

WOODBURY SENIOR CENTER REPORTER



NOVEMBER 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 TO HONOR VETERANS Monday November 14 - beginning at noon

Woodbury Veterans, and their significant others are invited to attend a luncheon honoring them for their service to Our Country. Veterans are asked to please sign up by calling the Center.



This event is co-sponsored with SYNERGY Home Care, Motif by Monarch and Candlewood Valley Health and Rehab Center.

First Selectman Barbara Perkinson will welcome our veterans and guests.

Commissioner Thomas Saadi of the CT Department of Veterans Affairs will be our Keynote Speaker before lunch. Commissioner Saadi is a Lieutenant Colonel in the U.S. Army.

Catered lunch at noon for invited veterans and their guests

Presenter 1 p.m. - open to all seniors - Arthur N. Gottlieb, LCSW, CSA - Mr. Gottlieb is a local historian on subjects of political and military history. He was formerly a professional curator of naval history and the Technical Director of Exhibits at the Intrepid Sea-Air-Space Museum in NYC.

Mr. Gottlieb will be giving a presentation on **Battle of the Bulge**, (Dec. 16, 1944 – Jan. 16, 1945) in World War II, the last German offensive on the Western Front, an unsuccessful attempt to divide the Allied forces and prevent an invasion of Germany.

NOVEMBER ELECTION DAY

Tuesday, November 8

6 a.m. to 8 p.m. at the Senior Center
The Senior Center will be open for **VOTING ONLY** today. There will be no



programs held at the Center. The fitness room, computer room and pool table will not be available for use. Senior Center staff will be off-site at an in-service training, and will not be in the building or able to take calls. Bus transportation will be available for doctor appointments, errands or a ride to vote by prior arrangement. Please make transportation arrangements by Friday, November 4.

THE FIRST LADIES COALITION

A Weekend Program

Saturday, November 19 at 2 p.m.

Woodbury Senior Center and Woodbury Public Library have joined forces to present "The First Ladies Coalition", a live-theater, one-woman show by Ginger Grace. In the show, Colleen, a resilient ex-con, immigrant and survivor of domestic violence, invites Eleanor Roosevelt, Jackie Kennedy, Lady Bird Johnson and Mary Todd Lincoln into her sewing shop! Mysteries and secrets are unveiled – hers and theirs – and, with the help of these courageous women, Colleen wrestles insurmountable obstacles into extraordinary possibilities – in the most surprising situations! Please register as seating is limited. Transportation is available.



HOLIDAY CLOSING

The Center will be closed on **Friday, November 11** for **Veteran's Day** and on **Thursday, November 24** and **Friday, November 25** for **Thanksgiving**.

There will be no senior transportation.

Reminder: There will be no senior programming on Election Day.



FREE CONCERT WITH THE VALLEY CHORDSMEN

Sunday, November 20 at 2:00 p.m.

The Valley Chordsmen Barbershop concert will feature familiar songs from the 50s, 60s and 70s. Bring yourselves, your children and grandchildren and leave the concert light-spirited and humming melodies. No registration required; admission is free. Sponsored by the Friends of the Woodbury Senior Community Center, Inc. This concert is made possible through grants from the Woodbury Bethlehem Music Foundation, Inc., the Woman's Club of Woodbury and music loving patrons. For more information contact Sharon Sherman at 203-695-5410. If you wish to join the Friends association, contact Deb Chester at 203-263-5290.

**NEW! Tai Ji Quan: Moving for Better Balance
Mondays and Wednesdays at 10 am
Begins Monday, November 28**



Tai Ji Quan: Moving for Better Balance (TJQ:MBB) is an evidence-based,

24-week program for older adults with functional balance problems. Woodbury Senior Center is happy to announce we've been awarded a grant from the CT Healthy Living Collective to offer you this class FREE of charge. People who register commit to attending 2 classes per week for 24 weeks; while we understand some absences are unavoidable, you must be prepared to attend at least 36 of the 48 classes offered during the 6 month class.

Research shows participation in this class reduces the risk of falls in older adults, and has proven especially effective in reducing falls in people living with Parkinson's Disease. No prior experience, special equipment or clothing is needed; please wear loose comfortable clothing and flat-soled shoes (no heels or flip flops). Class size is limited so please register soon!

