

# WOODBURY SENIOR CENTER REPORTER



SEPTEMBER 2019

MISSION STATEMENT

Volume 39, Issue 9

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.

**Senior Center hours are Monday through Friday, 8 a.m. to 4 p.m.**

**WE WILL BE  
CLOSED ON  
LABOR DAY**

The Center will be closed on  
**Monday, September 2** for the  
**Labor Day** Holiday.

There will be no senior bus  
transportation or Meals on Wheels.

## THE AGING MASTERY PROGRAM® (AMP)

**A New Session Begins**

**Fridays starting October 4**

**10 to 11:30 a.m.**

The Woodbury Senior Center is helping older adults master aging. This 10-week evidence-based program developed by the National Council on Aging (NCOA) has been successful at helping older adults build their own playbook for aging well. Our Center was one of 9 organizations in CT selected to offer AMP in its initial round and continues to lead the way in AMP education for older adults. Please sign up.



## NOTICE FROM THE WOODBURY POLICE DEPARTMENT

There have been many car break-ins and cars thefts in Woodbury recently. Local police are urging everyone to lock their cars in parking lots and at home. Do not leave your keys or fobs in your car. Remove all personal belongings from your car. Do not leave personal items in full view.



## CUTTING THE CORD

**Monday, September 30 at 11 a.m.**

This is an exciting time for "cord cutting" - dropping cable or satellite TV service in favor of online video sources. Options are expanding, with companies implementing online services and features. Additionally, internet only channels like Netflix, Hulu and Amazon Prime are increasingly incorporating their own original content in addition to content from the traditional companies for viewing. Join Reference and Technology Librarian Ron Fairchild for an informative talk on streaming services. Discussion will include what is needed to get started with "cutting the cord," including hardware and software equipment required, internet speeds and types, pricing and more. There will be a drawing to win a Roku box. Please sign up.

## COMMUNITY SERVICES COUNCIL MAILING

**Thursday, September 26**

**9 a.m. to 12 p.m.**

Help stuff envelopes for the Community Services Council's Annual Appeal. Let us know if you'd like to stay for lunch afterwards. Please sign up.



## PIZZA & MOVIE AFTERNOON

**Friday, September 20 at 12:30 p.m.**

Enjoy a free pizza lunch and movie combo sponsored by the Center and The Lutheran Home of Southbury. The movie will be *Rocket Gibraltar* about generations of family converging on a Long Island estate for their patriarch's (Burt Lancaster) 77th birthday. Please note we are changing to a daytime format. Sign ups are a must. Seating is limited to 30.



## BRASS CITY HARVEST NUTRITION AND COOKING PROGRAM

**with Nichole Theriault, Dietitian**

**Fridays, September 6 & 13**

**1 to 2 p.m.**



Nichole returns for these free, informative and hands-on nutritional cooking programs. There will be new recipes each week. There is no charge for these programs. Please sign up.



## Techie Tuesdays



**Tuesdays, September 3 & 24**

**9:30 a.m. or 10:15 a.m. (by appointment)**

Volunteer Michael Huhn, a very knowledgeable techie, will be here at the Center to assist you and troubleshoot issues with various technology problems and questions on your iPads, phones, computers, etc. Please sign up for your 45 minute appointment.

### FOCUS ON FIXED INCOME INVESTING

with John Holmes from Edward Jones

**Monday, September 23 from 2 to 3 p.m.**

Owning investments that may provide you with a regular income can be a smart decision. That's why it's a good idea to learn how fixed-income investments such as bonds may help you reach your financial goals. In this seminar you will learn bond characteristics and features, the relationship between interest rates and bond prices, tax advantages of municipal bonds and how bonds may help you weather fluctuating markets. Please sign up.

### AARP DRIVE SMART CLASS

**Monday, October 21**

**8:30 a.m. to 12:30 p.m.**

**\$15 AARP members - \$20 non-AARP members**



This class could save you money on your auto insurance. Contact your auto insurance company to find out. A check made out to AARP is required. Please sign up.



This year the Woodbury Senior Center is hosting its first ever fundraising holiday event on **Saturday, December 7.**

Organizers of this event are seeking items for our Silent Auction...tickets to sporting events, concerts or theatre tickets, art, antiques, sculpture, a stay at a vacation home (owner's terms, of course), gift baskets, spa day, massage...

If you or someone you know would like to donate an item or service to this essential element of the Woodbury Senior Center's Holiday Bazaar, please contact Jennifer Skene-Tiso at [jtiso@woodburyct.org](mailto:jtiso@woodburyct.org)

This fundraising event will provide additional funds to offset the cost of trips and afford diverse programming options for our senior community.

