

WOODBURY SENIOR CENTER REPORTER



OCTOBER 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.



**KEEP
CALM
AND**

WELCOME BACK!

We Missed You!

KeepCalmAndPosters.com

**The Woodbury Senior Community Center Building is reopening October 1
for some senior services and programs**

You are welcome to come to the Center by appointment for individual services, help from the office staff, Fitness Room appointments, to play pool by appointment, or to attend a scheduled class or program by advance registration.

You are welcome to use the patio and grounds to meet with friends or in groups of no more than 10 people. Groups must adhere to 6 feet social distancing and wear masks.

We'll be screening people at the door. If you cannot or choose to not wear a mask, we will do our best to meet with you outside or virtually, but masks inside the building are a must.

We know you want everything to go back to normal; we do too. It can be disappointing to see program restrictions; we feel it too. We must operate under the guidance of specific State protocols, and we will continue to adapt and offer more services as we are able.

The restrooms in the hallway will be available upon request.

Please enter through the double doors at the front of the building and exit through the portico doors or directly from the Community Room.

Virtual programs, non-contact delivery of services, and curbside pick up are still available and will continue.

We will add more classes and programs as we are able; please understand that state requirements include that all visits and class participation be by advance registration at this time. No drop-in classes will be offered. Please also know that all programs and service availability will be subject to change.

It is our sincere hope and promise to continue to offer you the very best possible service even in these unusual times. If you have a question, concern or suggestion, please call us at (203) 263-2828.



CENTER OPENS FOR IN-HOUSE SERVICES AND APPOINTMENTS

Beginning October 1 our doors reopen for limited services inside the building. We've missed seeing you in person and welcome you back. Below are some answers to frequently asked questions about reopening the building:

Will I be screened at the door? Yes, we will be asking you a few questions about whether you've had any chills, fever, etc. before you enter the door.

Are masks required? Yes, masks are required at all times inside the building. If you cannot or choose not to wear a mask, we will do our best to assist you virtually or outside the building.

Can I come to the office for help, or just to say hi? Yes, you can. We ask that you call first so we know to expect you. Come to the office window when you arrive, or we will meet you outside if it's a social call. A doorbell is now available at our front door. Please ring the bell if you need staff.

Is my class returning? In accordance with state guidelines, most classes which can be done online will stay online for the time being. We will bring back in-person programs slowly. Some of the factors that go into this decision include the number of people involved, the need for equipment and supplies for the program, the availability of instructors and a reduced schedule due to the need to clean and sanitize the rooms after each program. Call us with questions.

Can I make a social services appointment? Yes, indeed. Most social services appointments will continue to be held curbside.

Can I hang out with my friends? Initially we ask that you meet your friends on our patio for chatting. The lounge, café and TV rooms will not be open.

Can I use the Fitness Room? Yes, Fitness Room members may make an appointment to use the equipment Monday through Friday. Please read about using the Fitness Room below.

Can I use the pool table? Yes, the pool table will be available for use by two people at a time, by appointment only, Monday through Friday. Please call in advance

Will you serve meals? At this time, congregate meals will not be served at the Center. We hope to bring this service back as soon as it is deemed safe to do so. Meals on Wheels continue to be delivered. Grab and Go meals will return this fall.

Will bathrooms be available? Yes, the main hallway bathrooms will only be available upon request. No showers are available.

Will some of the new virtual programs continue? Yes, virtual Senior Center programs are here to stay.

FITNESS ROOM OPENS

Beginning October 1, 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.





**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 for - 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.

When you can vote by absentee ballot - Absentee ballot forms will be available beginning October 3, 2020.

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.

DETERRA PACKETS AVAILABLE

ASAP (Advocates for Substance Abuse Protection) has made packets of Deterra available outside the Center next to the drop box. Deterra is a drug deactivation system that when mixed with your unused prescriptions, renders those medications inactive. Environmentally friendly and safe to use, please help dispose of your prescription safely. The packets are free. Just stop by and pick one or two up if you need them.



ZOOM HAPPY HOUR

Now on Friday, October 30 - 3 to 4 p.m.

Join your friends for a Virtual Happy Hour in one of the world's great pubs. We will

"visit" the pub with virtual backgrounds, facts and more about the world's famous watering holes, along with plenty of time for talking and visiting. Each Happy Hour will feature a different pub. In October visit Munich, Germany's Hofbrauhaus, one of Munich's oldest beer halls founded in 1589 by the Duke of Bavaria.