Note: although the names are similar, this is NOT our regular Tai Chi class. That class, taught by Susan Bradley, continues on Wednesday afternoons at 1 pm and is open to new and returning students on a monthly basis. Tai Chi is also known to improve balance, coordination and reduce stress.

**SENIOR BUS TRIPS: DINE AROUND
Wednesday, November 9**

The White Horse in New Preston

Monday, November 28

DeCapo Restaurant in Litchfield

You can sign up for one of these trips.

VIRTUAL EXERCISE CLASS



**Fitness Fury with Susan
Tuesdays at 10:30 a.m. and
Thursdays at 10 a.m. on Zoom
November 1, 3, 8, 10, 15, 17, 22 & 29
(no class 11/24)**

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 November session (8 classes) is \$24. You must sign up for the full session. Call the Center to sign up. We will need your email to send you the Zoom link.

IN-HOUSE EXERCISE CLASSES

**Zumba Gold with Emperatriz
Wednesdays and Fridays
November 2, 4, 9, 16, 18, 23 & 30
(no class 11/11 & 25)
9 to 10 a.m.**



The cost for the November session (7 classes) is \$21. You must sign up for the full session.



**Tai Chi with Susan - in person or on Zoom
Wednesdays, November 2, 16, 23 & 30
1:30 to 2:30 p.m.**

The cost for the November session (4 classes) is \$20. \$15 for those who took the October session for missed class on 10/19. 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.
November 3, 14, 17, 21 & 28
(no class 11/7, 10 & 24)**



This class is set to soothing music. Low-impact stretching and breathing exercises are 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 November (5 classes) is \$15. You must sign up for the full session.

**Balance with Loryn
Mondays and Thursdays from 11 to 11:45 a.m.
November 3, 10, 17, 21 & 28 (no class 11/7 & 14)**
Join Loryn for a jump start on regaining your balance. Free, but you must sign up.

**Silver Age Chair Yoga with Chaucey
For those currently enrolled, session continues on
Tuesdays at 10 a.m.
October 4, 11, 18, 25, November 1, 15, 22, 29 (no class
11/8) and December 6, 13 & 20**



DESSERT & LEARN: AGING EYES
with Dr. Archana P. Johar
Tuesday, November 1 at 1 p.m.

Ophthalmology is one of the unique specialties in medicine that not only allows our vision to be restored as we age...but in many cases, allows us to enjoy a quality of vision better than we've ever seen in our lives. Dr. Johar will discuss how the various stages of aging can affect our vision. We will talk about vision-threatening diseases such as macular degeneration, glaucoma, cataracts and much more. Dr. Johar will also share the importance of early diagnosis and treatment and how something as simple as your annual eye exam can help preserve and protect your vision. Please sign up.



NONNEWAUG HIGH SCHOOL'S 14TH ANNUAL REGION 14 SENIOR CITIZEN HOLIDAY MEAL

Thursday, December 1

Drive-through pick up between 11 a.m. to 12 p.m.

Nonnewaug High School is pleased to host this yearly drive-through event for Region 14 seniors.

Woodbury seniors should sign up at the Center by Monday, November 21. Limited to 50.

The menu will include Turkey Pot Pie, NHS Honey Glazed Carrots, Pan Gravy, Cranberry-Orange Relish, Basil-Maple Corn Muffin and Spiced Apple Crumb Tart.

You will be directed upon entering the Nonnewaug High School parking lot to the area where you can pick up your meal.

Seniors that do not drive should contact the Senior Center to make arrangements to get a meal.

AGING MASTERY PROGRAM

Current Class: Wednesdays through November 30 from 10:30 a.m. - 12 p.m.

AMP Graduation will be held on **November 30 at 11:15 a.m.** A brunch will be served. Woodbury AMP Alumni are invited! Call to sign up.



TIK TOK APPETIZERS

Friday, November 4 at 1:00 p.m.

It's back! Once again we're bringing you the best of appetizer recipes as seen on Tik Tok, the social media site watched by millions.

Watch the demo and taste these proven winners – perfect for the holidays! Limited to 25; sign up soon to avoid disappointment.

