

WOODBURY SENIOR CENTER REPORTER



NOVEMBER 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.



While I am excited for the opportunities that await me in Roxbury as the Director of the Roxbury Senior Center, it is with a heavy heart that I say I am leaving my position at the Woodbury Senior Center. Our time together was filled with laughs and learning, crafts and masks. I will cherish the memories and many friendships I made along the way. It is my hope that our paths may cross again in the future.

I am reminded of a quote from author A. A. Milne aka Winnie-the-Pooh:
"How lucky I am to have something that makes saying goodbye so hard."

Until we meet again...thank you for everything.

Jen



ELECTION DAY
Tuesday, November 2
6 a.m. to 8 p.m.

at the Woodbury Senior Center
There will be no Indoor Walking Class and Balance Class today.

GRATITUDE WALK: AN OPPORTUNITY FOR YOU

This November, a Gratitude Walk will be installed at the Senior Center from November 12 to 30. A Gratitude Walk is a bit like a labyrinth, without the circles of stones. Instead, walkers move at their own pace along a prescribed path (in our case, a flat walk) reading and reflecting on messages that inspire us to pause a moment, take in the sights and sounds of nature, and reflect on the good in our lives. In the midst of all the craziness that is life right now, this simple, grounding and calming exercise can help relieve stress and bring a sense of well-being and gratitude. Stop by when you can...and spread the word.



The Center will be closed for the following holidays:

Thursday, November 11
for the **Veteran's Day** Holiday

and on
Thursday, November 25 and
Friday, November 26
for the **Thanksgiving** Holiday.



There will be no senior bus transportation available on these days of observance.

SENIOR BUS TRIP Lunch & Matinee

The Blue Hound Cookery and Tap Room in Ivoryton and Say Goodnight, Gracie:
The Life, Laughter and Love of George Burns and Gracie Allen
at the Ivoryton Playhouse
Wednesday, November 17

Enjoy lunch at the Blue Hound Cookery and Tap Room at 11:30 a.m., then head to the Ivoryton Playhouse for a 2 p.m. matinee showing of *Say Goodnight, Gracie*. Tickets for the matinee are \$45. This trip is limited to 12, proof of vaccination is required. The Ivoryton Playhouse requires masks upon entry, and can be removed once seated. Seating is socially distanced and limited. Blue Hound Cookery and Tap Room accommodates separate checks, a copy of the lunch menu is available online or by request in the office. Call the Woodbury Senior Center for details to reserve your ticket at 203-263-2828.



Say Goodnight, Gracie is the hit Broadway play by Rupert Holmes that invites you to spend a hilarious, heart-warming evening in the uplifting company of the world's favorite and funniest centenarian. George Burns, who spanned one hundred years of American entertainment history, is now miraculously alive and kicking in a stunning tour de force. *Say Goodnight, Gracie* was Broadway's third longest running solo performance show and was nominated for a 2003 Tony Award for BEST PLAY and won the 2003-2004 National Broadway Theatre Award for BEST PLAY.

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 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; it's up to you.

NOVEMBER MENU

Tuesday, November 2 - Greek Salad Plate **OR** Shepherd's Pie, vegetable

Thursday, November 4 - Mediterranean Chicken, roasted potato, vegetable **OR** Hamburger, roasted potato, vegetable

Tuesday, November 9 - Baked Macaroni & Cheese, small salad **OR** Chicken Gyro, roasted potato, vegetable

Thursday, November 11 - **Veteran's Day Holiday - No lunch**

Tuesday, November 16 - Chicken Pot Pie, vegetable **OR** American Chop Suey, small salad

Thursday, November 18 - **Thanksgiving Special:** Turkey, Stuffing, Cranberry Sauce, Sweet Potato, Green Beans, Corn Bread and Pumpkin Pie (there is not a second option today)

Tuesday, November 23 - Chicken Francese, roasted potato, vegetable **OR** Baked Macaroni & Cheese, small salad

Thursday, November 25 - **Thanksgiving Day - No lunch**

Tuesday, November 30 - Chicken Gyro, roasted potato, vegetable **OR** Shepherd's Pie, vegetable



LETTER WRITING PROJECT FOR OUR ACTIVE DUTY DEPLOYED MILITARY, VETERANS, WOUNDED HEROES & CAREGIVERS AND RECRUIT GRADUATES

Volunteer to write a letter or create a card to support our military heroes and those who care for them. Write your letters or cards at home and drop them off at the Senior Center **by November 5** **OR** join us on **Wednesday, November 3 at 10:30 a.m.** for a letter-writing and card making event to support this important effort.