Bring your beverage of choice to your computer or smartphone right at home, joining us on Zoom.

Call the Center to sign up and be sure to give us your email address so we could send you the link for this program.

SIGN UP FOR CT ALERTS FOR URGENT SITUATIONS



What a year 2020 is turning out to be!

To be most informed about emergency situations such as storms, sign up for "CT Alerts." Once registered you will receive emergency alerts from the CT Emergency Notification System by text, email or voice call. Call the Center at 203-263-2828 if you need help signing up.

Go to: <https://portal.ct.gov/ctaalert>

DIVERSITY: A RESPECTFUL CONVERSATION ON ZOOM

Monday, October 19 from 1 to 2 p.m.

With topics jumping right out of the headlines, join Loryn and Jen on Zoom for a moderated discussion on diversity in 2020. Using tools from a professional training workshop, we will raise our own awareness of old and new issues and learn to think and talk about our own diversity thoughts and experiences in a respectful manner. Call to sign up and get login information for participation by phone or by computer or smartphone.

SENIOR BUS TRANSPORTATION NEWS

We are adapting our senior bus transportation to meet your needs. We are now reserving Wednesdays for shopping in and around the Southbury area. Please call us to reserve your seat. Also, we have had requests to get to stores like Target and Walmart. We will be doing a bus trip to Torrington on **Monday, October 19**, where riders may shop at Walmart, Target, Big Lots, Dollar Tree, Goodwill, Aldi's, among others. Please call early to reserve your seat. We are limiting rides on the bus to 6 riders per trip (one rider per row). 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.



VIRTUAL EXERCISE CLASSES**Virtual Cardio Dance with Andrea on Zoom
Wednesdays and Fridays 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 \$20 for the month of **September** (9 classes). 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. Class will begin on September 2.

**Virtual Chair Pilates with Megan on GoToMeeting
Wednesdays, October 7, 14, 21 & 28 from 10:30 to 11:15 a.m.**

Bend forward, backward and sideways while practicing supported Pilates postures on a chair, in the comfort of your home. Class includes energetic flowing movement, guided relaxation, healing imagery and gentle stretches guided by breath. Register by sending a check (\$10 to the Town of Woodbury) for the month of October to Woodbury Senior Center, 281 Main Street South, Woodbury, CT 06798 or use our drop box outside of the Center. Please send Megan an email to set you up for your first class at Megan@peacefulwaywellness.com. If you have any questions, please call the Center at 203-263-2828 or contact us at seniorcenter2@woodburyct.org.

**Virtual Fitness Fury with Susan****Tuesdays from 11 to 11:45 a.m. and Thursdays at 10 to 10:45 a.m.**

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 8 classes. 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.

Balance Class with Loryn on Facebook Live

Loryn's Balance Class video can be found on the Woodbury Senior Center Facebook page under "Videos" for you to use at your convenience.

IN-HOUSE EXERCISE PROGRAMS**Outdoor Tai Chi Demo with Susan
Monday, October 5 at 1 p.m.**

Come to our FREE outdoor Tai Chi demo (fair weather only). Limited to 25 people. Participants will be screened and face coverings must be worn.

**In-House October Tai Chi Session with Susan****Mondays and Wednesdays, October 14, 19, 21, 26 & 28 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 October session. Participants must sign up for the month of classes and will be screened at the door and masks must be worn.

**In-House Mat Pilates with Megan****Tuesdays, October 6, 13, 20 & 27 from 8:30 to 9:30 a.m.**

The cost is \$16 for the October session. Participants must sign up for the month of classes and will be screened at the door and masks must be worn.

**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.




**ONLINE TECHNOLOGY AND JOB-FINDING PROGRAMS
IN OCTOBER (AARP BASED PROGRAMS)**

Please register for these webinars at the websites listed
below:

**Exploring Twitter with Technology for Tomorrow:
Monday, October 5 at 12 p.m. (EST)**
<https://states.aarp.org/connecticut/events-ct>

**AARP CT Webinar Wednesdays: Work at Age 50+:
Strategies for a Successful Job Search Workshop:
Wednesday, October 7 at 7 p.m.**
<https://states.aarp.org/connecticut/events-ct>

