

WOODBURY SENIOR CENTER REPORTER



OCTOBER 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.

Pomperaug District Department of Health FLU SHOT CLINIC

at the Woodbury Senior Center
Friday, October 15 from 10 a.m. to 12 p.m.

Pre-registration is required -

call the Senior Center NOW at 203-263-2828.

Available vaccines: Quadrivalent, High Dost Quadrivalent, Flublok. The following insurances are accepted: Medicare (Part B), Aetna, Cigna, UnitedHealthcare, Husky/Medicaid, Anthem BC/BS* Connecticutcare*

*with the exception of their Access Health CT/CT Exchange Plans-
Face Masks will be required regardless of vaccination status.



The Center will be closed on
Monday, October 11 for the **Columbus Day** Holiday.
There will be no senior bus transportation.

BRASS CITY HARVEST MOBILE FARM MARKET Wednesdays from 10 a.m. to 12 p.m. through October 27



The produce at the Brass City Mobile Farmer's Market is super-fresh, CT grown, delicious and fairly priced. Each week features veggies, fruits

and other farm market specialties like local meats, honey and/or cheeses, along with baked goods and specialty items.

Stop by the parking lot of the Woodbury Senior Center. The

Farm Market is open to everyone regardless of age or residency. They accept cash, credit/debit cards, SNAP and Farmer's Market Nutrition Coupons for WIC households and senior and disabled persons. We'll see you at the market!

COVID BOOSTER VACCINATION UPDATE



The Senior Center is working with Pomperaug District Department of Health to schedule a COVID booster vaccine clinic for seniors this fall;

however, we must wait until the FDA approves use of booster shots for those over 65. It is likely that Pfizer and Moderna vaccines will both be available; however, approvals may not come at the same time. It is recommended that each person getting a booster shot receive the same type of vaccine as their initial vaccine. The Center will be using emails, press releases, and voice calls to inform you about details and appointments as they become available.

No appointments may be made at this time, but please watch for more information as it is released.

OKTOBERFEST DAY

at the Woodbury Senior Center!
Friday, October 8



Join your friends for a day of fun at the Center. In addition to our regular Friday programs, stop in anytime from **9 a.m. to 2 p.m.** to spin the **Oktoberfest Prize Wheel!** You may win a small prize or a big prize such as a dinner for two at a local restaurant, or a year's free membership at the WSC Fitness Room or a local store gift certificate! From **12:30 p.m. to 1:30 p.m.** join in the fun on the patio for trivia, **hot pretzels and root beer.** Inside, enjoy **armchair travel** as we enjoy a video travelogue to **Germany and a cruise down the Danube at 2 p.m.** At **3 p.m.** pick up your take out **Oktoberfest meal.**

The cost for the meal is \$5. All other events of the day are free.

Sign ups are a must!

Take Home Oktoberfest Menu

Assorted sausages with dipping mustard

Potato Pancake

Sweet and Sour Red Cabbage

Pretzel Roll

Apple Crisp

(you supply your own beer or beverage when you get home!)

SENIOR BUS TRIP Wednesday, October 13 Leaf Peeping and American Pie Restaurant in Sherman

Enjoy this scenic ride and a great lunch on your own. We will leave Woodbury by 10 a.m. for an early lunch (11 a.m.) Enjoy the fall foliage on the way.

Availability is limited to 12 (proof of vaccine and masks are a must).

Please sign up.



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.

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.

