

WOODBURY SENIOR CENTER REPORTER



SEPTEMBER 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.

Sign up for the Woodbury Senior Center's
"SEE YA SUMMER" CAR HOP LUNCH & SHOW!

Monday, September 21 from 11:45 a.m. to 12:45 p.m.
in your car in the senior center parking lot



A lunch in a bag, consisting of two hot dogs (condiments on the side), chips, cookies and a water will be delivered by our car hop staff right to your car window.

Enjoy your lunch while being entertained with the live music of Woodbury's own Pierce Campbell.



The cost for the event is \$2 per person.

We are limited to 30 cars and **reservations are required.**

Please let us know how many people will be in your car.

You will be required to stay in your cars!

Bathrooms will not be available.

GOOD NEWS!

The Center has received guidance from the State of CT that we may begin to move toward reopening the Senior Community Center building. We've been working steadily toward this since March 12 when we closed our doors. Beginning in September we invite you to once again gather outside at the Center if you like. Visit with each other while observing social distancing requirements. You must wear a mask. Bring a lawn chair and enjoy the scenery and the company. While you're here, be sure to knock on the door and one of the staff will come out to say hi and answer any questions you may have about reopening. Also, be sure to read the REOPENING INFORMATION on Pages 11 and 12 of this newsletter for more information.

There is a lot of information in this newsletter. You will have questions. Don't hesitate to call or email if you need more information. Rest assured, that while we move toward reopening, we understand many people will still want to be at home. Virtual programming will continue and all social and senior services will still be accessible from outside the building event when we do open. Let us know how we can help.

SHARING SPACE IN OUR OUTDOOR PLACE

Tuesdays, September 8, 15, 22 & 29

10 to 11 a.m.



Reconnect with friends safely during these get-togethers on our patio.

Bring your own chair.

Your temperature will be taken by staff with a no-touch thermometer. Masks must be worn, so no food or drink will be allowed. Limited to 10 people.

Please be sure to sign up.

THE SENIOR CENTER OFFICE IS OPEN!

While the Senior Center building remains closed to the public, we are here if you need us - give us a call at 203-263-2828 if you need any assistance.

Please remember that the senior bus is available for urgent shopping trips and appointments. We are also taking riders to medical appointments in Woodbury, Southbury, Watertown, Middlebury and Waterbury. Call the Center to book your ride, preferably one day in advance. Only two riders (and aide if necessary) will be allowed on the bus per trip.



A mask is required to be worn.

With great sadness, we mourn the loss of

SANDEE VICARI.



Some people walk into our lives awhile and then go their way. Some make a grand appearance, or a dramatic exit. And then some people slip in quietly and set up shop in our hearts and change us forever.

MARATHON IN A MONTH RETURNS

Marathon in a Month is back for September 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 free 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!

THE PRESIDENTS CONTINUED - FALL 2020 HISTORY COURSE WITH PENNY O'CONNELL VIA ZOOM

Wednesdays, September 16 through November 25
(no class on November 11 - Veteran's Day)

10:30 a.m. to 12:30 p.m.

Penny's history class continues on the presidents leading up to the Civil War, our continuing experiment in democracy and the deep divisions that have existed in this country from its founding. The presidents to be covered are Jackson, Van Buren, William Henry Harrison, Tyler, Polk, Taylor, Fillmore, Pierce, Buchanan and Lincoln. These presidents, with the exception of Jackson and Lincoln, are often those about whom we have little knowledge.

The cost of the class is \$30. Fees may be paid by check made out to the "Town of Woodbury" and mailed to the Woodbury Senior Center, 281 Main Street South, Woodbury, CT 06798.

Call the Center to register for the class at 203-263-2828. We ask that all participants register as members of the Center - it is free and allows us to effectively communicate through our MySeniorCenter program. Participants will receive an email with a ZOOM link to connect to the course.

When registering for a program or activity, you must provide us with your phone number and email which will allow us to be in touch with any programming updates and to send you any ZOOM links. If you are not currently a member of the Center, you can sign up over the phone. Membership is free.

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.

WOODBURY UKULELE BAND MOVES OUTSIDE

Friday, September 18 at 6:30 p.m.

The Woodbury Ukulele Bank (WUB) will meet outdoors at the Senior Center. Bring your ukulele, a music stand (if you have one) and a chair. Please park in the designated area and join us for an excellent outdoor WUB meetup. Masks will be required when moving from your car to the playing area. Once there, set up your chair on a designated spot and get ready to have some fun!