**Webinar hosted by Fox Valley Technical College:
Work for Yourself 50+
Thursday, October 15 at 10 a.m.**
<https://states.aarp.org/connecticut/events-ct>




**The Roxbury Land Trust 50!
Fall Walks at the Roxbury Land Trust
with Barbara Bradbury-Pape via Zoom
Wednesday, October 7 at 11 a.m.**

Barbara Bradbury-Pape, Director of
Development for the Roxbury Land Trust, will give a Zoom
presentation about the Roxbury Land Trust. In her talk,
**Ms. Bradbury-Pape will highlight the trust, it's preserves
and programs, as well as showcase four RLT preserves
walks ideal for seniors who want to enjoy nature.**

Call the Woodbury Senior Center to register at
203-263-2828.

**POMPERAUG DISTRICT DEPARTMENT OF HEALTH
FLU SHOT CLINIC AT THE WOODBURY SENIOR CENTER**

Friday, October 16, 10 a.m. to 12 p.m.
by appointment only




To make an appointment, please call the
Health Department at 203-264-9616, Ext 0.
Please do not call the Senior Center for your
appointment as you have in the past.

WOODBURY DRUG OFFERING HOUSE CALL FLU SHOTS


Woodbury Drug is offering flu shot house calls this fall. Owner
and Pharmacist Jane Gergasky will meet you wherever you are
comfortable and administer a flu shot with no need for entering
a store or other public building. For details and to make an
appointment, call Woodbury Drug at 203-263-2282
and ask for Jane.

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.

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.

INFORMATION ON TRANSPORTATION OPTIONS

April Chaplin from the Kennedy Center will be here on Friday, October 16, outside at the Center, to offer free information
packets on transportation options for anyone interested. People attending the Flu Shot Clinic will be able to get a packet then.
If you won't be at the flu clinic, but you want one of April's information and goody bags, please call 203-263-2828.

INFORMATION FROM SOCIAL SERVICES...

LAST CALL FOR SENIOR FARMERS MARKET NUTRITION PROGRAM VOUCHERS

The Senior Farmers Market Nutrition Program (SFMNP) is a supplemental food program for individuals over the age of 60 or those who are disabled living in housing where congregate nutrition services are not provided and meet income eligibility. Participants must be enrolled in another program with proper means testing (ex. Renters Rebate) to verify income. Each eligible participant receives one (1) \$18 check booklet annually containing six (6) three dollar (\$3) checks. SFMNP checks can be redeemed at SFMNP authorized locations throughout Connecticut for fruits, vegetables, fresh cut herbs and honey.

Participant Eligibility: Vouchers can only be distributed to eligible individuals who are residents of Woodbury. One (1) booklet annually can be provided to each eligible participant. This year we can mail your voucher to you.

Participant eligibility includes: 1. The individual is 60 years of age or older OR is a disabled individual under the age of 60 living in housing facilities occupied primarily by older individuals where congregate nutrition serves are provided. 2. The individual has a maximum household income of not more than 185% of the annual poverty income guidelines is acceptable for the participant to verbally attest to meeting the income eligibility guidelines.

2020 Income Limits:

Household Size	Monthly Income	Annual Income
1	\$1968	\$23,606
2	\$2658	\$31,894

Vouchers expire October 31, 2020

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 203-256-8151 in Waterbury or email Energy@NewOppInc.org.

FREE TUTORING FOR ONLINE PROGRAMS IS AVAILABLE

Do you need help understanding and using some of the online platforms that we are all suddenly using? We have tutors who can help you over the phone. Call the Center for an appointment. We can help you with your struggles with the following (and more):



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! Thank you to Kay Schreiber at Synergy Home Care for sponsoring this month's "Senior Center in a Bag".

If you are interested, call the Center at 203-263-2828 to make arrangements to receive your bag full of great stuff. We deliver!



Woodbury Senior Center's October Pandemic Poetry Contest

Haiku

A traditional Japanese haiku is a three-line poem with seventeen syllables, written in a 5/7/5 syllable count. Often focusing on images from nature, haiku emphasizes simplicity, intensity, and directness of expression.

POETRY CONTEST RULES

1. Poetry must be a Haiku (on any subject)
2. Only one poem per person is allowed.
3. Submissions must be received by October 19th to Jennifer Skene-Tiso by email, (jtiso@woodburyct.org) drop-off box located on the green bench outside the Center or mail to the Senior Center at 281 Main St. S Woodbury, CT 06798

PRIZES

We will be awarding 3 winners nature themed prizes



HOW TO WRITE HAIKU?