OCTOBER MENU

Tuesday, October 5 - Greek Salad **OR** Chicken Gyro, roasted potato, vegetable

Thursday, October 7 - Mediterranean Chicken, roasted potato, vegetable **OR** Shepherd's Pie, vegetable

Tuesday, October 12 - Baked Macaroni & Cheese, small salad **OR** Baked Scrod, roasted potato, vegetable

Thursday, October 14 - Pasta Bolognese, small salad **OR** Chicken Marsala, mashed potato, vegetable

Tuesday, October 19 - Meatloaf, roasted potato, vegetable **OR** Greek Salad Plate

Thursday, October 21 - Chicken Pot Pie, vegetable **OR** Shepherd's Pie, vegetable

Tuesday, October 26 - Chicken Gyro, roasted potato, vegetable **OR** Baked Macaroni & Cheese, small salad

Thursday, October 28 - Chicken Francese, roasted potato, vegetable **OR** American Chop Suey, small salad



NEW OPPORTUNITIES
Building Relationships to End Poverty

INFORMATION FROM THE FRIENDS OF THE WOODBURY SENIOR COMMUNITY CENTER, INC.**ANNUAL MEETING****FRIENDS OF WOODBURY SENIOR COMMUNITY CENTER, INC.**

Friday, October 1 at 1 p.m. at the Woodbury Senior Center Café

Join us and your friends Friday, October 1, 1 p.m. in the Center's Café for the "Friends" annual meeting.

Discover how the "Friends" have supported the Woodbury Senior Center for over 14 years.

No registration required. Bring your ideas and smiles.

Don't Forget!**2021-2022 Membership Still Available.**

Join the "Friends" or renew your membership. (October 1, 2021 - September 30, 2022.)

Friends' membership fees are: Individuals - \$10; Couples or Family - \$15; Patrons - \$25; and Benefactors - \$100 or more.

To join/renew... mail your check, made payable to FWSCCI, P.O. Box 493, Woodbury, CT 06798. On the check memo line write "Membership."

Be a friend and make a difference!

Please note: "Friends" membership is voluntary and not required to be a member of the Senior Center.

Friends of the Woodbury Senior Community Center, Inc. presents Mandolin & Guitar Duo Handler & Levesque

Sunday, October 17 at 2 p.m. at the Woodbury Senior Community Center


Concert will be held outdoors. Please bring a lawn chair. If inclement weather, concert will be held indoors.

No admission charge.

Enjoy passionate music with an international flair for guitars & mandolin. Connecticut-based husband and wife duo, Handler and Levesque blend swing, Brazilian, classical, Latin, 60's & 70's, jazz, gypsy, and folk music influences to create their unique, expressive arrangements.



Funded through a grant from the Woodbury-Bethlehem Community Music Foundation, Inc., through the Thomaston Savings Bank, the Woman's Club of Woodbury and music lover patrons. For more information or to become a member of the "Friends," contact Sharon Sherman at (203) 695-5410.




THE MONTHLY MUFFIN
 Stop in on **Thursday, October 28 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. What a great time to stop by, catch up with friends and the goings on at the Center. Muffins available while supplies last. MMM....it smells good in here already!


THE ORENAUG FRIENDSHIP PATIO CAFÉ
 Weekdays from 9 to 11 a.m.
Welcome to the Orenaug Friendship Patio Café (The OFC).



Stop in for a C-U-P at the OFC for a flavored coffee, cappuccino, iced coffee and more. Place your order at the office window and enjoy your tasty beverage on the outdoor patio. Enjoy a table for two or have a sip with several friends.




BLOOD PRESSURE CLINIC RETURNS
First and Third Tuesdays of the Month
Tuesdays, October 5 & 19
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, October 7 & 14 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. Effective October 1, black and white copies will cost 15¢ per page. Color copies are not available.




THERAPEUTIC MASSAGE WITH ANDREA
Wednesdays, October 6, 13 & 27
Fridays, October 1, 8, 15, 22 & 29
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.




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, October 7 at 9 a.m.
Orenaug Park, Woodbury
 Orenaug Park features items of historical significance to Woodbury which you'll discover together, an amazing view (if you dare) from the top of the fire tower, and more.

Trek Hike: Friday, October 22 at 9 a.m.
Hidden Valley Preserve, Washington, CT
 Walk a combination of the Van Sinderen and Bee Brook Loops and the President's Trail. These trails are mostly open with good footing, but there are sections with exposed roots and small rocks. There is also one steep staircase we will be descending as you cross a bridge. The footing is solid and there are handrails. The views along the brook are simply gorgeous. You should be comfortable hiking 2.5 to 3 miles to enjoy this hike, although the distance can easily be shortened if the day is hot or the group decides to shorten the route.