NOVEMBER CONGREGATE MEAL MENU

You must sign up by the Monday the previous week.

TUESDAY

November 1 -
(sign up by October 24)
 Broccoli Cheddar Soup
 Honey Glazed Ham
 Roasted Potato & Vegetable Medley
 Whole Grain Dinner Roll
 Chocolate Chip Cookie
 Apple Juice

November 8 -
No lunch today - Election day

November 15 -
(sign up by November 7)
 Autumn Grain Salad
 Breaded Pork Cutlets
 Lemon Butter Sauce
 Rice Pilaf
 Green Beans
 Fruit Cocktail

November 22 -
(sign up by November 14)
 Roasted Turkey
 Traditional Gravy
 Stuffing
 Mashed Potatoes
 Steamed Peas
 Carrots
 Cranberry Sauce
 Pumpkin Pie

November 29 -
(sign up by November 21)
 Caesar Salad
 Sage Butternut Squash
 Lasagna
 Tomato Focaccia
 Spinach
 Lemon Poppy Pound Cake
 Orange Juice

THURSDAY

November 3 -
(sign up by October 24)
 Mediterranean Salad
 Caramelized Shallot Meatloaf
 Whipped Sweet Potato
 Vegetable Medley
 Diced Pineapple

November 10 -
(sign up by October 31)
 Garden salad
 Coffee Braised Pot Roast
 Roasted Root Vegetable
 Glazed Carrots
 Whole Grain Dinner Roll
 Sliced Melon

November 17 -
(sign up by November 7)
 Split Pea Soup
 Chardonnay Glazed Chicken Breast
 Stewed Cannellini Beans
 Vegetable Medley
 Apple

November 24 -
No lunch today - Happy Thanksgiving!

December 1 -
Although we don't have the menu for today, we will need to know if you are planning to have lunch, as the count needs to go in by Monday, November 21.



Reservations are required! Chef-On-Site meals are provided by Art of Yum and is funded by Western CT Area Agency on Aging, CT Community Foundation & your donation. Please make your check out to "Senior Nutrition Services." Cash is also accepted. No credit cards. The suggested donation is \$3.50-\$5 per meal. Take Out is available upon request.

PLEASE BE SURE TO MAKE ALL CHECKS PAYABLE TO:
 "TOWN OF WOODBURY"



CHECKS CANNOT BE ACCEPTED MADE OUT
 TO WOODBURY SENIOR CENTER

THERAPEUTIC MASSAGE WITH ANDREA
 Thursdays, November 3 & 17
 by appointment



Please call the Center for appointment times.

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

Andrea is now also offering
10-minute Chair Massages and Foot/Hand Massages!
 10 minute massage - \$10

HOLIDAY LOOKS FOR THE MATURE WOMAN

with professional make-up artist
 Joby Rogers

Monday, December 5 at 10:30 a.m.

This two-hour workshop is the perfect place for mature women to learn how to create a makeup style that compliments their personal features and skin tone. We will explore products and tools and "must haves" for your personal makeup collection. You will participate in "hands-on" makeup demonstrations and know that with a little practice you can perfect your personal appearance for all occasions.

The program will cover:

- Essentials
- Keeping your makeup and brushes clean and sanitary
- Using the right brush for the right application
- Application techniques
- Choosing the right concealer and foundation
- Interpreting tones and color
- Contouring, highlighting, blushing
- Eye shadow color rules and application advice
- Shaping and correcting brows
- Color rules and advice and reshaping lips
- Personal makeup questions



HIKING CLUB

The Hiking Club is on hiatus until Spring 2023.
 Until then, keep moving!

WRITING FROM THE INSIDE OUT
 with Lin Northrup

Wednesdays November 16, 30 and December 7, 14
 (4 sessions)
 10 to 11:30 a.m. Fee: \$20

"I have always loved the pause, the gaps, the spaces between things." (poet Naomi Shihab Nye)

Writing helps us pause. To observe. To listen. It is an act of discovery that connects us to others, to nature, to life.

Let your natural gift as a storyteller and poet emerge as you relax and experience the magic of letting your thoughts write through you.

Through a variety of exercises and techniques, you'll practice your craft to find the words and images that express your unique style. Call the Center to sign up.