STEP 1. BRAINSTORM YOUR IDEAS

- Pick a topic of interest.
- Brainstorm words that associate with this topic.
- Make a good list so that this will provide you with a word bank for your haiku

STEP 2. FORMAT YOUR HAIKU.

- Now that you have your word bank, lets start your haiku.
- The haiku consists of 3 lines.
- The first line contains 5 syllables.
- The second line consists of 7 syllables.
- The third line consists of 5 syllables.
- YOU MUST FOLLOW THIS FORMAT!

See Haiku examples created
by staff on Page 13

You Are Invited To The First *Virtual* TRI-TOWN SENIOR CENTER EXPLORATION SERIES!



The **CT Healthy Living Collective** is pleased to offer the first virtual tri-town senior center Exploration Series with funding from AARP and in collaboration with:

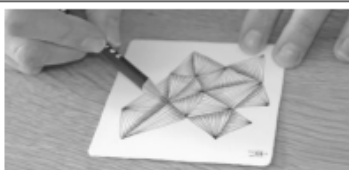
*The Newington Senior & Disabled Center Canoe Brook Senior Center, Branford
Woodbury Senior Center*

- Limited spots available so sign up now!
- Available to residents of Newington, Branford and Woodbury.
- Held from 1:00 pm – 2:30 pm via Zoom. (One-on-One Zoom assistance is available if you need it.)

Explore Connecticut – Virtually - on Oct. 14th

Join David Bibbey, the host of All Things Connecticut on CPTV, for a virtual exploration of some of his favorite spots in our beautiful state.

A breakout discussion of what's on YOUR bucket list will follow.



Zentangles on Oct. 21st

Learn this easy, relaxing, and fun way to create beautiful images by drawing structured patterns called "tangles."

Discover how the Zentangle Method can increase your creativity, reduce your stress and improve your life experience.

No artistic experience necessary. Participants will receive all materials prior to the event so this will be a hands-on class!

On Oct. 28th learn about how to Preserve Your Quality of Life and Protect What's Yours With

Mark R. Connell
ATTORNEY AT LAW, LLC
ELDER LAW & ESTATE PLANNING STRATEGIES



As an elder law attorney, Mark's expertise is in helping older adults create plans that preserve their quality of life as they age and allow them to leave a legacy for their loved ones. A discussion based on the Five Wishes advance directive document will follow.

Please register for the series on-line at [Tri Town Senior Center Exploration Series](#) by Oct. 10th. For more information, contact your senior center:

Newington
860-665-8778

Canoe Brook, Branford
203-315-0687

Woodbury
203-263-2828

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."



RENEW YOUR "FRIENDS" MEMBERSHIP NOW

and receive a \$10 coupon to apply to any Senior Center program, activity or class

As a way to show our appreciation for your loyalty over the years, those who join or renew their "Friends" membership during the months of September and October 2020, will receive a \$10 coupon to apply towards any Senior Center program, activity or class. Simply mail a completed membership form along with your check made payable to "FWSCCI", P.O. Box 493, Woodbury, CT 06798. We will then send you your \$10 coupon. For a membership brochure, contact Sharon Sherman at 203-266-9051 or pick one up at the Senior Center.

CONGREGATE GRAB AND GO MEALS RETURN!



We are happy to announce that our Grab and Go service for Congregate Meals is returning! The Art of Yum, our chefs for our in-house meals, will prepare delicious meals for those who

pre-register on Tuesdays and Thursdays beginning in late October. Just as with our Congregate Meals, you will sign up in advance for the days you wish to have lunch, and as during our earlier Grab and Go meals, you'll drive to the Center to pick up your fresh meal and take it home. This service will be available on Tuesdays and Thursdays, with pick up between 11:30 a.m. to 1 p.m. at the Center. Suggested donation is \$3.50.

In this pilot phase of the program, Grab and Go meals are available only to those who ate lunch at the Center on Tuesdays and Thursdays in the past.

"FRIENDS" ANNUAL MEETING AND CONCERT

**Friday, October 2 at 2 p.m.
outdoors at the Senior Center**

You are cordially invited for a fun-filled musical afternoon at the Senior Center patio with entertainment by **Bella Blue**, two talented female musicians who are guaranteed to put a little bit on country and a little bit of rock and roll into your afternoon. A brief "Friends" annual meeting will follow the concert. Masks will be required and bring a lawn chair. Limited to 25 attendees. Register by September 30 by contacting Debbie Chester at 203-263-5290.