What to wear/bring: Wear sturdy shoes and socks. Please bring water to drink and a snack if you like. Bug spray and sunscreen if you prefer. Trekking poles are great if you like a little extra balance.

Writing From The Inside Out
A Creative Writing Workshop on Zoom
Thursdays, October 21 - December 2
(no class 11/11 & 11/25)
11 a.m. to 12:30 p.m
Cost: \$25



Writing is a process of discovering what thoughts, feelings and stories lie within us. Writing encourages us to observe, explore, ask questions, listen and open our minds and hearts. Writing helps us live our lives in "widening circles" using words as the palette to join our inner and outer worlds.

In this class you'll experiment with a variety of exercises, techniques and ideas that will help you find the words, images and forms that express your unique style.

Contact the center to sign up and be sure to give us your email so we could send you the Zoom link.


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, integrates a holistic approach to wellness and creativity.



COMPUTER ROOM

The Computer Room is available by appointment. Appointments will be for 2 hours. 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.

Farmer's Market Vouchers

Vouchers are available from Sarah until October 31. There are income limits. Please make an appointment with Sarah.

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 **may contact Sarah for an appointment starting October 1.** 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.

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.

OCTOBER 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, October 4**. 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 **Naugatuck** for shopping will be offered monthly on the third Monday of each month. The next trip is scheduled for **Monday, October 18**. The bus will leave Woodbury at 10 a.m. 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, October 25**.

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.
Sign up quickly as seats are limited.**

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. - October 5, 7, 12, 14, 19, 21, 26 & 28

You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost for the October 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 OR VIRTUAL: HYBRID EXERCISE CLASSES****Cardio Dance with Andrea - in person or on Zoom**

Wednesdays and Fridays from 10 to 11 a.m. - October 6, 8, 13, 15, 20, 22, 27 & 29

Great music and dance moves in this energetic class! The cost for the month of October (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 if you choose to take the class virtually.

**Tai Chi with Susan - in person or on Zoom**

Wednesdays, October 6, 13, 20 & 27 from 1:30 to 2:30 p.m.

The cost for the October session (4 classes) is \$20

Please call the Center to sign up and let us know if you choose to take the class virtually so we can send you the link.

**IN-HOUSE EXERCISE CLASS****Deep Stretch and Meditation Class with Jennifer**

NOW BEING OFFERED TWO DAYS A WEEK!

Mondays and Thursdays from 8:30 to 9:30 a.m. - October 4, 7, 14, 18, 21, 25 & 28 (no class 10/11)

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 October session (7 classes) is \$21.

Sign up if you plan to attend!

**BALANCE - in person only**

Tuesdays from 10 to 11 a.m. - October 5, 12, 19, 26

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, October 18 from 10 to 1 p.m.

Please bring your own paddles.
Please sign up.



AMERICAN RED CROSS BLOOD DRIVE AT THE SENIOR CENTER

Saturdays, October 2 & 30, 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.** Thank you for your cooperation.

PAINTING WITH JENNIFER

Monday, October 25 from 1 to 3 p.m.

You, yes you can learn to paint! Students leave the class with a completed painting. You'll be surprised and impressed at what you can do with some simple instruction. Materials will be supplied. This class is limited to 10. No previous experience is needed, but advance sign-up is.

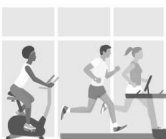


BRASS CITY EATS!

Thursdays, October 7, 14, 21, 28 1 to 2 p.m. via ZOOM!

Participants receive a weekly healthy recipe, then we cook together on Zoom! The weekly recipe will be emailed to you along with the Zoom link.

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

Check in next month for updates.
In the meantime - keep walking!