See you there. Fair weather only.

Call the Center for updates as needed.



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.

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

Friday, October 16 - by appointment only

To make an appointment, please call the Health Department at 203-264-9616, Ext 0, beginning August 31.

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.

INFORMATION FROM SOCIAL SERVICES...

RENTER'S REBATE

The State of CT **Renter's Rebate** program will run through October 11, 2020. Eligible residents, 65 years of age or disabled, with an annual income not exceeding \$37,000 for an unmarried person and \$45,100 for a married couple, are asked to contact Social Services at 203-263-4117 if they wish to apply for Renter's Rebate for the year 2019. The Senior Center is now accepting applications and conducting virtual and outdoor appointments. Please call to make your appointment. Residents of Spruce Bank Farm, Woodbury, may also apply with Jeff McKenna, Resident Services Coordinator at Spruce Bank Farm at 263-4047.

Applicants must bring **proof of all income received in 2019** and **proof of expenses, i.e. all rent and utilities paid for the year 2019.** Regarding electricity, Eversource will supply a summary of your account for the year at your request, as well as needing copies/statements for the year 2019 of all payments made towards, gas, water and fuel from said sources. A copy of Social Security benefits (a 1099 or TPQY), a copy of Income Tax Return (required if you completed and submitted a 2019 tax return) and any other income such as pensions and IRA distributions must also be supplied.

SENIOR FARMERS MARKET NUTRITION PROGRAM VOUCHERS ARE AVAILABLE

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. If a senior participant is unable to come to the office to receive the SFMNP checks or to a certified farmers market to redeem their SFMNP checks, a proxy may go in their stead. 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

NEW CT DEPARTMENT OF LABOR UNEMPLOYMENT HELP PHONE NUMBERS

If you need assistance with unemployment claims please call the following numbers 8:30 a.m. to 4:30 p.m.
Monday through Friday: 860-967-0493, 203-941-6868, or toll free 800-956-3294

INFORMATION FROM SOCIAL SERVICES...**(continued)****EXTRA SNAP BENEFITS**

The Department of Social Services (DSS) has provided \$15.4 million in Emergency Supplemental Nutrition Assistance Program (SNAP) benefits to nearly half of CT's SNAP participants as of May 8, 2020, authorized by the federal Families First Coronavirus Response Act of 2020. Emergency benefits will allow the household's SNAP benefit to increase to the maximum allotment for a household of that size as follows:

Household size of 1 (\$194); 2 (\$355); 3 (\$509); 4 (\$646); 5 (\$768); 6 (\$921); 7 (\$1018); 8 (\$1164) and each additional person add \$146.

DSS IS OFFERING HELP TO THOSE SNAP RECEIPIENTS THAT LOST THEIR FOOD DUE TO THE POWER OUTAGE

If you are currently receiving SNAP benefits and experienced food loss due to the power outage caused by Tropical Storm Isaias, you may be able to get replacement SNAP benefits! Go to [CT.gov/dss](https://www.ct.gov/dss), will out DSS Request to Replace SNAP benefits W-1225 and Proof of Food Loss Form W-1226. If you do not have access to a printer, we have forms available to mail to you. Please contact Jennifer Skene-Tiso at 203-263-2828.

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@NewOpplnc.org.



Did you get the phone updates after Storm Isaias? If not, you may need to create or update your Code Red account. It only takes a minute to update your account and it's free.

You can access the Code Red system from the Town of Woodbury website at <https://woodburyct.org> or all the Senior Center at 203-263-2828 as we will sign up while you are on the phone with us.

NEED GOOD LOCAL INFORMATION?

There is a lot of misinformation out there...be sure your information is accurate! A good resource for local information is our own Town of Woodbury website, found at www.woodburyct.org. Here you can find what's happening, what helps are available and links to resources you may need.

BOGGLE WITH KAREN

Friday, September 18 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. We will need to tell us your email address so we can send you the Zoom link.



FREE MASKS

The Center has free masks available for 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. If you are dropping by, ring the doorbell located on our front door and we will meet you outside.