MEDICARE OPEN ENROLLMENT SEMINAR

**IN-HOUSE AND ON ZOOM
with John Somero**



Thursday, October 15 from 1-2 p.m.

John will review 2020 Medicare changes, prescription plans and what to look out for. Please bring your questions.

Sign up is limited to 10 for in-house and masks are mandatory. The seminar will also be streaming live virtually on Zoom. If you choose to participate using Zoom.

Contact the Center for the Zoom link.

Find and circle the fall words from the word list.



Word List

AUTUMN	GOURDS	LEAVES	PUMPKINS
COLORFUL	HALLOWEEN	NOVEMBER	SCARECROW
FARMERS	HARVEST	OCTOBER	THANKSGIVING
FIELDS	HAYRIDE	OUTDOORS	



FREE LIVE PROGRAMS ON ZOOM

KEEPING MINDS SHARP AT HOME!

All Programs start at 2 PM; sign in at 1:45

Call (203) 263-2828 to sign up for one or more classes

Thursday, October 1

Tuskegee Airmen National Historic Site

Before the first African American military pilots became known as the "Red Tails", their flying adventure started at Moton Field, in Tuskegee, Alabama, where the Army Air Corps conducted a military test to see if African Americans could be trained to fly. Join us as we tour historic Moton Field, exploring their training, combat roles, and fight for equal rights at home.



Tuesday, Oct. 6

"Animal Adaptations in the Yellowstone Ecosystem"

Draper Natural History Museum in the Center of the West

"Animals truly are amazing! They can survive in their environments through their amazing adaptations. Journey through four habitats in the Greater Yellowstone Ecosystem – the alpine, forest, mountain meadow, and plains/basin environments. We will visit immersive museum exhibits that highlight animals in each of these unique habitats."



Thursday, October 8

Virtual Tour from the National Museum of the Pacific War

Come and take a virtual tour of this fabulous museum! Discover the human story of World War II in the Pacific in more than 55,000 square feet of exhibit space spread over three galleries located on six acres in the heart of Fredericksburg, Texas.

Tuesday, October 13

SPAM MUSEUM?! Yes, the SPAM Museum!

This fun virtual experience is designed to provide a chance for your group to interact with **SPAMBassadors** as we go through a tour of the SPAM Museum. The museum itself tells about the history and start of the Hormel company. As well as its involvement in WW2 and other wars. We talk about the cultural impact that SPAM has had all around the globe and highlight some unique markets. We teach you the 6 simple ingredients that go into making classic SPAM. Bring your favorite memories of a SPAM!

Thursday, October 15

American Impressionism- Amon Carter Museum of American Art

American Impressionism

By viewing and discussing art works by Mary Cassatt, William Merritt Chase, Childe Hassam, John Singer Sargent, and others participants discover how the advent of American Impressionism was more than just an imitation of the Impressionist movement in France. The basic tenets of Impressionism, as well as the historical and cultural influences of the time, are discussed.



Tuesday, October 20th

PENN MUSEUM

Stories from the Tamil Diaspora
by Praveen Vijaykumar

What does it look like when worlds collide and create new communities? "Stories from the Tamil Diaspora" traces a Singaporean Tamil family's history back to Tamil Nadu, India, in the early 20th century. The presenter shares experiences of British colonialism, Tamil performing arts practices, and Singapore's transition from colony to an independent, multicultural, and global nation.

TWO BONUS "MORE ABOUT ELEANOR" PROGRAMS!

WEDNESDAY, Oct 21 and THUR.,OCT 29

Back by popular demand! We have had some special requests for MORE about ELEANOR- and Jeff with the FDR Presidential Library and Museum has agreed to come back . We will send out more program details closer to the date. Please make note of these TWO Bonus Programs!

Part 1:

Wednesday, October 21, 1PM CENTRAL

Eleanor Roosevelt: Partner in the Whitehouse

Part 2:

Thursday, October 29, 1PM CENTRAL

Eleanor Roosevelt: Casting Her Own Shadow In the Post Whitehouse Years



Thursday, Oct 22

"GOLD"! A Virtual Tour from Columbia State Historic Park

"Columbia State Historic Park is the largest collection of gold rush era buildings in all of California. The brick buildings that date back to the late 1850s-1870s help to tell the story of the diverse merchants and miners who helped create this once booming town. Although Columbia's population has dwindled over time, it was never a ghost town. This virtual tour takes you inside buildings and exhibits for a look at this bygone era."