Please use the Operation Gratitude guidelines to the right to create your cards and be sure your letters and cards arrive at the Center by Friday, November 5 so they can be sent on for distribution through Operation Gratitude. Anyone of any age is welcome to participate; please be sure to follow the Operation Gratitude guidelines. Thank you!



Thank you for volunteering with Operation Gratitude to write letters of gratitude for Deployed Troops, Veterans, Wounded Heroes & Caregivers, and Recruit Graduates. Please follow these guidelines when writing letters:

- **Write letters for:**
 - Deployed Troops, Veterans, Wounded, Ill & Injured Heroes and their Caregivers, and Recruit Graduates.
- **Address letters to the following:**
 - "Dear Deployed Troop", "Dear Veteran", "Dear Wounded Hero", "Dear Caregiver", "Dear Graduate"
- **Express your thanks for their selfless service to our country.**
- **Keep messages positive.**
 - Suggested topics include: expressing gratitude for their service, sharing hopeful messages, well wishes, and positive thoughts.
 - Prayers are welcome, however please avoid excessive religious comments.
 - Share about yourself, family, hobbies, work, school, pets, travel, interests, etc.
 - Abstain from writing about violence, killing, illness, injury, death, and dying, etc.
 - Avoid all mention of politics.
- **Refrain from including contact or distinguishing information for anyone under the age of 18.**
 - This includes last name, home or email address, phone numbers, school information, social media usernames and phone numbers.
- **If you are over 18, you may include your contact information so the letter recipient can reply.**
 - Recipients are not required to write back.
- **Can't find the words?**
 - Consider drawing or painting a picture instead. Please add a note to kids' drawings with their age.
 - Refrain from using glitter or confetti please!
- **Please leave letters out of individual envelopes.**
 - All letters will go through a screening process and the envelopes slow that down significantly.

Thank you!

www.OperationGratitude.com

info@OperationGratitude.com

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, November 2

Dwight D Eisenhower Presidential Library and Museum

From January 20, 1953 to January 20, 1961 Dwight D. Eisenhower served two terms as President of the United States; brought armistice to Korean War; promoted Atoms for Peace; dealt with crises in Lebanon, Suez, Berlin, and Hungary and established the U.S. Information Agency. But did you know he also created the *Federal Council on Aging*? As President he also saw Alaska and Hawaii become states; signed the 1957 Civil Rights Act, the first civil rights legislation since end of Civil War; sent federal troops to enforce court-ordered integration of Little Rock Central High School and signed the bill creating the National Aeronautics and Space Administration. Join us at the Presidential Library and Museum as we discover more about our 34th President.



Tuesday, November 9

National Museum of the Pacific War

In honor of Veteran's Day, we will take a return visit to the National Museum of the Pacific War. This is always a favorite live tour! Come and experience key events, numerous artifacts and hear more stories of those that served in the Pacific or the Home Front during WWII. Staff members will take you an island hopping journey from Pearl Harbor to the surrender of Japan as they move through the George H.W. Bush Gallery.



Tuesday, November 16
Elephant Sanctuary

It's time to re-visit the amazing elephants and hear their stories as we gain an understanding of how they are cared for in captivity. Your audience will foster compassion for animals and an awareness of animal welfare by hearing about the life stories of our resident elephants. We also discuss what goes into caring for the elephants at The Sanctuary, hopefully inspiring the next generation of animal care and non-profit.



Tuesday, November 23

Hoover Presidential Library and Museum

Herbert Clark Hoover, (August 10, 1874–October 20, 1964), mining engineer, humanitarian, U.S. Secretary of Commerce and the 31st President of the United States. In addition to public service, Hoover devoted his post-Presidential years to social causes such as the Boys Clubs of America and the Hoover Institution, a research center he had established on the Stanford campus in 1919. He also wrote more than 40 books during those years.



Hoover's attention returned to Iowa late in the 1950s when he agreed to allow friends and associates to construct a "Presidential library" near the site of his birthplace. Hoover insisted that the building be modest in size in accordance with scale of the other buildings in the community. The former President made his last visit to Iowa on August 10, 1962, to dedicate that building to the American people. Join us at the Presidential Library and Museum to discover more!