September is Hunger Action Month

Did you know many seniors are hungry. If you need food assistance, please let us know. We will keep your confidence and help you get the food you need. SNAP benefits (Supplemental Nutrition Assistance Program) help more than 4 million seniors buy healthy food every day. If you haven't already done so, pick up your Farmer's Market vouchers. Call Jennifer Skene-Tiso at 203-263-2828 for more information.

VIRTUAL PROGRAMS ON ZOOM SPONSORED BY OUR FRIENDS AT THE BROOKFIELD SENIOR CENTER

We have been invited to attend the following virtual programs. Please call the Brookfield Senior Center at 203-775-5308 to register for these FREE programs.

Monday, September 14 at noon

The Downsize Gourmet

It's hard to cook for one or two. Let our chefs help you solve the problem and prepare a few healthy, affordable and easy-to-prepare meals for your downsized lifestyle.



Friday, September 18 at noon

Owls: What's all the Screeching About?

Let's welcome the Audubon's Community Conservation Manager, Kenneth Elkins. Keep your eyes wide for a fascinating look into the secret lives of all 11 species of owls that have been known to appear in CT.



SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

The key words for this year's celebration are **Mind, Body, Spirit, Community.**

We want to encourage YOU to take advantage of programs that can help you stay strong in all these areas, even while we live in this strange 2020 lifestyle.



Sign up to get our Senior Center in a Month packet, full of things to keep your mind and body active. Take a virtual fitness class. Do the Marathon in a Month. Don't neglect your spirit; keep a gratitude log and find things to be grateful for even on the hard days. And here's a shout out to those creative Senior Center members who have been baking goodies and distributing them to our community heroes; what a community connection! Read below about our Community Connection Project for September - and get involved!

COMMUNITY FOOD DRIVE FOR HUNGER ACTION MONTH

In this pandemic year, hunger is a much larger problem around the world, and even right here at home. It is estimated that 70% of the people receiving help from Foodshare this year have never needed to use a food bank prior to the pandemic. Nationally, it's estimated more than 8 billion meals will be needed to meet the need. To combat hunger at home, and to create opportunities for you to connect with our community while staying safe, we are sponsoring a Food Drive to benefit the Woodbury Food Bank. You can participate in three ways:

1. Bring your donation of non-perishable food items to the Senior Center from September 1-10. We will have a donation bin that will collect daily and delivered to the Woodbury Food Bank.
2. Call us by September 7 and on September 8 our Senior Bus will come to you to pick up your food donations. Make it a neighborhood event; every bit helps!
3. If you prefer, make a donation by check and drop it in our drop box at the Center. Make checks payable to Community Services Council. We will get your donation to the right people.

Let's show Woodbury how our older residents care about the health and wellbeing of all our neighbors. Help us fight hunger here in Woodbury!



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:

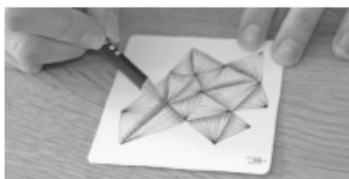
*The Newington Senior & Disabled Center Canoe Brook Senior Center, Branford
Woodbury Senior Center*

- 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 www.cthealthyliving.org by Oct. 10th. For more information, contact your senior center:

Newington
860-665-8778

Canoe Brook, Branford
203-315-0687

Woodbury
203-263-2828

VIRTUAL SENIOR CENTER 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, September 2, 9 & 16 from 9:15 to 10:30 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 **September** 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 a.m. to 10:45 a.m. starting Thursday, September 3**

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.

Coming in October!**Outdoor Tai Chi Demo****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 from 1 to 2 p.m.**Mondays and Wednesdays, October 14, 19, 21, 26 & 28**

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**

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.

YOUR BEST PANDEMIC RECIPE WINNERS...

We are pleased to announce the two winners of our Pandemic Recipe contest. The winners have each received a gift certificate to a Woodbury restaurant.

Grilled Chicken Pasta Salad submitted by Mary Jane and Bob Travers

- 1 12 oz. box fusilli (corkscrew) pasta or other pasta of choice
- 3/4 cup mayonnaise
- 3/4 cup mango chutney
- 4 tsp. curry powder
- 6 scallions, sliced
- 3/4 to 1 cup dried cranberries
- salt and pepper to taste
- 2 cups sliced or chopped celery or green pepper or a mix of the two
- 4 cups grilled chicken breast cut or torn into bite-sized pieces

Cook pasta according to package directions, rinse with cold water and drain. Mix the next six ingredients and stir until well blended. At serving time mix the pasta, dressing, celery mix and chicken. Stir gently until the well mixed. If desired, spoon on a platter of torn romaine lettuce leaves and serve. Sprinkle with additional salt and pepper if desired. The mixed salad keeps well.

