

# WOODBURY SENIOR CENTER REPORTER



OCTOBER 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.



## MUSIC - ALL KINDS

A class for the musically curious  
Tuesdays, October 11 & 25; 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 over five months 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. We have some 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. Register now.



## HOLIDAY CLOSING

The Center will be closed on  
**Monday, October 10** for the  
**Columbus Day** Holiday.  
There will be no senior bus  
transportation available.

## APPLE TASTING

with James Wargo from  
Hidden Gem Orchard in Southbury  
Thursday, October 6 at 2 p.m.



Hidden Gem Orchard is passionate about their apples and love educating people about the wide array of varieties that exist. The 31 varieties they grow are only a smattering of the number of varieties that exist in the world. You will get to sample some of the really unique varieties that they grow at the orchard.  
Please sign up.



**LUNCH & LEARN: AGING GRACEFULLY**  
presented by Stephanie Vollaro  
sponsored by Prince of Peace Parish  
Nurse Health Ministry and  
The Ivy of Watertown  
Monday, October 24 at noon

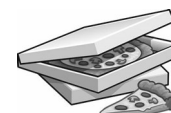
*The trick to  
aging gracefully  
is to enjoy it.*

Add years to your life and life to your years. A healthy lunch will be served at noon. The speaker will follow lunch. Please sign up by 10/19.

**THAT'S AMORE! Pizza Party Plus Live Music!**  
Friday, October 7 at noon



"When the moon hits your eye like a big pizza pie..." that's lunch! Join the fun with a pizza lunch and live music by **Jack Lynn**. Jack's "Dino" style will have you smiling as you enjoy *Amore, Everybody Loves Somebody, Sway* and more hits made famous by the King of Cool himself, Dean Martin. Travel back with Jack to a time when things were a bit more relaxed and enjoy an afternoon of food, fun and friends. \$5 includes pizza, dessert, beverages and entertainment. Sign ups are required by Monday, 10/3.



**AGING MASTERY PROGRAM: 10 WEEK PROGRAM**



For those currently enrolled,  
the class runs on Wednesdays through  
November 30  
from 10:30 a.m. - 12 p.m.

**INTRODUCING OUR NEW ZUMBA GOLD® INSTRUCTOR**



Hello! I'm Emperatriz Ochoa, I was born in Venezuela and I moved to Connecticut in 1995. I graduated as a Public Accountant in 1994 and I've been a ZIN™ Member (Zumba Instructor Network™) Licensed Zumba® Fitness Instructor since April of 2007. I absolutely love teaching Zumba® classes and

the reason is simple: Every class feels like a party! I'm ecstatic to join the Woodbury Senior Center this Fall teaching Zumba Gold® which is a class for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Come ready to sweat, and prepare to leave empowered and feeling strong.

Come join me, I guarantee you will have a blast!

**"NUNSENSE!" SNEAK PREVIEW**

**Tuesday, October 4 at 1 p.m.**

Community Theatre at Woodbury (CTAW) will be presenting a fall production of the beloved musical comedy "Nunsense!" Maureen Denver of CTAW will share behind-the-scenes secrets of staging a live play. The preview will also include teasers from the show, which features our own Loryn Ray as Mother Superior of the Little Sisters of Hoboken - now this you've got to see!

Please sign up.

**Come See "Nunsense!"  
on Sunday, October 23 at 2 p.m.  
at the Historic Old Town Hall**

Join the fun as we take a group trip to see CTAW's presentation of "Nunsense!" Take the senior bus or meet our group there; the show starts at 2 p.m. CTAW is offering a special discounted price of \$18 for tickets for those in our group at this performance only. Buy your tickets now at the Senior Center Office.

They are going fast!



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



**Fitness Fury with Susan**  
Tuesdays at 10:30 a.m. and  
Thursdays at 10 a.m. on Zoom  
October 4, 6, 11, 13, 18, 20, 25 & 27

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 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.

**Zumba Gold with Emperatriz**  
Wednesdays and Fridays  
October 5, 7, 12, 14, 19, 21, 26 & 28  
9 to 10 a.m.



The cost for the October session (8 classes) is \$24. You must sign up for the full session.

**Tai Chi with Susan - in person or on Zoom**  
Wednesdays, October 5, 12, 19 & 26  
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.