MARATHON IN A MONTH RETURNS

Marathon in a Month is back for October by popular demand, Walk a little each day, track your steps, and in a month you'll have walked a marathon. The first ten people to register will receive a few pedometer (you must not have also received a free pedometer in the last Marathon in a Month challenge). If you have a smart phone, you can track your steps with an app also; let us know if you need help getting started. All those who sign up and return their steps log at the end of the month will be entered into a drawing to win a Fitbit Inspire Fitness Tracker. The Inspire will fit any wrist and will track your all-day activity, calories and even your sleep. Sign up now!

WHAT'S YOUR FAVORITE THING ABOUT FALL?

In a word, tell us your favorite sight, smell, taste, touch or impression of fall. We are making a word cloud of your submissions to feature in our November newsletter. A word cloud is artwork made of words! Email or give us a call.

BOGGLE WITH KAREN

Friday, October 23 at 11 a.m.



Keep your brain sharp by playing the word game Boggle with Karen and others virtually. It's amazing how much fun group games can be in a Zoom format. For the program you'll need to bring your brain, a pad and pencil, and get ready to have a great time staying mentally sharp. You will need a Zoom account. Please call to sign up.

OUTSIDE BOOKS ARE LEAVING SOON

We are removing all remaining books from our pick up area outside in October. Pick up your favorites by October 10. All remaining books will be donated to the Woodbury Public Library Book Cellar.



DID YOU KNOW?



The Center offers no-contact pick up and drop off for Senior Center in a Bag, program materials, newsletters, masks, payments and more. You'll find it outside our front entrance on the green bench. Give us a call if you'd like us to leave any materials outside for you for pick up or if you are dropping off something to us.

SAMPLE HAIKU TO GET YOU STARTED

You can enter our Haiku contest and be a poet. Have some fun using your brain, and maybe win a prize. Here are some staff verses to get you started:

Autumn's cool crisp air
In need of a sweater now
Awaits winter snow
- Karen

Flour, yeast and salt
Bagel, Baguette, wheat and rye
Kitchen alchemy
- Loryn

Elysian dying
A waste of feathery bloom
Doomed by orange pest
- Jen S-T

Can I take a nap?
This cat is heavy on my lap
All ambition's gone
- Loryn

Me and my big mouth
I have to write a Haiku
Wow I am finished
- Jen S-T

WHAT'S YOUR GREAT IDEA

Do you have a program idea? A suggestion? As we begin to rebuild our programs menu, we want to hear from you. Consider this your virtual suggestion box. Fill out and drop off at the Center Drop Box, or return it by mail or email.

My great idea is...

AUTUMN CROCK POT RECIPES

Short Ribs of Beef with Zinfandel and Balsamic Vinegar (Serves 2)

One 8 ounce can tomato sauce
 2/3 cup red wine, preferably Zinfandel
 1 large shallot, finely chopped
 2 1/2 tablespoons balsamic vinegar
 1 tablespoon Dijon mustard
 4 drops hot sauce (Tabasco)
 1/2 teaspoon salt
 4 beef ribs



Combine the tomato sauce, wine, shallot, vinegar, mustard, hot sauce and salt in a small bowl and mix until smooth.

Arrange the rib portions in the crock pot and pour the sauce over them. Cover and cook on low for 7 to 8 hours, until the meat is tender and starts to separate from the bone.

Slow-Baked Macaroni and Cheese (Serves 2)



1 1/2 cups milk
 One 12 ounce can evaporated milk
 3 large eggs
 1/4 cup (1/2 stick) unsalted butter, melted
 1/2 teaspoon salt
 3 cups (12 ounces) shredded Italian fontina cheese
 1/2 pound elbow macaroni or mini penne tubes (par cooked and drained)
 Freshly ground black pepper to taste
 1/2 cup grated Parmesan cheese

Spray bottom and sides of inside of crock pot with non-stick vegetable spray or grease with olive oil. Combine milk, evaporated milk, eggs, butter and salt in the crock pot and whisk until smooth. Add fontina cheese and macaroni. Grind pepper over all ingredients. Gently stir to coat evenly. Sprinkle the parmesan cheese on top. Cover and cook on high for 30 minutes. Reduce to low and cook for 2 to 2 1/2 hours until the custard is set in the center and the pasta is tender.