Potato Chip Cookies submitted by Dennis Markelwitz

- 1/2 cup crushed Lays Classic potato chips
 - 8 oz. finely ground pecans
 - 1 1/2 cup flour
 - 1 cup butter at room temperature
 - 1/2 cup sugar
 - 1 large egg yolk
 - 1 tbsp. vanilla extract
 - powdered sugar for rolling cooled cookies in
1. Preheat oven to 350 degrees
 2. In a small mixing bowl combine chips, pecans and flour
 3. In a large bowl cream butter and sugar until fluffy
 4. Beat in vanilla and egg yolk
 5. Stir in dry ingredients until combined
 6. With damp hands, form dough into 1" balls
 7. Bake on cookie sheet lined with parchment paper for 15 to 18 minutes until they just start to brown
 8. Cook and roll in powdered sugar

Lays seems to be the best potato chips to use, as they hold their crunch. For a variety, try another flavor extract. Cookies are a bit fragile when warm.

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 The Village at East Farms and Heather Musante Mitchell 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!



Senior Learning Network September Program Schedule

Please call the Senior Center to sign up. We will need your email to forward you the Zoom link.

If you are not a member of the Center at this time, we will also require you to register you as a member.

Please note: You will be required give your name and identify you are a member of the Woodbury Senior Center when you link into the program

" For You the War is Over"- experiences of the Mighty 8th Air Force POWs

9/01/2020 1:45pm

Offered by: National Museum of the Mighty Eighth Air Force.

Join us to learn more about the 8th Air Force POW experience. The National Museum of the Mighty Eighth Air Force is a non-profit organization with a museum which educates visitors through the use of exhibits, artifacts, archival materials, and stories, most of which are dedicated to the history of the Eighth Air Force of the United States Army Air Corps that served in the European Theatre during World War II. Among the many World War II exhibits are aircraft including a B-17 Flying Fortress bomber that can be viewed while being restored, a model of a Messerschmitt Bf 109G fighter, and a 3/4-scale model of a P-51 Mustang fighter. Aircraft on display outside include the B-47 Stratojet, MiG-17, and F-4 Phantom II from the post-WWII Cold War era.

John Sutter and the Gold Rush

9/08/2020 1:45pm

Offered by: Sutter's Fort Historic Park

Who was John Sutter, and what was his place in California and American History? Come to "Sutter's Fort" for a discussion about how and why he came to California, and the construction of Sutter's Fort. Learn about the key events the Fort is tied to (overland migration by wagon, the rescue of the Donner Party, the Bear Flag Revolt, the Mexican-American War), the discovery of gold at Sutter's Mill, and the destruction of Sutter's Fort during the Gold Rush. Visit rooms including Sutter's office, the Doctor's office, Clerk's office, and enjoy a few demonstrations by our host the key events the Fort is tied to (overland migration by wagon, the rescue of the Donner Party, the Bear Flag Revolt, the Mexican-American War), the discovery of gold at Sutter's Mill, and the destruction of Sutter's Fort during the Gold Rush.

The Outrageous Times of Molly Brown

9/10/2020 1:45pm

Offered by: Molly Brown House

Trace Margaret "Molly" Brown's (Unsinkable Molly Brown/ Titanic Survivor) - life from her early childhood in Hannibal, Missouri, to Leadville, Colorado, where she met and married J.J., and finally to her days of glory in Denver and New York. Historic Denver's Molly Brown House Museum is committed to enhancing the city's unique identity by telling the story of Margaret "Molly" Brown's activism, philanthropy and passion through educational programs, exhibits and stewardship. Molly Brown House Museum is committed to enhancing the city's unique identity by telling the story of Margaret "Molly" Brown's activism, philanthropy and passion through educational programs, exhibits and stewardship.

Dolphins on the Lagoon!**9/15/2020 1:45pm****Offered by: Dolphin Research Center**

Join us lagoon-side at Dolphin Research Center for an exciting and interactive session all about dolphins! One of our trainers will be chatting with you while conducting a training session with a member of our dolphin family. You will be inspired by these magnificent marine mammals during this presentation. Participants will be able to chat questions to the trainer during and after the session with the dolphin. We hope to "sea" you soon!

