, December 12th from 10 am - 12 noon.
- Pre-Registration is required at the Woodbury Senior Center (contact the Senior Center directly) 203-263-2828
- The Senior Centers will provide you with a ticket that allows you to pick-up your meal.
- Menu: Turkey Pot Pie, Glazed Carrots, Pan Gravy, Cranberry Sauce, Corn Muffin & Apple Crumb Pie.
- Pick-up: You will be directed to follow the driveway to the right of the school, past the Agriscience Center and Tennis Courts to the back of the school. Culinary students will greet you on the patio outside of the cafeteria to pick up your meal.
- Other students and departments will be involved to provide a special day.

We look forward to seeing you on Saturday, December 12th! Please note for this event is for Woodbury Seniors, limited to 35 people.

Sign up is required for this event. Transportation will not be provided.

*Happy Holidays*

## The Woodbury Senior Center's Hilarious Holiday Short Story Contest



If you have a funny, family holiday story to share, we have just the contest for you!

### **Rules:**

The story must short, limited to one typed page.

The story must be your own.

One submission per person

### **Submission date:**

Submit your short story to us by Monday, November 16th

via email to [jtiso@woodburyct.org](mailto:jtiso@woodburyct.org) **OR** via snail mail to:

Woodbury Senior Center

c/o Jennifer Skene-Tiso

281 Main St. South Woodbury, CT 06798

**Winning story will be published in the December Newsletter**

**Prize will be awarded to the funniest story!**

# NOVEMBER 2020

## IN-HOUSE PROGRAMS

S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T
1	<b>2</b> No Tai Chi Today Fitness Room Closed  November Fitness Challenge Starts	<b>3</b> <b>ELECTION DAY</b> <b>6 A.M. TO 8 P.M.</b> <b>AT THE CENTER</b>  No Mat Pilates Today Fitness Room Closed	<b>4</b> <b>All day:</b> Senior Center in a Bag Pick-up Begins - call first!  No Tai Chi Today Fitness Room Closed	<b>5</b> <b>All day:</b> Senior Center in a Bag Pick-up - call first!	<b>6</b> <b>All day:</b> Senior Center in a Bag Pick-up - call first!	7
8	<b>9</b> 1-2 Tai Chi	<b>10</b> 8:30-9:30 Mat Pilates	<b>11</b>  <b>Center Closed for the Veteran's Day Holiday</b>	<b>12</b> 9-12 Sourdough Class: materials pick up 1:00 Commission for Seniors Meeting	<b>13</b>	1 4
1 5	<b>16</b> 1-2 Tai Chi  <b>Hilarious Holiday Short Story Contest submission due today</b>	<b>17</b> 8:30-9:30 Mat Pilates	<b>18</b> 1-2 Tai Chi	<b>19</b>	<b>20</b> 1-2:30 Holiday Wreath Kit Pick-Up	2 1
2 2	<b>23</b> 1-2 Tai Chi	<b>24</b> 8:30-9:30 Mat Pilates	<b>25</b> No Tai Chi Today  3-4 Free Thanksgiving Meal Pick-Up (by reservation only)	<b>26</b>  <b>Center Closed for the Thanksgiving Day Holiday</b>	<b>27</b>  <b>Center Closed for the Thanksgiving Day Holiday</b>	2 8
2 9	<b>30</b> 1-2 Tai Chi  November Fitness Challenge Ends			Pick up your turkey craft kit, while supplies last \$2 Call the Center at 203-263-2828		

# NOVEMBER 2020

## VIRTUAL PROGRAMS

S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T
1	2 November Fitness Challenge Starts	3 11-11:45 Fitness Fury with Susan via Zoom	4 9-10 Cardio Dance with Andrea via Zoom 10:30-12:30 The Presidents Continued with Penny O'Connell	5 10:00-10:45 Fitness Fury with Susan via Zoom 2:00 SLN: Spanish Missions in Texas	6 9-10 Cardio Dance with Andrea via Zoom	7
8	9	10 11-11:45 Fitness Fury with Susan via Zoom 2:00 SLN: "I Want My Mummy" Penn Museum	11 <b>Center Closed for the Veteran's Day Holiday</b>	12 10-10:45 Fitness Fury with Susan via Zoom 11:30—12:30 Help, I Can't Use Technology 2:00 SLN: Wright Brothers National Memorial	13 9-10 Cardio Dance with Andrea via Zoom	14
15	16 <b>Hilarious Holiday Short Story Contest submission due today</b>	17 11-11:45 Fitness Fury with Susan via Zoom 2:00 SLN: Life and Legacy of George Washington Carver	18 9-10 Cardio Dance with Andrea via Zoom 10:30-12:30 The Presidents Continued with Penny O'Connell	19 10-10:45 Fitness Fury with Susan via Zoom 11:30—12:30 Help, I Can't Use Technology 2:00 SLN: Red Rock Canyon Park :A Walk Through Time on the Desert View Trail"	20 9-10 Cardio Dance with Andrea via Zoom 1-2:30 Holiday Wreath Kit Pick Up	21
22	23 11:00 The Great Sourdough Bake-Off Class with Loryn via Zoom 2:00 SLN: Art Online with Sherita "Harvest Pumpkin"	24 11-11:45 Fitness Fury with Susan via Zoom	25 9-10 Cardio Dance with Andrea via Zoom 10:30-12:30 The Presidents Continued with Penny O'Connell—final day	26 <b>Center Closed for the Thanksgiving Day Holiday</b>	27 <b>Center Closed for the Thanksgiving Day Holiday</b>	28
29	30 November Fitness Challenge Ends					