### EXERCISE CLASSES

Class fees are posted below for each class offered. Payment is due by the start of each session. **Reminder: Out-of-town residents will pay an additional fee - \$5 more for full sessions, \$1 more for drop-ins.**

#### Strength Training and Weights Class with Chris

Tuesdays and Thursdays, 1-2 p.m.

September Session: 9/3 - 9/26

\$32 for 8 classes (\$37 out of town)



#### Tai Chi with Susan

Mondays and Wednesdays, 1 to 2 p.m.

Current Session: Through 9/18

**(no class on 9/2) (9/16 class at Firehouse)**

\$48 for 12 classes (\$53 out of town)



#### Classic Cardio Dance with Andrea

Mondays, Wednesdays and Fridays

8:30 - 9:30 a.m.

September Session: 9/4 - 9/30

\$36 for 13 classes (\$41 out of town) or

\$4 drop in fee (\$5 out of town)



#### Fitness Fury - Strength, Flex & Condition

with Susan

Mondays, Wednesdays and Fridays

9:30 - 10:30 a.m.

\$4 per class at the door (\$5 out of town)



#### Yoga with Joann

Tuesdays and Thursdays

8:30 to 9:30 a.m.

September Session: 9/3 - 9/26

**(no class on 9/17 & 9/19)**

\$30 for 6 classes (\$35 out of town)



#### Senior Mat Pilates with Jennifer

Tuesdays and Thursdays

8:30 to 9:30 a.m.

September Session: 9/3 - 9/26

\$24 for 8 classes (\$29 out of town)

...and try these FREE classes:

#### Exercise for Balance Class with Deborah

Tuesdays and Thursdays

10 to 10:45 a.m.

#### Indoor Walking

Tuesdays and Thursdays at 11 a.m.

Follow Leslie Sansone DVD.



**HAIRCUTS FOR MEN AND WOMEN**

The Barber Shop/Salon is open on  
**Monday, September 16**  
**10 a.m. to 2 p.m. by appointment**  
 Hairstylist Jamie Blanchet is licensed to do hair  
 for both men and women.  
 Make your appointment today!  
 - Basic man's haircut: \$10  
 - Basic woman's haircut: \$12



**AND HOW HEARING**

presented by April Torreiro, HIS, State Licensed  
 Hearing Instrument Specialist  
**Friday, September 13**  
**12 p.m. presentation**  
**12:30 to 4 p.m. appointments**



Along with an informative presentation on hearing, free hearing screenings and educational packets will be available. Please sign up for the presentation and let us know if you'd like a 30-minute hearing screening (appointments will be available to the first 7 people who request one).

**AMERICA - THE DEMOCRATIC EXPERIMENT AND OUR EARLY PRESIDENTS**

with Penny O'Connell  
**Wednesdays, September 25 through December 4**  
 (no class on 10/9 in honor of Yom Kippur)  
**10:30 a.m. to 12:30 p.m.**  
**\$30/\$35 out of town**

The main topic of this 10 week course will be America's experiment in democracy and the Presidents who led our government from the beginning. The first two weeks will cover the patterns of settlement of the original thirteen colonies. Penny recommends that you read the book "American Nations" by Colin Woodward for the first and second classes. This is an excellent and easily readable book on the beginnings of America and our ideological conflicts. The third week will cover the British management of the colonies and a review of the American Revolution. Penny strongly recommends that you read the books entitled "Bunker Hill" and "Brilliant Ambition" by Nathaniel Philbrick. The fourth week will cover the US Constitution and the resulting democratic system of government. Penny recommends reading David McCullough's new book entitled "The Pioneers" about American settlements in the Northwest Territories. The fifth week will cover our early Presidents George Washington, John Adams, Thomas Jefferson, James Madison, James Monroe and John Quincy Adams. Please sign up.

**NEW ADVENTURES IN COOKING WITH CHEF MARIANNE DESILVA**



Gourmet Pizza  
**Monday, September 23**  
**10:30 a.m. to 1:30 p.m.**  
**\$20/\$25 out of town**

Making pizza dough from scratch is not as difficult as it may seem and the taste is beyond your expectations. Learn how to make Wolfgang Puck's famous pizza crust. You'll also make two of Marianne's signature pizzas - a pesto, fresh Campari tomatoes and mozzarella pizza and a Florentine pizza topped with ricotta, spinach, caramelized onions, pine nuts and fontina/mozzarella cheese. Please sign up.