Lin Northrup, M.Ed is the author of Leela and the Forest of Light. She was an adjunct English professor at Naugatuck Valley Community College. Her private practice, Sacred Circle Healing Arts, is located in Woodbury.

MOTORCOACH BUS TRIP TO NEW YORK ARTHUR AVENUE

Thursday, November 17

Cost: \$25



The Woodbury and Roxbury Senior Centers have joined forces to book a bus trip to Arthur Avenue in the Bronx, home of the real Little Italy, just in time for Thanksgiving shopping! Let the smell of fresh baked bread lead you through the street through pastry shops, butchers and the famous indoor market. Shop on your own or as a group. Bring your appetite; lunch is on your own at any of the fabulous restaurants or cafes. Oooh, cannoli! A Dattco 24-passenger bus is being used for this trip (seats for 11 seniors from each town) and your fee of \$25 per person must be paid at sign up. Proof of vaccination is also required for this trip. Riders are welcome to bring shopping bags or a small cooler to store your purchases. The bus leaves from Roxbury Senior Center at 9 am sharp; **please arrive in Roxbury no later than 8:40 a.m.**

Transportation to Roxbury is not provided.

READY, SET, KNIT! STITCHES OF LOVE

The needlework group will meet in the Lounge on **Thursdays, November 3 & 17**
 from 1 to 2 p.m.



All are welcome.

BOOK CLUB

Monday, November 21 at 11:00 a.m.

***Lady Clementine* by Marie Benedict**

From Marie Benedict, the New York Times bestselling author of *The Only Woman in the Room*! An incredible novel that focuses on one of the people who had the most influence during World War I and World War II: Clementine Churchill. In 1909, Clementine steps off a train with her new husband, Winston. An angry woman emerges from the crowd to attack, shoving him in the direction of an oncoming train. Just before he stumbles, Clementine grabs him by his suit jacket. This will not be the last time Clementine Churchill will save her husband.

Lady Clementine is the ferocious story of the ambitious woman beside Winston Churchill, the story of a partner who did not flinch through the sweeping darkness of war and who would not surrender either to expectations or to enemies.

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."

TRANSPORTATION SCHEDULE FOR MEDICAL APPOINTMENTS

Transportation will be available for non-urgent medical appointments as follows:

Mondays - Waterbury & Watertown

Wednesdays - Waterbury & Middlebury

Tuesday, Thursday and Fridays - Woodbury & Southbury

Please make your appointments accordingly. As requests for rides increase, ***please be aware that your request is not a guarantee of a ride.*** At times, we may be unable to accommodate you, as we have limited resources and staff. To the best of your ability, making appointments at least one-two weeks ahead of time will be helpful. Once your ride is confirmed by the Senior Center office staff, you can rest assured knowing we will pick you up on time and get you where you are going. Also, please note we are unable to drive people to surgical procedures, including outpatient or one day procedures.

REIKI & REFLEXOLOGY SESSIONS

with Reiki Master & Reflexologist Lucy McInerney

Friday, November 4

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

Reiki Appointments

10 minute appointments/\$10

Reflexology Appointments

30-minute appointments/\$30

ASK AN ATTORNEY

with Attorney Alyson R. Marcucio

Friday, November 4 from 2-3 p.m.

Attorney Marcucio will offer 4 free individual 15-minute appointments.

Bring your questions.

Please call the Center to make your appointment.



WOODBURY FOOD BANK DRIVE

Be on the lookout for donation bins during the month of November.

The Food Bank is in need of items as we head into the winter months.

Please consider donating, in particular:

shampoo, conditioner, body wash, soaps, deodorant for women, toothpaste and toothbrushes. Also, new and handmade cozy hats, scarves, gloves and mittens for all ages are welcome. Did you know that the Food Bank services approximately sixty seniors in addition to many individuals and families each month.

Thank you so much for your generosity!!!



TECHNOLOGY HELP

with Sarah Johnson of

Candlewood Valley Health & Rehabilitation Center

Tuesday, November 1 at 10:30 a.m.

Bring your questions and your technology item (laptop, Ipad, phone) for help in all areas. The class is limited to 10 participants.

Please sign up.