**Deep Stretch and Meditation Class with Jennifer**  
Mondays and Thursdays from 8:30 to 9:30 a.m.  
October 3, 6, 13, 17, 20, 24, 27 & 31  
(no class 10/10)

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 October (8 classes) is \$24. You must sign up for the full session.



**Balance with Loryn - now 2 times per week!**  
Mondays and Thursdays from 11 to 11:45 a.m.  
October 6, 13, 17, 20, 27 & 31 (no class 10/3, 10 and 24)  
Join Loryn for a jump start on regaining your balance. Free, but you must sign up.

**Silver Age Chair Yoga with Chaucey**  
New 12-week session!  
Tuesdays at 10 a.m.  
September 27, October 4, 11, 18, 25, November 1, 15, 22,  
29 and December 6, 13 & 20 (no class 11/8)  
Limited seating; register now! You must commit to the entire session.

**THE SENIOR MUSES OF WOODBURY**

**with Sandy Carlson, Woodbury's Poet Laureate**  
**Thursdays, October 6, 13, 20 & 27 from 3 to 3:45 p.m.**

This group was formed in August at the Center. This group welcomes new muses and will get together again on Thursdays in October to continue conversations about poetry, engaging ideas in the poems we enjoy and looking at how poets use language to join feeling to thought. Sandy will host these conversations. Sandy says, "Poetry captures what it means to be alive and connected to the world. Our conversations about the poems take us in and out of our own experiences as well as into the worlds of the people around us. The group will continue trying their hand at writing community poetry. In August, the group collaboratively wrote two beautiful poems by contributing ideas, words, or lines - or all three - and it was like magic. It was an honor to work with this group and to form a community through poetry." Whether you were in the group last time or would like to join them, please sign up.

**CHEF ON SITE LUNCHES AT THE CENTER**

It's great to see that so many people are finding the Chef on Site program to be enjoyable and a valuable resource; we are serving an average of 60 lunches each Tuesday and Thursday. Lunch is served at noon in the Café, and as always, diners are welcome to take their meal outside on the patio as well. Take out options will continue this fall, but will be phased out no later than the end of this calendar year. If you've only tried our take out option, please consider dining at the Center sometime this month.

Please also keep your compliments and comments coming; these are relayed directly to our chefs and they appreciate your feedback.

**TIK TOK APPETIZERS**

**Friday, November 3 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.

**POETS FOR THE PLANET**

**A Creative Writing Workshop with Lin Northrup**

For those currently enrolled, the class continues on **Tuesdays, October 4 & 11 from 10 to 11:30 a.m.**

**SEPTEMBER CONGREGATE MEAL MENU**

You must sign up by the Monday the previous week.

**TUESDAY**

**October 4**

*rsvp by 9/26*

- French Salad
- Lemon Crusted Chicken
- Garlic Potato Wedges
- Steamed Peas
- Cinnamon Spiced Applesauce

**October 11**

*rsvp by 10/3*

- Caesar Salad
- Beef Stroganoff with Egg Noodles, Mushrooms & Peas
- Fresh Fall Fresh Fruit Medley

**October 18**

*rsvp by 10/7*

*(due to holiday)*

- Split Pea Soup
- Chicken Parmesan
- Pasta Pomodoro
- Steamed Broccoli
- Chocolate Chip Cookie
- Apple Juice

**October 25**

*rsvp by 10/17*

- Creamy Tomato Soup
- BBQ Boneless Chicken Thighs
- Stewed Beans with Scallions
- Fresh Corn
- Sliced Peaches

**THURSDAY**

**October 6**

*rsvp by 9/26*

- Rosemary Chicken Orzo Soup
- Chicken Marsala
- Herbed Butter Pasta, Pepper, Eggplant & Squash Medley
- Monkey Bread
- Grape Juice

**October 13**

*rsvp by 10/3*

- Chicken Rice Soup
- Manicotti
- Herbed Pull-Apart Bread
- Vegetable Medley
- Fruit Cake
- Cranberry Juice

**October 20**

*rsvp by 10/7*

*(due to holiday)*

- Kale Salad
- Roasted Pork Loin
- Cherry Chutney
- Red Bliss Roasted Potatoes
- Vegetable Medley
- Cake

**October 27**

*rsvp by 10/17*

- Garden Salad
- Caramelized Onion Meatloaf
- Whipped Potatoes
- Glazed Carrots
- Strawberry Shortcake
- Orange Juice



**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.**

**LUNCH & LEARN: SENIOR COMPANION PROGRAM**

**Monday, October 3 at noon**

New Opportunities, Inc. Senior Companion Program, along with AmeriCorps Seniors, are seeking seniors on a fixed income to work as senior companions. It offers modest stipends to eligible volunteers to offset cost of volunteering.