**HIKING GROUPS ARE A HIT**

We are thrilled to learn how many of our members are interested in a hiking group. We offer 2 hikes per month, the "Mile Hike" and the "Trek Hike". The Mile Hike will be a local "kinder and gentler" hike of about a mile. The Trek Hike will often be around 3 miles in length, and may involve a narrower path, but no steep climbs. All paths are "boot tested" before we go and led by Loryn; we don't hike if weather is extreme or inclement. You must sign up. Transportation to and from the trailhead is on your own. Sign up for either hike, below, and call if you have questions.

1-Mile Hike: Thursday, November 4 at 10 a.m.

White Memorial Conservation Center, Litchfield, CT .

We'll be meandering through pine woods and along the Bantam River on mostly flat trails with one gentle slope. Call to register and get the map and parking directions.

Trek Hike: Wednesday, November 10 at 10 a.m.

White Memorial Conservation Center, Litchfield, CT

We will be parking near the museum, hiking out to Little Pond via the boardwalk and return through the wooded paths. Distance: 3 miles, nearly flat elevation.

What to wear/bring: Wear sturdy shoes and socks. Please bring water to drink and a snack if you like. Dress in layers with warm hat, jacket and gloves. Trekking poles are great if you like a little extra balance.

THE MONTHLY MUFFIN

Stop in on **Thursday, November 18 from 9 to 11 a.m.** at the Orenaug Friendship Café for a free home baked muffin and coffee or tea! We'll offer the "monthly muffin" – always a surprise, always delicious – on the last Thursday of each month during Café hours (this month on the third Thursday). What a great time to stop by, catch up with friends and the goings on at the Center. Muffins available while supplies last!

**BLOOD PRESSURE CLINIC RETURNS**

First and Third Tuesdays of the Month

Tuesdays, November 2 & 16

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.

**READY, SET, KNIT!**

The needlework group meets in the Lounge on **Thursdays, November 4 & 18 from 1 to 2 p.m.** All are welcome.

Due to the rising cost of paper, we must raise the price of making copies at the Senior Center. Black and white copies will cost 15¢ per page. Color copies are not available.

**COMPUTER ROOM**

The Computer Room is available by 2 hour appointments. 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 2:30 p.m.

**Sarah Wirtes - Municipal Agent****203-263-4117****203-266-4310 (fax)**

**Sarah's Hours: Monday through Friday
9 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:**Medicare Open Enrollment****October 15 - December 7**

Call Sarah, who is also a CHOICES counselor, for an appointment. She can help you compare your Medicare health or drug plan with other Medicare choices, help you sign up for a plan and help you avoid high-pressure sales tactics. CHOICES counselors do not sell health insurance or recommend one plan over the other. They provide free unbiased counseling to give options to help you make an informed decision about your own Medicare health and drug plan.

Energy Assistance

The federally-funded Connecticut Energy Assistance Program (CEAP) is designed to help low-income households pay their winter heating bills.

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



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



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 ARE NOW TAKING CREDIT CARD PAYMENTS!

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



NOVEMBER SENIOR BUS SHOPPING TRIPS

The bus is currently taking up to 6 passengers at a time for shopping trips.
All passengers must wear masks at all times on the bus.



A trip to **Torrington** for shopping is planned for **Monday, November 8**. Stores include Walmart, Target, Aldi, Goodwill, Big Lots, Michael's, Market 32, and Stop & Shop. This is a popular trip, so sign up soon!

A trip to **Quarry Walk in Oxford** will be on **Monday, November 15**. Stores include Market 32, Goodwill, Ace Hardware, Dollar Tree, Party Plus, Supercuts and for lunch, Tea with Tracy, Five Guys, Starbucks and Char & Lemon to name a few.

A trip to **Naugatuck** for shopping is scheduled for **Monday, November 22**. Stores in the area include Walmart, Dollar Tree, Ocean State Job Lot and Stop & Shop.

A trip to **Danbury** for shopping will be on **Monday, November 29**.

The bus is available on **Fridays** for shopping and errands in **Southbury**.
We are also available for **Woodbury** shopping on **Tuesdays, Wednesdays and Thursdays**.



Please let the driver know upon entering the bus where you would like to shop.
Please remember you must be responsible for and be able to carry your own bags.

VIRTUAL EXERCISE CLASS

Virtual Fitness Fury with Susan on Zoom

Tuesdays from 11 to 11:45 a.m. and Thursdays from 10 to 10:45 a.m. - November 2, 4, 9, 16, 18, 23 & 30
(no class on November 11 & 25)

You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost for the November session (7 classes) is \$21. 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.