Walking Club



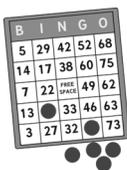
WALKING CLUB WITH KATHLEEN

The Walking Club is on hiatus until the Spring of 2023. Keep walking!

TABLE TENNIS

**Friday, November 18 and
Mondays, November 21 & 28
from 1 to 4 p.m.**

Please bring your own paddles.
All are welcome.



DIME BINGO!

**Thursdays, November 17 and
Tuesday, November 22
1 to 2:30 p.m.**

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

INFORMATION FROM SARAH WIRTES, MUNICIPAL AGENT**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 2022-23 may contact Sarah for an appointment. Those who use deliverable fuel (oil & gas) are urged to apply early. A complete application packet can be found on the Town's website or can be picked up outside the Social Services Office. Once you complete the packet and gather all required documents, please call Sarah to make an appointment. If you are unsure if you are eligible or need a further explanation on required documentation, please also call Sarah.

Medicare Open Enrollment

The CHOICES Program sponsored by the Western CT Area Agency on Aging provides free and unbiased information for your Medicare Open Enrollment needs. During the Annual Open Enrollment period (October 15- December 7), 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

If you would like to schedule an appointment to review your Medicare plans with a certified CHOICES counselor, please contact Sarah to make an appointment and obtain an open enrollment packet.

Individual CHOICES open enrollment appointments are available on Friday, November 18 from 12 to 3:30 p.m. Please call Sarah at (203) 263-4117 to make your appointment. Open enrollment ends on December 7.

MUSIC - ALL KINDS**A class for the musically curious**

continues on Tuesdays, November 15 & 29; December 13 & 27; January 10 & 24; February 14 at 1 p.m.



Do you love music? So many of us do, including father and son duo, Glenn and Dave Anderson. The Anderson men are both experienced musicians, Glenn throughout school, in the Army and as an avid patron of the arts and Dave as a professional bass player working with Art Garfunkel, Smokey Robinson and many others. Father and son have enjoyed a long history of listening to and talking about music together...this fall these fascinating listening sessions are coming to the Center as "Music - All Kinds." Twice monthly classes will appeal to music lovers of all kinds...listening to quality recordings, exploring the music and participating in music discussion. The sessions are eclectic, covering classical and jazz, singers from the world of popular music, Broadway and opera, orchestras and pianists from Fats Waller to Bill Evans to Chopin and Gershwin.

The class has themed topics, e.g. *Local Boy Makes Good* about Leroy Anderson or *What Time is it?* featuring a variety of rhythmic selections such as marches and waltzes and less common time signatures from Brubeck and Tchaikovsky. Some listening selections will be familiar, but the class will also include some lesser known works to stretch our musical imaginations. Engage your musical curiosity this fall. Be there!

NEAR AND FAR TRAVEL CLUB INFORMATION**A Very Dutchess Holiday on Tuesday, December 6**

Get into the holiday spirit by joining Near and Far Travel Club on a day trip to Lyndhurst Mansion in Tarrytown, New York. Lyndhurst Mansion is transformed into an extravagant wonderland of holiday splendor. Lyndhurst goes all out during the holiday season filling the mansion with elaborate decor including dozens of Christmas trees decorated to complement the elegant period furnishings. We will have lunch at The Old '76 House in Tappan, NY, America's oldest tavern built in 1686. The artifacts throughout the tavern speak volumes of Colonial history. The menu includes a choice of Chicken Pot Pie, Tavern Fish & Chips or Honey Maple Ham with Mashed Sweet Potatoes, dessert and coffee. The trip will be leaving Woodbury at 10:15 a.m. and returning at approximately 5 p.m.

Contact Arlene (203-263-2363) or Mary (203-266-0554) for further information. We hope you will join us in welcoming the holiday season in style and elegance.

Thank you to Joan Anthony for the beautiful painting she has donated to the Center. Be sure to stop in the lounge to see it.

DENTAL CLEANING & FOOT CARE CLINICS CONTINUE
 Openings are available in these programs.
 Call the Center for details.

BLOOD PRESSURE CLINIC
First and Third Tuesdays of the month
Tuesdays, November 1 & 15
10 to 11 a.m.