OCTOBER 2020

VIRTUAL PROGRAMS

S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T
1			SLN: Please sign in at 1:45 p.m. for 2 p.m. class	1 -10:00-10:45 Fitness Fury with Susan via Zoom	2 -9-10 Cardio Dance with Andrea via Zoom	3
4 5		6 -11-11:45 Fitness Fury with Susan via Zoom -2:00 SLN: Animal Adaptations in the Yellowstone Ecosystem	7 -9-10 Cardio Dance with Andrea via Zoom -10:30-11:15 Chair Pilates with Megan via GoToMeeting -10:30-12:30 The Presidents Continued with Penny O'Connell -11:00 Fall Walks at the Roxbury Land Trust via Zoom	8 -10-10:45 Fitness Fury with Susan via Zoom -2:00 SLN: Virtual Tour from the National Museum of the Pacific War	9 -9-10 Cardio Dance with Andrea via Zoom	1 0
1 1	12 Senior Center Closed for the Columbus Day Holiday	13 -11-11:45 Fitness Fury with Susan via Zoom -2:00 SLN: SPAM Museum Yes, the SPAM Museum	14 -9-10 Cardio Dance with Andrea via Zoom -10:30-11:15 Chair Pilates with Megan via GoToMeeting -10:30-12:30 The Presidents Continued with Penny O'Connell	15 -10-10:45 Fitness Fury with Susan via Zoom -1-2 Medicare Open Enrollment Seminar -2:00 SLN: American Impressionism/Amon Carter Museum of American Art	16 -9-10 Cardio Dance with Andrea via Zoom	1 7
1 8	19 -1-2 Diversity: A Respectful Conversation on Zoom Haiku contest deadline today	20 -11-11:45 Fitness Fury with Susan via Zoom -2:00 SLN: Penn Museum	21 -9-10 Cardio Dance with Andrea via Zoom -10:30-11:15 Chair Pilates with Megan via GoToMeeting -10:30-12:30 The Presidents Continued with Penny O'Connell -2:00 SLN: Part 1 - Eleanor Roosevelt: Partner in the White House	22 -10-10:45 Fitness Fury with Susan via Zoom -2:00 SLN: Gold! A Virtual Tour from Columbia State Historic Park	23 -9-10 Cardio Dance with Andrea via Zoom	2 4
2 5	26	27 -11-11:45 Fitness Fury with Susan via Zoom	28 -9-10 Cardio Dance with Andrea via Zoom -10:30-11:15 Chair Pilates with Megan via GoToMeeting -10:30-12:30 The Presidents Continued with Penny O'Connell	29 -10-10:45 Fitness Fury with Susan via Zoom -2:00 SLN: Part 2: Eleanor Roosevelt: Casting Her Own Shadow in the Post White House Years	30 -9-10 Cardio Dance with Andrea via Zoom -3-4 Zoom Happy Hour	3 1

OCTOBER 2020

IN-HOUSE PROGRAMS

S U N	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S A T
	1			1	2 -2:00 "Friends" Annual Meeting and Concert Outdoors at the Center	3
4	5 -1:00 Tai Chi Outdoor Demo with Susan (fair weather only)	6 -8:30-9:30 Mat Pilates with Megan	7	8	9 -2:00 "Friends" Annual Meeting and Concert Outdoors at the Center (Rain Date)	10
11	12 Senior Center Closed for the Columbus Day Holiday	13 -8:30-9:30 Mat Pilates with Megan	14 -1-2 Tai Chi with Susan	15 -1-2 Medicare Open Enrollment Seminar	16 -10-12 Pomperaug District Department of Health Flu Clinic at the Senior Center (by appointment only!) -10-12 Transportation Packet Pick Up at Center	17
18	19 -10:00 Senior Bus Trip to Torrington -1-2 Tai Chi with Susan Haiku contest deadline today	20 -8:30-9:30 Mat Pilates with Megan	21 -1-2 Tai Chi with Susan	22	23	24
25	26 -1-2 Tai Chi with Susan	27 -8:30-9:30 Mat Pilates with Megan	28 -1-2 Tai Chi with Susan	29	30	31