**CHRONIC PAIN MANAGEMENT**

Sponsored by the Pomperaug District Dept. of Health, Western CT Area Agency on Aging, CT Dept. on Aging and CT Dept. of Public Health and funded by CT Community Foundation  
**Tuesdays, September 10, 17, 24**  
**October 1, 8 & 15**

This 6-week workshop will teach you techniques to deal with frustration, fatigue, isolation and poor sleep, exercises to help with pain, ways to improve your nutrition, appropriate use of medications and other helpful information to manage your pain day to day. Participants who complete at least five of the six weekly sessions will receive a copy of the book "Less Pain, Fewer Pills." Please sign up.

**Friends of the Woodbury Senior Community Center, Inc. Membership Drive is Here!**

It's that time of year again...time to join or renew your membership. Did you know that "Friends" is a 501c3 nonprofit organization which has been in existence for the past 12 years? We help the Center with items that fall outside its budget. Some of the past "Friends" projects, for example, are the Memorial Garden, the SUV van, a new TV in the TV room and free community concerts.

If you participate in the Senior Center programs and activities, that's terrific! But just using our wonderful Senior Center does not automatically make you a member of the "Friends" nonprofit organization.

Please join the Friends of the Woodbury Senior Community Center, Inc. NOW and make our Center the best it can be. Note..."Friends" membership fees are very reasonable: Individuals - \$10; Couples or Family - \$15; Patrons - \$25; and Benefactors - \$100 or more. The "Friends" membership year runs from October 1, 2019 through September 30, 2020.

To join, pick up a membership form from the front lobby table or the Center's office, and thanks in advance for your valued support!

**BE A FRIEND!**

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


**HAPPY BIRTHDAY TO OUR MEMBERS BORN IN SEPTEMBER!**

John Thomason	Margo Jed	Theresa Natale
Diane Dumont	Virginia Porter-James	Donna Obarowski
James Rutte	Marge Saracco	Kathleen Skandera
Priscilla Terhune	Gary Kilcran	Wally Makarewicz
Maureen Fassbender	Jane Donn	Tricia Anderson
Linda Harrison	Vivian Evans	Sharon Cooper
Dianne Parmelee	Evelyn Williams	Dave Green
Susan Pittsinger	Mary Ann Hovey	Arthur Willis
Paul Velky	June Bissonnette	Barbara Glover
Dale White	Mary Carlucci	Ann Sabo
James Cullen	Linda Dubos	Roxann Feda
Sarah Payson	Roger Frappier	John DiPerna
Sue Dierks	Emerita Goold	Elizabeth Tishion
Sean Murphy	Bill O'Dea	Garrett Schifilliti
Laurie Davies	Claire Taplin	Ken Lacko
Ellon Atkins	Dumitry Siriniean	Barbara Rockefeller
Lesley Stillwell	Nina Theiss	Russ Domareck
Mary Smith	Betty McCormack	Gail Gargan
Ruth Greenawalt	Stephen Barnes	Betty Jane Vitagliano
Joanne Weber	Justine Scocchera	Richard Rivers
Lois Van Wagner	Doris McCorkle	Jacqui Zagami
Deborah Logue	John White	Toni Tuttle
Cheryl Ernst	Renee Kobrock	Margaret Dunscomb
Ruth Bilotta	Deborah Goz	Joseph Novak
Marek Suchcicki	Dawn Daft	Cheryl Dille
John Giustra	Jane Gray	Joe Cutrona
Joanne Rivers	Caryl Stratton	JoAnn Rosa
Nancy Scofield	Sue Piel	Beatrice Manzi
Janice Beeghly	Marcia Hinckley	Joan Tybus
Harriet Carew	Ingrid Davis	Linda O'Loskey
Ronald Boucher	Kathy Sue Roberts	John Discroll
Mary Dowling	Olga Rodriguez	Judie Ferris
Janet Smith	Margo Call	Joan Glassman
Lynne Kearney	Joanne Nelson	Claire Meehan
Eileen Perry	Linda Smith	Kathy McNally
Rosalie Freeman	Linda Lindner	Laura Heaven
Barry Wolf	John Alegi	Marcy Jackson
Sia Parrella	Art McNally	Joan Keplinger
Donald Cardinal	Donna Gentilozzi	Donna Zukauskas
Phillip Rockmael	Louise Krauss	

Celebrate your **September** birthday with lunch and birthday cake on **Thursday, September 26** at 12 p.m. A small token for your birthday will be given to those who sign up in advance. Sign up for lunch to reserve your place. Reservations are required to have lunch at the Center. The requested donation is \$3.50.


If your name does not appear on our birthday list, please check to ensure you are registered and your correct information is on file.