Get your blood pressure checked twice per month by a registered nurse from the Housatonic Valley Health Department. This is a FREE service.



SENIOR BUS SHOPPING TRIPS
Monday, November 7 - Torrington
Tuesdays & Thursdays - Woodbury
Wednesday, November 30 - Naugatuck
Fridays - Southbury (closed 11/11 & 11/25)
 Please remember that shopping bags are limited to 2 per person when the bus is full, and you must be able to carry your own bags. Please sign up.

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:

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

Paul Sagnella
 Senior Bus Driver

Nancy Gubiotti
 Senior Bus Driver



Dave Deakin
 Senior Bus Driver

Bill Aufricht
 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.

NOVEMBER 2022

S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T
		1 10-11 Silver Age Chair Yoga 10-11 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 10:30 Technology Help 12:00 Lunch in the Café 1:00 Aging Eyes 12:30-1 Take Out Lunch Pick Up 12-3:30 Canasta	2 9-10 Zumba Gold® 10:30 –12 Aging Mastery Program 1:30-2:30 Tai Chi 1-3 Perfect Thanksgiving Hostess Gift: A Glowforge Craft Class	3 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11:00 Balance Class 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12:30-3:30 Mah Jongg 1-2 Stiches of Love 1:00 Coping with Winter 2:00 Brass City Eats on Zoom 3-3:45 Senior Muses	4 9:00 Friends Board Meeting 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 11:30-12:30 Reiki & Reflexology (by appt) 1:00 Tik Tok Appetizers 1:45 Bus Trip to Hidden Gem Orchard 2-3 Ask An Attorney	5
6	7 8:30-9:30 NO Stretch & Meditation class today 10:30-12 Current Events (virtual) 11:00 Balance Class 1:00 Chit Chat and Coloring ELECTION DAY SET-UP in afternoon Be sure to vote on Tuesday!	8 ELECTION DAY Building open for voting only: no fitness room, programs, pool table or computer room; no lunch or take out Transportation available to polls by reservation only	9 9-10 Zumba Gold® 10:30 –12 Aging Mastery Program 11:00 Bus Trip to White Horse 1:30-2:30 NO Tai Chi today	10 8:30-9:30 NO Stretch & Meditation 8:30-3:00 Dental Clinic by appt. 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:45 Balance Class 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12:30-3:30 Mah Jongg 2:00 Brass City Eats on Zoom 3-3:45 Senior Muses	11 The Center is Closed for the Veteran's Day Holiday	12
13	14 8:30-9:30 Stretch & Meditation 10:30-12 Current Events (virtual) 11:00 NO Balance Class today 12:00 Veterans Day Luncheon (by reservation only) 1:00 Battle of the Bulge Presentation (open to all)	15 10-11 Silver Age Chair Yoga 10-11 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12-3:30 Canasta 1:00 Music - All Kinds	16 9-10 Zumba Gold® 10:30 –12 Aging Mastery Program 10-11:30 Writing from the Inside Out 12-3 Foot Care Clinic 1:30-2:30 Tai Chi	17 8:30-9:30 Stretch & Meditation 9:00 Morotcoach Bus Trip to Arthur Avenue with Roxbury Senior Center 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11:00 Balance Class 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12:30-3:30 Mah Jongg 1-2 Stiches of Love 1-2:30 Dime Bingo 2:00 Brass City Eats on Zoom	18 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10-12 Haircuts with Lucy (by appt) 1-4 Table Tennis 12-4 CHOICES Open Enrollment counseling by appointment	19
20	21 8:30-9:30 Stretch & Meditation 10:30-12 Current Events (virtual) 11:00 Balance Class 11:00 Book Club 1-4 Table Tennis 1:30 -3:00 Jewelry Beading Workshop	22 10-11 Silver Age Chair Yoga 10:30 Fitness Fury on Zoom 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12-3:30 Canasta 1-2:30 Dime Bingo	23 9-10 Zumba Gold® 10:30 –12 Aging Mastery Program 10-11:30 NO Writing from the Inside Out today 10:30- Sock Snowman Craft Class 1:30-2:30 Tai Chi	24 The Center is Closed for the Thanksgiving Day Holiday	25 The Center is Closed for the Thanksgiving Day Holiday	26
27	28 8:30-9:30 Stretch & Meditation 10 Tai Ji Chuan: Moving for Better Balance (TJQ:MBB) - first class 10:30-12 Current Events (virtual) 11:00 Balance Class 11:00 Bus Trip to DeCapo's 1-4 Table Tennis	29 10-11 Silver Age Chair Yoga 10:30 Fitness Fury on Zoom 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12-3:30 Canasta 1:00 Music - All Kinds	30 9-10 Zumba Gold® 10-11:30 Writing from the Inside Out 10:00 Bus to Naugatuck 10:00 TJQ:MBB 11:00 Aging Mastery Program Graduation Ceremony 1:30-2:30 Tai Chi	WEEKEND SPECIAL EVENT: Concert by The Valley Chordsmen sponsored by the Friends of the Woodbury Senior Community Center SUNDAY, NOVEMBER 20 2:00 p.m.	WEEKEND SPECIAL EVENT: "The First Ladies Coalition" Live theatrical presentation with Ginger Grace SATURDAY, NOVEMBER 19 2:00 p.m.	
NOTES:						