Our friends at the Wethersfield Senior Center are offering virtual iPad classes in October and November. Check with us in the office for class information and how to sign up.

Reminder: Not all people can be around animals. Pets are not permitted inside the Center unless they are certified service animals at work.



SMARTPHONE BASICS WITH LORYN

Tuesday, October 26 at 1 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.



MEDICARE BASICS

Wednesday, October 20 at noon presented CHOICES Certified Counselor, Darylle Willenbrock of the Western CT Area Agency on Aging
Be ready for open enrollment. Bring your questions. Please sign up.



POKER

Friday, October 22 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

MAH JONGG

Fridays from 9:30 to 11:30 a.m.
Let us know if you are interested.
The group welcomes new players.



SENIOR LEARNING NETWORK (SLN) - NEW! SLN PROGRAMS WILL NOW BE SHOWN AT THE CENTER

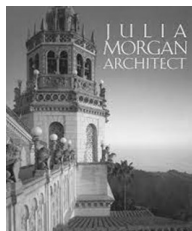
All programs begin at 2 p.m. in person at the Senior Center - limited to 9 people per program – please sign up

OCTOBER 2021**Scotts Bluff National Monument - "Nebraska, honestly, it's not for everyone."****Tuesday, October 5**

However, there's a real gem of a natural area and historic site along the North Platte River in western Nebraska that draws visitors from all over the country and the world. Learn what there is to see and do at Scotts Bluff National Monument. Ponder the travels of the pioneers who saw the bluffs here as a landmark on their travels to Oregon, California and the Salt Lake Valley of Utah. Discover some unique geology. Enjoy the scenery of the North Platte River Valley from the summit of the bluff. Honestly, we think there's something for everyone at Scotts Bluff National Monument.

**Return to Hearst Castle: "From Campsite to Castle" Julia Morgan, Architect****Tuesday, October 12**

Julia Morgan designed nearly 700 buildings, more than any other architect of the 20th century. Her best known project, Hearst Castle, is world-renowned for its dramatic beauty. The project became one of the longest and most fascinating collaborations between architect and client, William Randolph Hearst. Join us in a unique presentation with a guide from Hearst Castle who highlights the achievements of the architect and the fascinating, 28 year- long building process of the estate. Showcasing a miniature model of the castle and several historic images, we will see the transformation from a small bungalow on Hearst's family's campsite overlooking San Simeon Bay to the amazing "castle" it is today.

**Jimmy Carter Presidential Library - "The Extraordinary Life of Jimmy Carter "****Tuesday, October 19**

Throughout his life, President Carter has found himself in extraordinary circumstances faced with extraordinary opportunities, many of which were brought about by the American Presidency. This presentation will examine civic engagement and discuss the primary sources of the Carter Library and National Archives to address the question, "What is the secret to an extraordinary life?"

**National Mall and Memorial Parks in Washington, D. C. - "A Visit to America's Front Yard"****Tuesday, October 26**

Visit with a Park Ranger from National Mall and Memorial Parks in Washington, D.C, for a virtual tour of the park sometimes referred to as America's Front Yard. We will explore the history and symbolism of memorials, such as Lincoln, Thomas Jefferson, Franklin D. Roosevelt, and Martin Luther King, Jr and more!

**WOODBURY UKULELE BAND**

Mark your calendars now for **Friday, October 8.**

An intro session for **beginners** will start at **6 p.m.**

and our **regular** Meetup will start at **7 p.m.**

It will be so exciting to come back indoors and use the large screen and play together in person.

Masks will be required for all people at the October session. Other COVID-19 best practices will be in place. Please call if you have questions.

Registration is required for the Intro session at 6 p.m.

If you would like to attend that session, please call the Senior Center to sign up. To be included on the WUB email list, please call or email the Center (203) 263-2828 or seniorcenter2@woodburyct.org.

The website, www.woodburyukes.org, is where to download the music for October.

Masks are a must regardless of vaccination status.