**IN-HOUSE OR VIRTUAL: HYBRID EXERCISE CLASSES**

Cardio Dance with Andrea - in person or on Zoom

Wednesdays and Fridays from 10 to 11 a.m. - November 3, 5 (Zoom class), 10, 12, 17, 19 & 24 (no class 11/26)

Great music and dance moves in this energetic class! The cost for the month of November (7 classes minus two canceled classes in October) is \$15. 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, November 3, 10 & 17 from 1:30 to 2:30 p.m. (No class November 24)

The cost for the November session (3 classes) is \$15

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.

**IN-HOUSE EXERCISE CLASS**

Deep Stretch and Meditation Class with Jennifer

Mondays and Thursdays from 8:30 to 9:30 a.m. - November 1, 4, 15, 18, 22 & 29

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. Cost for the November session (6 classes) is \$18.

Sign up if you plan to attend!



BALANCE - in person only

Tuesdays from 10 to 11 a.m. - November 9, 16, 23 & 30 (no class 11/2)

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

INDOOR WALKING WITH LESLIE SANSONE DVDs

Tuesdays from 9 to 9:30 a.m.

Free and fun!

**Be sure to bring
a water bottle!**



**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 IS BACK!

Monday, November 22 from 10 to 1 p.m.

Please bring your own paddles.

Please sign up.



**AMERICAN RED CROSS BLOOD DRIVE
AT THE SENIOR CENTER**

Saturday, November 20, 8 a.m. to 1 p.m.

Register by calling the American Red Cross at

1(800) REDCROSS or click onto

www.redcrossblood.org

HEALTH NOTICE – SYMPTOMS OF COLD AND ALLERGIES

Being aware of your own health and consideration of others is still needed. If you are experiencing symptoms of illness (coughing, sneezing, or fever, among others) please do NOT come to the Center; you may be asked to leave. If you have allergy symptoms, we ask that you stay at home on days when symptoms are severe. **Masks are required to be worn in the Senior Center building if you are unvaccinated.**

Thank you for your cooperation.

Reminder: Not all people can be around animals.

Pets are not permitted inside the Center unless they are certified service animals at work.

**MAH JONGG**

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

Let us know if you are interested.

The group welcomes new players.

SMARTPHONE BASICS WITH LORYN

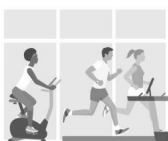
Wednesdays, November 10 OR November 17

1 to 2 p.m.



This class is perfect for the person who needs to learn the basic operations of a smartphone - turning it on, texting, emailing, etc.

Please sign up for this class.



**THE FITNESS ROOM IS OPEN
by appointment**

The Fitness Room is available by appointment. Each session will last 50 minutes and will begin on the half hour,

Monday through Friday from 8:30 a.m. to 2:30 p.m.

There will be three people allowed in the Fitness Room to work out at one time. Make as many as 6 session appointments with one call. Please call 203-263-2828.

**Fitness Challenge Walk Across America Final Destination
Woodbury CT**

Since our last update, our group of active walkers have traveled 2300 miles.

After leaving Butte, MT we headed to Bismarck, ND. We spend the day visiting the North Dakota Heritage Center & State Museum, located on the North Dakota State Capitol grounds in Bismarck, is the state of North Dakota's official history museum. In June 2008, the museum, which has been called a "Smithsonian on the plains", became home to a rare mummified Edmontosaurus with fossilized skin.

From Bismarck we headed to St Cloud, MN. Here we visited Munsinger Gardens and Clemens Gardens which are two distinct but adjacent gardens on the banks of the Mississippi River. The gardens themselves were constructed primarily in the 1930s by the Works Progress Administration. Projects from this period included planting trees and flowerbeds, and building rock-lined paths, a lily pond, and a fountain.

From St Cloud we headed to Chicago, IL. Here we visited Millennium Park and Navy Pier. The lakefront campus, located in the heart of downtown Chicago, is home to the iconic Cloud Gate statue (aka "The Bean"), interactive fountains, tranquil gardens, free events, public art, skating rinks, rock climbing, and plenty of green space. Navy Pier encompasses over 50 acres of parks, gardens, shops, restaurants, family attractions and exhibition facilities.

Our last stop before we headed home was Hershey, Pa.

Hershey is just east of Pennsylvania's state capital, Harrisburg. The Hershey Story museum chronicles the community's creation as a model town for the workers at Milton Hershey's chocolate factory. Hersheypark opened in 1907 as a modest green space but grew to include rides and attractions, including a zoo. Hershey Gardens has a rose garden and butterfly house. Hersheypark Stadium and Giant Center host concerts.