SOCK SNOWMEN CRAFT CLASS
 sponsored by Candlewood Valley
 Health and Rehabilitation Center

Wednesday, November 23
at 10:30 a.m.

Create an adorable snowman out of a sock!
 The class is free and all materials will be provided.
 Please sign up.



“THANKFUL” HANGING DOOR SIGN CRAFT CLASS
Wednesday, November 2 at 1:30 p.m.

Make a “Thankful” fall holiday sign created on the Glowforge. You’ll paint pour your base using colors of your choice, add the word “thankful” and finish it off with ribbon or a bow. The cost is \$2 to cover the cost of supplies. Please sign up. The class is limited to 20.



JEWELRY BEADING WORKSHOP
Monday, November 21 at 1:30 p.m.



Design your own beaded jewelry in this free class. We will provide an assortment of beads for you. Please sign up.

SENIOR BUS TRIP TO HIDDEN GEM APPLE ORCHARD IN SOUTHBURY

Friday, November 4
Leaving Woodbury at 1:45 p.m.



Shop at the farm stand and pick up some of your favorite apple varieties. Please sign up.



**VOLUNTEERS NEEDED FOR
 AARP TAX-AIDE PROGRAM**

AARP Tax-Aide is looking to expand its CT team of volunteers for the upcoming tax season. Tax-Aide offers free tax filing help to anyone, especially those 50 and older, who can’t afford a tax preparation service. Tax-Aide volunteers make a difference in their communities by assisting many older, lower-income taxpayers who might otherwise miss out on the credits and deductions they’ve earned.

Tax-Aide volunteers receive training and support in a welcoming environment. There is a need for volunteer tax preparers, client facilitators, those who can provide technical and management assistance and interpreters. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification.

This year 562 CT AARP Foundation Tax-Aide volunteers helped more than 32,300 people file their federal and state tax returns. The program is offered at approximately 95 sites, including seniors center, libraries and other convenient locations.

To learn about the volunteer opportunities, visit www.aarpfoundation.org/taxaide or call 1-888-687-2277. AARP Tax-Aide is offered in coordination with the IRS.

HOLIDAY FIRE SAFETY
with Woodbury Fire Marshal Janet Morgan
Friday, December 2 at 1 p.m.



Learn about fire safety when it comes to decking your halls for the holidays. Please sign up.

EATING WELL ON A BUDGET LUNCHESES
Wednesday, December 7 at 11:30 a.m.

Menu: Swedish Meatball Soup, roll and a cookie

With costs for food, energy, and fuel skyrocketing, we all are looking for ways to cut back costs without impacting our lives in a negative way. With this in mind, a new series is born: Eating Well on a Budget Lunches (EWB Lunch). Every 4-6 weeks, the Center will provide a tasty soup or simple lunch free of charge. No reservations needed; we’ll serve until it’s gone. You can eat here and enjoy the company of others, or provide your own take out container to take the meal home (single serving size is best). With every meal, you’ll receive the recipe and instructions so you can recreate the simple and cost-effective meal at home next time. Our first EWB Lunch will be held on Wednesday, December 7 from 11:30 a.m. – 12:30 p.m. or until supplies run out. Sorry, we cannot save you a portion to pick up later. The menu will be Swedish Meatball Soup, a roll, and a cookie. We look forward to seeing you there.