**MASSAGES WITH ANDREA**  
 Wednesdays, September 4, 11 & 25  
 10 a.m. to 3 p.m.  
 30 minutes is \$25 - 1 hour is \$45



**MASSAGES WITH MARY**  
 Fridays, September 6 & 20  
 9 a.m. to 12 p.m. (summer hours)  
 30 minutes is \$25 - 1 hour is \$45

Call the Center to make an appointment.



**POMPERAUG DISTRICT HEALTH  
 NURSE BLOOD PRESSURE CLINIC**  
 1st & 3rd Tuesdays of each month  
 10:00 to 11:00 a.m.

**Jennifer Moshier - Municipal Agent**  
 203-263-4117  
 203-266-4310 (fax)


**Jennifer's Hours:**  
**Monday through Friday - 9 a.m. to 4 p.m.**

Jennifer 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.

See Page 4 for more information from Jennifer.


**Woodbury Senior Center Staff**

Director of Senior Services: Loryn Ray  
 Program Assistant: Jennifer Skene-Tiso  
 Office Manager: Karen Blanchet  
 Municipal Agent: Jennifer Moshier  
 Senior Bus Drivers: Tom Davis, Bob Hughes and Nancy Gubbiotti  
 Meal Site Manager: Donna Cole  
 Custodian: John White  
 Assisted by many volunteers  
 281 Main Street South  
 Woodbury, CT 06798  
 203-263-2828  
 203-266-4308 (fax)  
 Email: SeniorCenter@woodburyct.org  
 Website: woodburyseniorct.org  
 Our newsletter is available on our website.  
 And "Like" us on Facebook at  
**Woodbury Senior Center.**



**PROGRAMMING IDEAS?**  
 Bring your ideas to Jennifer in the office.

A big **THANK YOU** to the Red Barn Thrift shop and LaBonne's Market for their donations for our crafting classes.





**ON THE ROAD AGAIN...**

**Ballard Museum of Puppetry and Lunch at Dog Lane Café in Storrs  
Wednesday, September 4**



We are very excited to offer you this trip to The Ballard Institute and Museum of Puppetry, one of America's hidden treasures. The Ballard houses a superb collection of over 2500 puppets from all over the world and an archive of books, manuscripts, posters, drawings, audio-visual materials and photographs all covering the history of puppetry. After the 9 a.m. tour at the museum, everyone will make their own charming rod puppet. The cost for the museum and workshop is \$12 payable at sign up. Lunch on your own after the museum at Dog Lane Café nearby. The bus will leave Woodbury around 7 a.m. Senior bus seating is limited to 12 people.



**Averill Farms and White Horse Pub  
Wednesday, September 11**



Join us for a trip to the Town of Washington to Averill Farm, a tenth generation family farm on a gorgeous hilltop offering fall fruits such as apples and pears, along with goodies from area farms, from ice cream, maple syrup, honey, squash and pumpkins. Their apple cider donuts can't be beat! After apple picking at the orchard enjoy a delicious lunch at the White Horse Pub at noon. The bus will leave Woodbury around 10a.m. Senior bus seating is limited to 12 people. Please sign up.



**Trader Joe's in Danbury  
Monday, September 23**



Visit this "fresh format" grocery store. Products include gourmet foods, organic foods, vegetarian foods, unusual frozen foods, imported foods, "alternative" food items and staples such as bread, cereal, eggs, dairy, coffee and produce. Non-food items include personal hygiene products, household cleaners, vitamins, pet food, plants and flowers. Senior bus seating is limited to 12 people. Please sign up.

**Glazey Dayz and Lunch on Your Own at The Farm Shoppe in Watertown  
Wednesday, September 25**

First have lunch at The Farm Shoppe on your own, and then make a lovely dish at Glazey Dayz. Glass fusing is the fun and creative technique used to join glass pieces together by partly melting the glass at high temperature. The bus will leave Woodbury around 10:30 a.m. Please sign up.



**Litchfield Historical Society Tour and Lunch at The Village's Restaurant in Litchfield  
Wednesday, October 2**



Visit the Litchfield History Museum and explore the museum's seven galleries which highlight family life and work during the 50 years after the American revolution, a time when Litchfield was a bustling commercial, political and educational center. The cost for the museum is \$7 due at sign up. After your tour you will head to The Villages for lunch on your own. Seating for this trip is limited to 12 people.