If interested, sign up for this Lunch & Learn to learn more about the program.

**HALLOWEEN FUN**

Stop in the Center from **Monday, October 24 through Halloween on Monday, October 31** for a fun Mystery Box game. You could win a prize. On Halloween come in and grab a piece of candy.



If you would like to donate a bag of candy for Woodbury's Parks & Recreation Trick or Trunk held at Hollow Park on Halloween night, you can drop it off at the Senior Center by Friday, October 28.

**THERAPEUTIC MASSAGE WITH ANDREA**

**Thursdays, October 6, 13 & 27**

**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



**HIKING CLUB**

If you would enjoy hiking but don't want to go out alone, this program may be what you're looking for. Each month the Senior Center does 2 group hikes – one is for beginners and one is a bit more advanced.



This month there will be just 1 hike due to calendar challenges, and we will hike about 1.5 miles.

Each hike is led by Loryn Ray, center director. Fair weather only. Pre-registration is a must; call or email for more details and to register.

**OCTOBER HIKE**

**1 Mile Hike: Monday, October 17 at 10 a.m.**

**Johnson Farm Preserve**

**37 West Mountain Road #2 in Washington**

The 52-acre Johnson Farm showcases several active agricultural fields, as well as a mix of sunny meadows and shady, open forests. 1.25 miles of hiking trails crisscross the terrain, offering breathtaking hillside views. Bring your camera for some lovely autumn views!

**There will be no trek hike in October.**

**REIKI & REFLEXOLOGY SESSIONS**

**with Reiki Master & Reflexologist Lucy McInerney**

**Friday, October 14**

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

**(or other time on this date by request)**



**Reiki Appointments**

**10 minute appointments/\$10**

What is Reiki? Reiki is a safe, gentle, non-invasive form of natural hands-on, energy-based healing. It promotes relaxation, stress reduction and symptom relief to improve overall health and well-being. Experience what Reiki can do for you.

**Reflexology Appointments**

**30-minute appointments/\$30**

What is Reflexology? Reflexology is a type of massage that involves applying different amounts of pressure to the feet, hands, and ears. It's based on a theory that these body parts are connected to certain organs and body systems.



Call the Center to make your appointment.

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

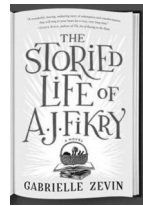


**CHECKS CANNOT BE ACCEPTED MADE OUT TO WOODBURY SENIOR CENTER**

**READY, SET, KNIT! STITCHES OF LOVE**

The needlework group will meet in the Lounge on **Thursdays, October 6 & 20 from 1 to 2 p.m.** All are welcome.



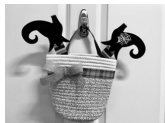


**BOOK CLUB**

**Monday, October 24 at 11:00 a.m.**

We'll be reading and discussing the book *The Storied Life of A.J. Fikry*, by Gabrielle Zevin. A. J. Fikry's life is not at all what he expected it to be. He lives alone, his bookstore is experiencing the worst sales in its history, and now his prized possession, a rare collection of Poe poems, has been stolen. But when a mysterious package appears at the bookstore, its unexpected arrival gives Fikry the chance to make his life over - and see everything anew.

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."



**FALL CRAFT CLASS:**

**CRASH LANDING WITCH DOOR BASKET**

**Wednesday, October 5 at 1:30 p.m.**

**\$8 for materials**

You can create this professional looking seasonal décor-for-your-door or wall in one afternoon. We'll paint the witches' legs and feet, turn 'em upside down to protrude out of the jute wall basket and trim the basket too. Take the finished basket home and fill with treats, a plant, or even cotton balls in a bathroom! This project is fun and you end up with a great item to display or gift. Limited to 12 people. Please pay at sign up.

**BUS TRIP: JIMMIE'S OF SAVIN ROCK**

**Friday, October 14**

**bus will be leaving Woodbury at 11 a.m.**



By popular demand, we have planned a second trip to a waterfront restaurant. Enjoy a great lunch on Long Island Sound. Please sign up.