**Why Estate Plans Fail Part 2: Importance of Updates****with Probate Judge Domenick Calabrese****Friday, October 22 from 1 to 2 p.m.**

Over time, changes in a number of factors can render an estate plan ineffective. Changes in the law, passage of time, marital status, birth or adoption of children and grandchildren, changes in residence, death of a spouse or child, and other factors often impact estate plans.

In some cases, these changes may have dramatic and unwanted outcomes, resulting in additional or prolonged probate proceedings, an estranged beneficiary or previously unknown heir inheriting assets, excessive tax liability, or creditors of beneficiaries gaining access to family assets. In this presentation, Judge Calabrese will look at some of the most recent changes in the law affecting estate planning, and will also review how common changes to personal circumstances and finances must be addressed in updated estate plans. Please sign up.

OCTOBER 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
					1 10-11 Cardio Dance 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) 1:00 Friends Annual Meeting	2
3	4 8:30-9:30 Deep Stretch & Meditation 10:00 Senior Bus Trip: Torrington Shopping 10:30-12 Current Events (virtual)	5 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: Scotts Bluff National Monument	6 10-11 Cardio Dance 10:30-12 Mobile Farm Market 11-2:30 Massage with Andrea (by appt) 12-3:30 Canasta 1:30-2:30 Tai Chi	7 8:30-9:30 Deep Stretch & Meditation 9:00 One Mile Hike: Orenaug Park 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Ready, Set, Knit 1-2 Brass City Eats (virtual) 1-2 Commission for Seniors	8 Octoberfest Day! 9-2 Oktoberfest Prize Wheel 10-11 Cardio Dance 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) 12:30-1:30 Trivia, Hot Pretzels And Root Beer 2:00 Germany and a Cruise Down the Danube Video 3:00 Oktoberfest Meal Pick Up (by reservation)	9
10	11 CENTER CLOSED FOR COLUMBUS DAY HOLIDAY	12 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: Return to Hearst Castle	13 10:00 Senior Bus Trip: Leaf Peeping and American Pie Restaurant in Sherman 10-11 Cardio Dance 10:30-12 Mobile Farm Market 11-2:30 Massage with Andrea (by appt) 12-3 Foot Care Clinic 12-3:30 Canasta 1:30-2:30 Tai Chi	14 8:30-9:30 Deep Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Ready, Set, Knit 1-2 Brass City Eats (virtual)	15 10-12 Flu Shot Clinic (by appt) 10-11 Cardio Dance 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt)	16
17	18 8:30-9:30 Deep Stretch & Meditation 10:00 Senior Bus Trip: Naugatuck Shopping 10:30-12 Current Events (virtual)	19 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: Jimmy Carter Presidential Library	20 10-11 Cardio Dance 10:30-12 Mobile Farm Market 12-3 Foot Care Clinic 12:00 Medicare Basics 12-3:30 Canasta 1:30-2:30 Tai Chi	21 8:30-9:30 Deep Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 11-12:30 Writing Class 1-2 Brass City Eats (virtual)	22 9:00 Trek Hike: Hidden Valley Preserve, Washington 10-11 Cardio Dance 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) 12-3 Poker 1-2 Why Estate Plans Fail Part 2	23
24	25 8:30-9:30 Deep Stretch & Meditation 10:00 Senior Bus Trip: Danbury Shopping 10:30-12 Current Events (virtual) 1-3 Painting with Jennifer	26 9-9:30 Indoor Walking 10-11 Balance Class 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 1:00 Smartphone Basics 2:00 SLN: National Mall and Memorial Parks in Washington D.C.	27 10-11 Cardio Dance 10:30-12 Mobile Farm Market (last day) 11-2:30 Massage with Andrea (by appt) 12-3:30 Canasta 1:30-2:30 Tai Chi	28 8:30-9:30 Deep Stretch & Meditation 9-11 Monthly Muffin Day! 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 11-12:30 Writing Class (virtual) 1-2 Brass City Eats (virtual)	29 10-11 Cardio Dance 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt)	30
31	NOTES:					