**Harriet Beecher Stowe House in Hartford and Lunch at Rizzuto's Restaurant in West Hartford  
Wednesday, October 9**



Expect a conversational, interactive tour where you can participate along with your guide. Hear about Stowe's life and the impact of the anti-slavery novel Uncle Tom's Cabin. Connect the past to the present as you discuss social issues of the 19th century and today. See the beautifully preserved Victorian Gothic cottage, now a National Historic Landmark, where Harriet Beecher Stowe lived for 23 years. Leave feeling inspired that you too can create positive change. The cost of the museum is \$13 due at sign up. After visiting the Center, enjoy a delicious lunch at Rizzuto's on your own. Bus seating is limited to 12.



**Les Miserables at the Palace Theater in Waterbury  
Wednesday, December 4**

**1 p.m. Matinee Show  
\$50 per ticket - all sales final!**

**Payment must be made at sign up by Monday, September 16**



In 19th-century France, Jean Valjean, who for decades has been hunted by the ruthless policeman Javert after breaking parole, agrees to care for a factory worker's daughter. The decision changes their lives forever.

**NOTES FROM JENNIFER MOSHIER,  
MUNICIPAL AGENT**

**"Renters Rebate"** for the town of Woodbury runs through October 1, 2019. Eligible residents 65 years of age or disabled, with an annual income not exceeding \$36,000 for a single person and \$43,900 for a couple, are asked to contact Jennifer at 203-263-4117 to apply for Renter's Rebate for the year 2018. Residents of Spruce Bank Farm, Woodbury, may also apply with Jeff McKenna, Resident Services Coordinator, 203-263-4047.

Applicants must bring proof of all income received in 2018 and proof of expenses, i.e., all rent and utilities paid for the year 2018. (The electric company/Eversource will supply a summary of your account for the year at your request). A copy of Social Security benefits (a 1099 or TPQY), a copy of Income Tax Return and any other income such as pensions must also be supplied. Applications will be accepted through September 30, 2019.

**2019 Senior Farmer's Market Nutrition Program  
Voucher Booklets**

Qualifying income guidelines are:

Household Size	Monthly Income	Yearly Income
1	\$1,926	\$23,107
2	\$2,607	\$31,284

You must be 60 years of age or older OR a disabled individual under the age of 60 living in housing facilities occupied primarily by older individuals where congregate nutrition services are provided. These vouchers can be utilized at Farmer's Markets throughout CT where they are authorized as a redemption location to purchase fruit, vegetables, fresh cut herbs and honey only. Signs will be posted at the market/stand. To see if you qualify please contact Jennifer at 203-263-4117.

Woodbury residents in need of **Energy Assistance** for the year 2019-2020 may contact Jennifer for an appointment.

Those who use deliverable fuel (oil & gas) are urged to apply early. Several forms of documentation are required.

If you are unsure if you are eligible and need income guidelines or need a further explanation on required documentation, please call.

**PAINTING CLASS**

with artist Kimberly Ryan  
Mondays, September 9, October 7  
and November 4 from 1 to 3 p.m.  
\$20 for the 4 class series

The first class on August 5 will be a pear on canvas using acrylics. Please sign up for the series.

**BINGO**

Wednesday, September 18  
12:30 to 2:30 p.m.



Please join us every third Wednesday of the month for a fun-filled afternoon with your friends and our new alternating callers - Wendy Mutter from the Lutheran Home and Kathy Haven from VNA Northwest. 10¢ per card, 10¢ to the kitty per game. Plus new prizes! Please sign up.

**LUNCH & LEARN: AGING IN PLACE**

A Lunch & Learn series to help you navigate the decisions ahead. All sessions are free and include a light lunch. Pre-registration is required. Sponsored by Connecticut Community Foundation as part of our Town Conversation on Aging.

**Ask The Experts: A Panel Discussion**  
Monday, September 16 at 12:30 p.m.



Bring your specific questions and ask the Aging in Place experts. Panel members include specialists in home modifications for aging in place, a living transitions counselor, a home health care agency director, a resource and benefits specialist and more. This is sure to be an in-depth and valuable afternoon. Don't miss it.

**Act III: Creating your Personal Aging in Place Plan**  
Monday, November 18 at 12:30 p.m.

At this session we will evaluate how you answer the questions in each of the six critical areas related to aging in place. Attendees will receive an Aging in Place Workbook to take home. This workshop will take all the information you've learned in the series and distill it to your own experience.

**WRITING FROM THE INSIDE OUT**

A Creative Writing Workshop with Lin  
Thursdays, September 19 through October 17  
11 a.m. to 12:30 p.m.  
\$25/\$30 out of town

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" and use words as the palette to join our inner and outer worlds. You'll experiment with a variety of exercises, techniques and ideas from the masters that will help you find the words, the images and forms that express your unique style. Please sign up.