**LUNCH & LEARN: AGING EYES**

**with Dr. Archana P. Johar**

**Tuesday, November 1 noon**

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.

**TRANSPORTATION SCHEDULE FOR MEDICAL APPOINTMENTS**

Beginning in October, transportation will be available for 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.

**ASK AN ATTORNEY**

**with Attorney Alyson R. Marcucio**

**Friday, October 28 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.



**TECHNOLOGY HELP**

**with Sarah Johnson of**

**Candlewood Valley Health & Rehabilitation Center**

**Tuesday, October 18 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.

**COMMON GROUNDS COFFEE SOCIAL**

**Monday, October 24 at 10 a.m.**



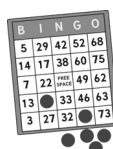
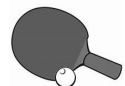
Get together for coffee/tea and a snack. Bring your program ideas to Kathleen. Please sign up.

**INDOOR TABLE TENNIS**

**Friday, October 14 and Monday, October 17**

**from 1 to 4 p.m.**

Please bring your own paddles.



**DIME BINGO!**

**Thursdays, October 20 & 27**

**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 starting October 1<sup>st</sup>. 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. **Appointments are available on Friday, October 21 and Friday, November 18 from 12 to 3:30 p.m.**

**FIRE PREVENTION WEEK**

**with members of the Woodbury Volunteer Fire Department  
Thursday, October 13 at 1 p.m.**

Fire Awareness in your home is an important part of keeping everyone safe - not just fire awareness and safety, but prevention is the better key. Little things we can do today can keep you from having an emergency in your home in the future. October and November brings more heating devices in our home, so we need to be more careful to make sure we use all heating appliances wisely and make sure they are in good repair. We want to make you start thinking about how you will keep your home warm, safe and ready for an “emergency-free” fall season. Spend about 30 minutes with us and see how you can be a part of an emergency-free community in your own home. Sign up.

**COOKIE DECORATING CLASS WITH THE PROS FROM MIMI’S CAKE DECORATING SCHOOL**

**Wednesday, October 12 from 1 - 3 p.m.**

The pros from Mimi’s Cake Decorating School return to teach you to decorate “fancy” cookies with a fall theme. Each person gets a personal set of decorating tips, supplies and instruction to create a dozen beautiful cookies to take home or give as gifts. This class will fill quickly, so don’t delay in signing up! Limited to 12 people. The cost is **\$10** and covers cookies, decorating supplies, instructions and a free gift.



*Thorncrest Farm  
&  
Milkhouse Chocolates*

**SENIOR BUS TRIP: THORNCREST FARM AND LUNCH AT AJ’S RESTAURANT IN GOSHEN**

**Friday, October 28 - leaving Woodbury at 10 a.m.**

Thorncrest Farm believes that sharing their cows, farm, and stable is very important and are inviting us to learn about the farm and its history. Finish off the tour by stopping by the Chocolate Shoppe. Each chocolate is made fresh daily in the creamery located on the farm. The chocolates are artisanal hand-made small-batch chocolates which have no preservatives and are made with Thorncrest Farm’s milk, cream and butter. They believe chocolates should be enjoyed by consuming them when they are fresh and their natural flavors are at their peak. What a delicious indulgence!

After visiting the farm, enjoy lunch on your own at AJ’s Restaurant. Please sign up.



**ASK US ABOUT OUR MAKER SPACE**

Check out our Maker Space that includes a Glowforge and Cricut. Meet with Kathleen for the Glowforge and Karen for the Cricut to see all the creative possibilities on these machines. With the holidays coming, it’s a perfect time to make gifts. If you have an idea, bring it to us, and we will help you make it.

We will meet one-on-one.

**Walking Club**



**WALKING CLUB WITH KATHLEEN**

Friday, October 14 & 21 at 11 a.m.

at Three Rivers Park on Jack's Bridge Road

Come walk with us! You may want to wear comfy shoes, bring a sunhat, bottle of water and wear sunscreen. Call if you have questions, and be sure to sign up so we know you are coming to join us!