Pio Pico Historic State Park**9/17/2020 1:45pm****Offered by: Pio Pico Historic State Park**

Pio Pico was one of California's most important historical figures. Most famously known as the last governor of Mexican California, he helped shape and influence 19th-century California through politics, business, and ranching. Built around 1850 on Pío Pico's 9,000-acre ranch named El Ranchito, his adobe home is a reflection of the rancho lifestyle in Southern California of the time. Today, the adobe is beautifully restored with historic gardens on a five-acre park in Whittier, CA. During the virtual field trip, we will explore the adobe house, the gardens, and learn about what life was like on the ranch, the culture and history of the Californios, and the life of Pio Pico.

Childhood Toys and Memories**9/22/2020 1:45pm****Offered by: Toy and Miniature Museum KC**

"Writing a Memory" -Toy and Miniature Museum The National Museum of Toys and Miniatures educates, inspires, and delights adults and children through the museum's collection and preservation of toys and miniatures. The museum, located in Kansas City, Missouri, contains the world's largest collection of fine-scale miniatures and one of the nation's largest antique toy collections on public display. THE PROGRAM- Come ready to participate! Toys can hold some of our most cherished memories. Join Kelly Burns, Museum Educator at The National Museum of Toys and Miniatures, as she shares the story of the Nettie Wells dollhouse and the special memories held by its items. Come with a memory (picture, or actual toy!) to share!

The Salamander State**9/29/2020 1:45pm****Offered by: NC Museum of Natural Sciences**

Join Megan as we learn all about our slimy, secretive neighbors. We'll discuss their fascinating life cycles, where they live, their neat adaptations, and some of the most common species you might find near you. Megan Davis is the Teacher Education Specialist at the NCMNS and she thinks she has one of the best jobs ever! Megan has undergraduate degrees in Zoology and Spanish (NC State), and a Masters in Wildlife Conservation (UMass Amherst).Megan has undergraduate degrees in Zoology and Spanish (NC State), and a Masters in Wildlife Conservation (UMass Amherst).

REOPENING INFORMATION

When our building reopens, it will both look different inside and operate differently. We've removed some furniture, changed out fixtures to make the building safer for you, and implemented social distancing. Some rooms will not be accessible right now; not all programs will be returning. Please call or email if you need more information. Our office can be reached at 203-263-2828 or email us at seniorcenter2@woodburyct.org.

GENERAL

We can't wait to welcome you back. We want you to feel safe and at home here. However, we must monitor capacity at the Center, so appointments are necessary! If you drop by to say hi, staff will greet you outside. Masks are a must, and we will be screening people and taking temperatures at the door. Restrooms are available in the main hallway only. You will be asked to sanitize your hands upon entering the building. Foot traffic is now directional to help avoid crowding; please enter through the front entrance, and the exit has been designated at the portico door. Due to the need to keep COVID contact tracing data, you MUST sign up to be a senior center member to participate in programs and services, if you have not already done so. There is no fee to join.

CLEANING AND SANITATION

The entire Center has been cleaned and prepared for reopening. Each room being used will be cleaned and sanitized before another group may use the room. Frequently touched surfaces are being cleaned many times throughout the day. Some furniture has been removed to help keep things clean and safe. Some rooms will not be in use when we first reopen. The health and safety of our members, the public and our employees is our highest priority.

COFFEE?

Sadly, no. We will not be serving coffee and goodies for the foreseeable future.

PROGRAMS

We will prioritize those programs which can be done safely without using common items and materials. So, lectures and presentations are easier to provide than art classes. We will start slow and build up a robust calendar as we are able. Some programs and groups we are NOT able to host right now include card and bridge games, Scrabble games, group jigsaw puzzles, knitting groups, and more. Please call us if you have questions about programming.

CLASSES

Some classes will return; some will wait for a while. Some classes have gone virtual and will stay that way, at least for now. All classes will be by subscription, which means you will have to pay any copay in advance; no drop in classes will be offered. Because we must clean and sanitize each room before an after each class, there will be far fewer classes offered.