**POKER**

Friday, November 19 from 12 to 3 p.m.

All skill levels are welcome.

LADIES' BRIDGE

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

New players are welcome.



PLEASE BE SURE TO MAKE ALL CHECKS PAYABLE TO:

"TOWN OF WOODBURY"



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

**NEED A RIDE? CALL THE SENIOR MINI BUS!**

The bus is available for medical appointments, shopping & errands for Woodbury residents over the age of 60 or adult disabled residents. There is no set fee for Woodbury residents; however, small donations can be made if you wish; these are deposited to offset operating costs. Masks are required on the bus at all times.

For Medical appointments:

Appointments must be scheduled between 9:00 a.m. - 1:00 pm on Tuesday, Wednesday and Thursday.

The bus can transport you to medical appointments in Woodbury, Southbury, Middlebury, Watertown and Waterbury only. For your safety, we cannot transport you to or from a surgical service or anytime you are undergoing anesthesia.

Your ride is not guaranteed until confirmed with us. With capacity limits and a large geographic area to cover, we are limited in how many people we can transport each day. It's best to call us at least two weeks prior to your appointment to request a ride. Please understand that although we will try, we may not be able to accommodate last minute requests.

We will require a contact number for the medical appointment office when you make the appointment. Also, please do not plan to run other errands when booking a medical appointment, unless you discuss this at the time you make the reservation.

The bus is wheelchair-lift equipped. You must be able to propel your wheelchair yourself, or you may bring a companion with you to assist you. The driver cannot enter the medical building with you.

Masks are required at all times. Please cancel your ride if you are experiencing any cold or flu symptoms on the day of travel.

We reserve the right to refuse service to any rider for safety reasons, or for breaches of conduct while riding the bus.

For Shopping and Errands

Shopping and errands in Woodbury work best on Tuesdays, Wednesdays and Thursdays. Times may vary, but we try hard to accommodate your schedule.

Shopping in Southbury is held every Friday. Please sign up by calling the Center.

Mondays are reserved for shopping at other towns (such as Danbury, New Milford, Torrington, etc.) Please sign up by calling the Center.

You must not ride the bus if you have any cold or flu type symptoms. Please call to cancel if you are not feeling well on the day of your ride.

Our bus is wheelchair-lift equipped. If you require personal assistance, you may bring someone with you. The driver is not permitted to push your wheelchair.

Senior bus service is curb-to-curb. We cannot go into your home nor leave the bus to come into the medical building with you.

When shopping, you must only purchase what you yourself can carry from the bus into your home. The driver must stay with the bus.

VOLUNTEER OPPORTUNITY - CAFÉ BARISTA

We are looking for a volunteer barista to prepare coffee and tea drinks for our senior patrons at the Orenaug Friendship Café at the Senior Center. We serve during the hours of 9:30 to 11 a.m. Monday through Friday. You can choose whichever day(s) that would work best for your schedule. We will train you, so no previous barista skills are necessary.



It's a great opportunity to socialize with some wonderful people here at the center. Please call the Center to inquire about this volunteer opportunity.

GRAB-AND-GO HOLIDAY WREATH KITS IN A BAG

**Pick up Tuesday, November 30
from 1 to 2 p.m. only**

\$10 per person (cash payable prior to pick up date)

The staff from Flanders Nature Center will offer wreaths made from all natural materials available for pick up at the Center for you to decorate at home. The offer is limited to the first 30 people to sign up.

You must be able to pick them up during this time slot, so please be sure you can before you sign up.

**WOODBURY UKELELE BAND NEWS**

With mixed emotions, I'm writing to let you know we are suspending the Woodbury Ukulele Band activities indefinitely. Beginning in 2017, WUB quickly grew to be a bright spot on Woodbury's Friday night calendar, as people of all ages came together to play music, laugh and build community. Since the current public health crisis began we've worked hard to keep WUB going, with online lessons and meetups, parking lot playoffs in the chilly spring and sweltering patio meetups in the summer.

Now, with early sunsets and winter approaching, outdoor meetups are no longer practical, and indoor meetups still feel unsafe to many of us. It has slowly become clear that it's time to let WUB go. I am so grateful to each of you who have participated over the years, and helped us create a national prize-winning program that meant a lot to so many people. I wish you all well and keep playing those ukuleles!

- Warmly, Loryn

THERAPEUTIC MASSAGE WITH ANDREA

Wednesdays, November 3, 10 & 24

Fridays, November 5, 12 & 19

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.