**BLOOD PRESSURE CLINIC**

First and Third Tuesdays of the month

Tuesdays, October 4 & 18

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, October 3 - Torrington

Tuesdays & Thursdays - Woodbury

Wednesday, October 12 - Naugatuck

Fridays - Southbury



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](mailto: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](mailto:SeniorCenter@woodburyct.org)

Website: [woodburyseniorct.org](http://woodburyseniorct.org)

Our newsletter is available on our website.

# OCTOBER 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
2	3 8:30-9:30 Stretch & Meditation 10:00 Bus to Torrington 10:30-12 Current Events (virtual) 11:00 NO Balance Class today 12:00 Lunch & Learn: Senior Companion Program	4 10-11 Silver Age Chair Yoga 10-11 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 10:30 Poets for the Planet 11:30 Take Out Lunch Pick Up 12:00 Lunch in the Café 1-4 Canasta 1:00 Nonsense Sneak Preview	5 9-10 Zumba Gold® 10:30-12 Aging Mastery Program 1:30-2:30 Tai Chi 1:30 Fall Craft Class: Crash Landing Witch Door Basket	6 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10-2:30 Massages with Andrea 11:00 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 2:00 Apple Tasting 3-3:45 The Senior Muses	7 9:00 Friends Board Meeting 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 12:00 That's Amore: Pizza & Music	8
9	10 <b>Center Closed for the Columbus Day Holiday</b>	11 10-11 Silver Age Chair Yoga 10:30 Fitness Fury on Zoom 10:30 Poets for the Planet 11:30 Take Out Lunch Pick Up 12:00 Lunch in the Café 1-4 Canasta 1:00 Music - All Kinds	12 9-10 Zumba Gold® 10:00 Bus to Naugatuck 10:30-12 Aging Mastery Program 1-3 Cookie Decorating Class 1:30-2:30 Tai Chi	13 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10-2:30 Massages with Andrea 11-11:45 Balance Class 11-11:30 Congregate Meal Pick Up 12:00 Lunch in the Café 12:30-1 Take Out Lunch Pick Up 12:30-3:30 Mah Jongg 1:00 Fire Prevention Program 2:00 Brass City Eats on Zoom 3-3:45 The Senior Muses	14 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 NO Bus to Southbury 11:00 Senior Bus Trip: Jimmie's of Savin Rock 11:00 Walking Club: Three Rivers Park 11:30-12:45 Reiki Appts. 12:45-1:30 Reflexology Appts. 1-4 Table Tennis	15
16	17 8:30-9:30 Stretch & Meditation 10:00 One Mile Hike: Johnson Preserve in Washington 10:30-12 Current Events (virtual) 11:00 Balance Class 1-4 Table Tennis	18 10-11 Silver Age Chair Yog 10-11 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 10:30 Technology Help 11:30 Take Out Lunch Pick Up 12:00 Lunch in the Cafe 12-3:30 Canasta	19 9-10 Zumba Gold® 10:30-12 Aging Mastery Program 12-3 Foot Care Clinic 1:30-2:30 Tai Chi	20 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 1-2:30 Dime Bingo 2:00 Brass City Eats on Zoom 3-3:45 The Senior Muses	21 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 11:00 Walking Club: Three Rivers Park 12-4 Choices appts. with Sarah	22
23	24 <b>Halloween Mystery Box Game until October 31</b> 8:30-9:30 Stretch & Meditation 10:00 Coffee Social 10:30-12 Current Events (virtual) 11:00 NO Balance Class today 11:00 Book Club 12:00 Lunch & Learn: Aging Gracefully	25 10:30 Fitness Fury on Zoom 11:30 Take Out Lunch Pick Up 12:00 Lunch in the Café 12-3:30 Canasta 1:00 Music - All Kinds	26 9-10 Zumba Gold® 10:30-12 Aging Mastery Program 1:30-2:30 Tai Chi	27 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10-2:30 Massages with Andrea 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 1-2:30 Dime Bingo 2:00 Brass City Eats on Zoom 3-3:45 The Senior Muses	28 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 NO Bus to Southbury 10:00 Senior Bus Trip: Thorncrest Farm and Lunch at AJ's Restaurant in Goshen 2-3 Ask an Attorney Appts.	29
30	31 8:30-9:30 Stretch & Meditation 10:30-12 Current Events (virtual) 11:00 Balance Class				<b>The Friends of the Woodbury Senior/Community Center is on Friday, October 7 at 10 a.m. at the Center</b>	
NOTES:						