TRANSPORTATION

Transportation continues via our senior bus. Two riders will be allowed on the bus at a time, and we are currently being flexible with the schedule. Call us at 203-263-2828 for more information. We are also building capacity to offer medical appointment transportation in our van. We are currently bringing seniors for doctors appointment in the towns of Woodbury, Southbury, Watertown, Middlebury and Waterbury. Please watch for more information in this newsletter.

THE FITNESS ROOM

The Fitness Room will reopen. Capacity will be two people at a time, no volunteers on hand. You must make an appointment in advance. Appointments are for one hour and are available throughout the day, with time in between for cleaning and sanitization. Masks must be worn.
Showers are not available.

CONGREGATE LUNCH

Congregate lunches have been suspended for the time being. We will let participants know when the lunch program resumes.

SOCIALIZATION

Boy do we understand the need for socializing! However, because we cannot exceed capacity limits, our usual socialization areas (the TV Room, the Lounge and the Café) will NOT be available. You are welcome to meet and greet each other outside.

COMPUTER ROOM

The Computer Room will NOT be open when the building reopens. We will announce when it is able to open. When it does, we will be taking 2-hour appointments to use the room, with time to clean and sanitize in between.

FOOT CARE

The Foot Care Clinic will continue, with appointments at Dr. Kilkenny's office in Southbury. Transportation to appointments is available on the senior bus.

POOL TABLE

The pool table will be available by appointment; a maximum of two people at a time. Cue sticks and balls must be cleaned and sanitized by staff before the next group of people play.

FACILITY RENTALS

Rentals are not available at this time. Board and Commission meetings are being held in the Community Room when approved by the First Selectman. The Red Cross Blood Drive is held here each month in an effort to help meet the critical need for blood donation. Again, all sector rules are followed for ensuring safety during the blood drive and in cleaning afterward.

MASSAGES

Massages will not be offered at the Center at this time. We will update you when they are available.

DENTAL CLINIC

The Dental Clinic will not operate until at least early 2021.

TRIPS

All in-house social trips are canceled through 2020.

MEDICAL LOCAL CLOSET

The Medical Loan Closet is closed.
No medical equipment may be borrowed or returned.

WATER FOUNTAIN

The water fountain WILL be available as a water bottle refilling station. Bring your own bottle.
No cups will be available.

**We hope to open our doors
in early October.**

**Please check the October
newsletter for more details
and announcements.**

ACROSS

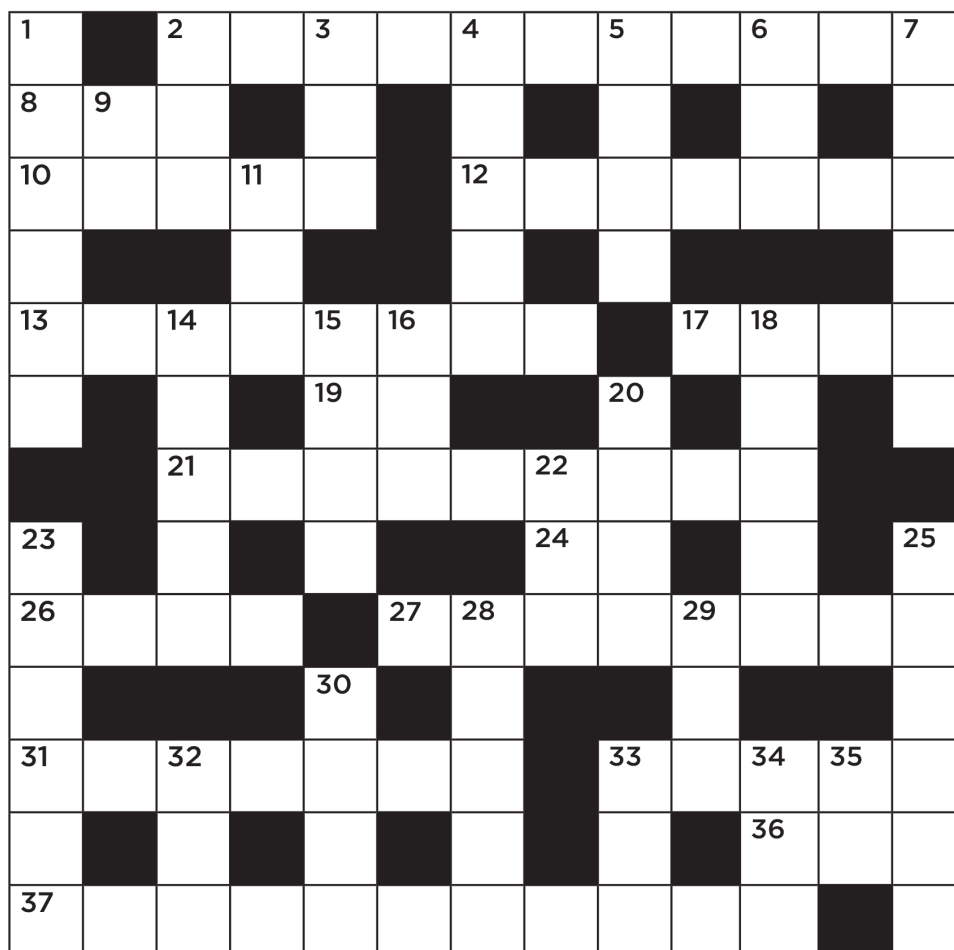
- 2. Thrillingly close
- 8. Wallach or Whitney
- 10. Hold tight
- 12. November baby, probably
- 13. Tea ingredient
- 17. Negative feedback
- 19. Permissible
- 21. Bride-to-be's vessel
- 24. *Either* partner
- 26. Full of excitement
- 27. 1994 film about the Beatles
- 31. Hitchcock classic
- 33. African capital
- 36. Scientist's office