**NONNEWAUG HIGH SCHOOL IS PLEASE TO BE HOSTING THE
13TH ANNUAL 2021 REGION 14 SENIOR CITIZEN DRIVE-THROUGH
FARM-TO-TABLE HOLIDAY MEAL FOR WOODBURY SENIORS**

Thursday, December 9


(Inclement weather date: Friday, December 10)

Pick up at Nonnewaug High School between 10 to 11 a.m.

- Pre-Registration is required by contacting the Senior Center at 203-263-2828 by **Wednesday, November 24.**
- Menu: Turkey Pot Pie, Glazed Carrots, Pan Gravy, Cranberry Sauce, Corn Muffin & Apple Crumb Pie.
- Drive-Through Pick-up: You will be directed upon entering the Nonnewaug High School parking lot to the area where you can pick up your meal. Meal pick up is from 10 to 11 a.m. only.
- Tickets will not be required. Your name will be on a pick-up list at the high school.
- Please note: This event is for Woodbury seniors and is limited to 45 people.
- Senior bus transportation will not be provided.



NOVEMBER 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	1 8:30-9:30 Deep Stretch & Meditation 10:30-12 Current Events (virtual) No Senior Bus Transportation Today	2 6am-8pm Election Day 9-9:30 No Indoor Walking 10-11 No Balance Class 10-11 Blood Pressure Clinic 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 2:00 SLN: Dwight D. Eisenhower Presidential Library and Museum	3 10-11 Cardio Dance 10:30 Operation Gratitude Letter Writing Project 11-2:30 Massage with Andrea (by appt) 12-3:30 Canasta 1:30-2:30 Tai Chi	4 8:30-9:30 Deep Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10:00 1-Mile Hike: White Memorial 11-11:30 Congregate Meal Pick Up 11-12:30 Writing Class (virtual) 1-2 Ready, Set, Knit	5 10-11 Cardio Dance on Zoom 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) Jennifer's last day here at WCS - be sure to stop by and wish her luck on her new venture!	6
7	8 8:30-9:30 Deep Stretch & Meditation 10:00 Senior Bus Shopping Trip: Torrington 10:30-12 Current Events (virtual)	9 9-9:30 Indoor Walking 10-11 Balance Class 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 2:00 SLN: National Museum of the Pacific War	10 10-11 Cardio Dance 10:00 Trek Hike: White Memorial 11-2:30 Massage with Andrea (by appt) 12-3:30 Canasta 1-2 Smartphone Basics 1:30-2:30 Tai Chi	11 CENTER CLOSED FOR VETERAN'S DAY HOLIDAY	12 10-11 Cardio Dance 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) Gratitude Walk starts today!	13
14	15 8:30-9:30 Deep Stretch & Meditation 10:00 Senior Bus Shopping Trip: Quarry Walk, Oxford 10:30-12 Current Events (virtual)	16 9-9:30 Indoor Walking 10-11 Balance Class 10-11 Blood Pressure Clinic 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 2:00 SLN: Elephant Sanctuary	17 Senior Bus Trip: Ivoryton Playhouse and The Blue Hound Cookery and Tap Room 10-11 Cardio Dance 12-3 Foot Care Clinic 12-3:30 Canasta 1-2 Smartphone Basics 1:30-2:30 Tai Chi	18 8:30-9:30 Deep Stretch & Meditation 9-11 Monthly Muffins 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Ready, Set, Knit 11-12:30 Writing Class (virtual) 1-2 Commission for Seniors	19 10-11 Cardio Dance 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) 12-3 Poker	20
21	22 8:30-9:30 Deep Stretch & Meditation 10:00 Senior Bus Shopping Trip: Naugatuck 10-1 Table Tennis 10:30-12 Current Events (virtual)	23 9-9:30 Indoor Walking 10-11 Balance Class 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 2:00 SLN: Hoover Presidential Library and Museum	24 10-11 Cardio Dance 11-2:30 Massage with Andrea (by appt) 12-3:30 Canasta 1:30-2:30 No Tai Chi today	25 CENTER CLOSED FOR THE THANKSGIVING DAY HOLIDAY 	26 CENTER CLOSED FOR THE THANKSGIVING DAY HOLIDAY	27
28	29 8:30-9:30 Deep Stretch & Meditation 10:00 Senior Bus Shopping Trip: Danbury 10:30-12 Current Events (virtual)	30 9-9:30 Indoor Walking 10-11 Balance Class 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Flander's Nature Center Wreath Kit Grab & Go Pick Up				
NOTES:						