COPING WITH WINTER THIS YEAR: BE READY!

Thursday, November 3 at 1:00 p.m.

Hybrid: attend the program in person OR on Zoom



**BE
WINTER
READY**

Come meet with Dave Lampart, Woodbury's Emergency Management Director for a frank conversation about coping with winter. This year in particular, with

concerns about heating fuel and the economy, it will be important to understand how to stay warm *and safe* at home, in regular weather and during a winter storm.

Municipal Agent Sarah Wirtes will also explain how the various energy assistance programs work, and how to apply. FREE emergency preparation supplies for the first 12 people to sign up, so don't delay.

HAIRCUTS ARE BACK!

Make your appointment with Lucy!

Friday, November 18

10 a.m. to 12 p.m.

Lucy has 36 years experience as a hairdresser and is looking forward to offering her service at the Woodbury Senior Center.

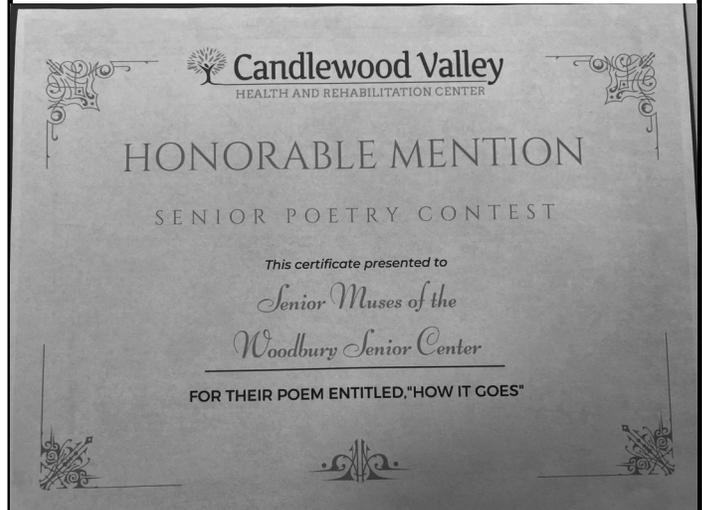


Men - \$10

Women - \$15

Call the Center to make your appointment.

CONGRATULATIONS TO OUR WOODBURY SENIOR CENTER SENIOR MUSES



How It Goes

More than the babies being born,
New life, excitement
The baby, the toddler
Changing the diaper, pre-school
The middle years, the adult connections really get to me.
Closeness, cuteness wear off.
Troubles come and go
Adultlike in teenage years.
Then, the next generation.
"Fun, extremely successful." My sons-I, their father.
Always their mother
Always the father, the son
So proud-the music-a harmonious relationship
With adult children,
Like a life-sustaining leaf.

-by The Senior Muses of Woodbury

Thanksgiving
WORD SEARCH

R U G Z L L G N I F F U T S F
S U N P W U F R T G Q D E A S
E B I L U M F U A F Z I L E R
V A V S T M R K H T R L O J E
S E I H W K P C N R I T D T H
M H G T E E D K E A A T Y R T
I O S Y Q J E B I T H L U A A
R L K Z X U N T O N N T X D G
G I N A B A E P O F Q P H I E
L D A V R L X V F E A S T T C
I A H C B S E Y L I M A F T I O
P Y T B H M A G E U D D S O R
O T O P B P L Y M O U T H N N
U G L E E I P I R I M H Q B T
C O R N U C O P I A J Z R B Y

- | | | |
|----------|------------|--------------|
| FALL | THANKFUL | NOVEMBER |
| GATHER | TURKEY | PLYMOUTH |
| HOLIDAY | CORNUCOPIA | STUFFING |
| PILGRIMS | FAMILY | THANKSGIVING |
| PUMPKIN | GOBBLE | CRANBERRIES |
| CORN | GRATITUDE | POTATOES |
| FEAST | PIE | TRADITION |



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.