- 37. *Bury My Heart*
at _____

DOWN

- 1. Safe
- 2. Long or Vardalos
- 3. Tube topper
- 4. Greek yarn spinner
- 5. Tiny amount
- 6. Sixth sense
- 7. Raps
- 9. Bean or Cool J
- 11. Take to court
- 14. Bonehead
- 15. Beer ingredient
- 16. POTUS in the 1950s

- 18. Coffee drink
- 20. Pull roughly
- 22. Ad ____
- 23. Slim
- 25. Flashing light
- 28. Clio or Tony
- 29. Cabaret accessory
- 30. Amino ____
- 32. Provo school initials
- 33. Trash or tin
- 34. ____-de-France
- 35. Dorm assistant



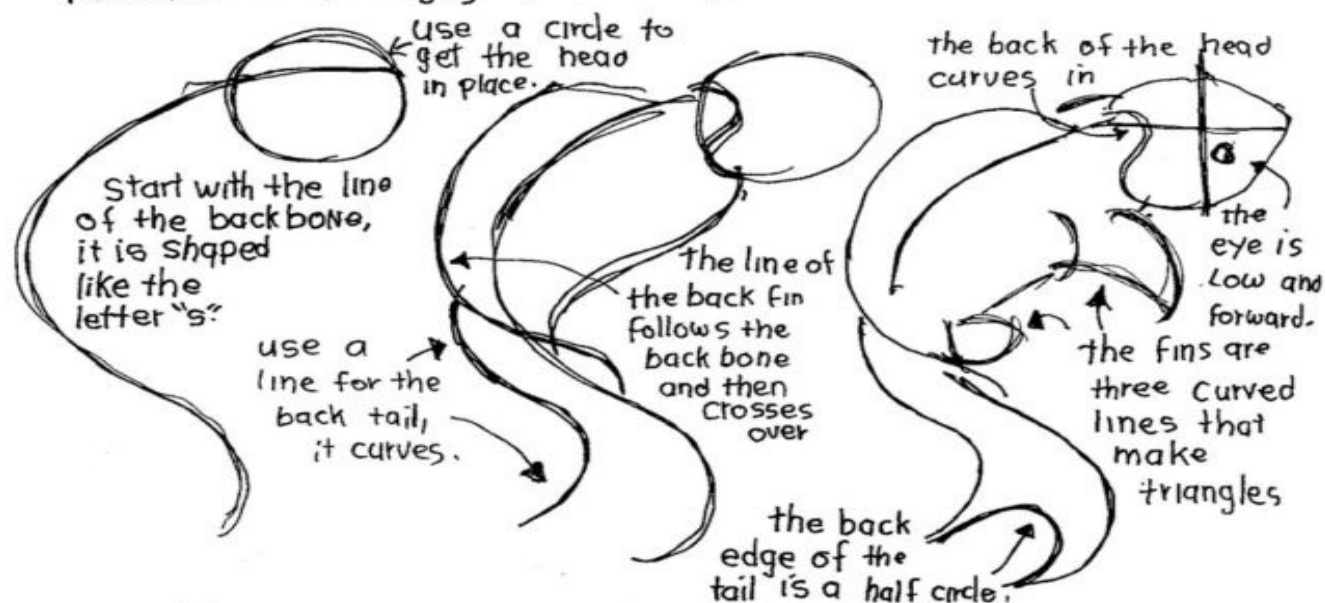
The answer
key is available
in the office.

In Japan the koi fish symbolize good fortune or luck and are associated with perseverance in adversity and strength of purpose.

The qualities and characteristics of koi fish have also made it a popular Buddhist symbol. It could be said that humans must navigate the treacherous waters of suffering just as koi persistently fight their way against difficult currents.

How to Draw a Koi Fish

Remember to draw lightly at first so you can erase later.



Use guidelines before drawing the scales.

the tip of the nose points up.
the eye brow is just a curved line.

there are two whiskers between the eye and the nose. One long and one short.



remember- the scales point backwards, and get smaller as they get near the tail.



©Adron

SHOW US YOUR SELFIE CONTEST WINNERS...

Thank you to everyone who entered the WCS's "Show Us Your Selfie" Contest.

We hope you ladies enjoy your gift certificate to Rustic Charm of Woodbury.



Our Grand Prize
winner is
Penny



Our Second Place
winner is
Beth Lyons

WOODBURY SENIOR CENTER

SEPTEMBER 2020 PROGRAMS

If you stop at the Center and need one of us in the office, please use the doorbell located on our front door.



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 -11:00-11:45 Fitness Fury with Susan via Zoom -1:45 SLN: For You the War is Over	2 -9-10 Cardio Dance with Andrea via Zoom -9:30-10:30 Virtual Chair Pilates with Megan via GoToMeeting	3 -10:00-10:45 Fitness Fury with Susan via Zoom	4 -9-10 Cardio Dance with Andrea via Zoom	5
6 7	Senior Center Office Closed for Labor Day Holiday	8 -10-11 Sharing Space in Our Outdoor Place -11:00-11:45 Fitness Fury with Susan via Zoom -1:45 SLN: John Sutter and the Gold Rush	9 -9-10 Cardio Dance with Andrea via Zoom -9:15-10:30 Virtual Chair Pilates with Megan via GoToMeeting	10 -10:00-10:45 Fitness Fury with Susan via Zoom -1-2:30 Senior Commission Meeting (outdoors at Senior Center - weather permitting) -1:45 SLN: The Outrageous Times of Molly Brown	11 -9-10 Cardio Dance with Andrea via Zoom	1 2
1 3	14 -12:00 The Downside Gourmet via Zoom with Brookfield Senior Center	15 -10-11 Sharing Space in Our Outdoor Place -11:00-11:45 Fitness Fury with Susan via Zoom -1:45 SLN: Dolphins on the Lagoon	16 -9-10 Cardio Dance with Andrea via Zoom -9:15-10:30 Virtual Chair Pilates with Megan via GoToMeeting -10:30-12:30 The President's Continued with Penny O'Connell via Zoom	17 -10:00-10:45 Fitness Fury with Susan via Zoom -1:45 SLN: Pio Pico Historic State Park	18 -9-10 Cardio Dance with Andrea via Zoom -11:00 Boggle with Karen -12:00 Owl's: What's all the Screeching About? Via Zoom with Brookfield Senior Center -6:30 Woodbury Ukulele Band Outdoors	1 9
2 0	21 -11:45-12:45 "See Ya Summer" Car Hop Lunch & Show	22 -10-11 Sharing Space in Our Outdoor Place -11:00-11:45 Fitness Fury with Susan via Zoom -1:45 SLN: Childhood Toys and Memories	23 -9-10 Cardio Dance with Andrea via Zoom -10:30-12:30 The President's Continued with Penny O'Connell via Zoom	24 -10:00-10:45 Fitness Fury with Susan via Zoom	25 -9-10 Cardio Dance with Andrea via Zoom	2 6
2 7	28	29 -10-11 Sharing Space in Our Outdoor Place -11:00-11:45 Fitness Fury with Susan via Zoom -1:45 SLN: The Salamander State	30 -9-10 Cardio Dance with Andrea via Zoom -10:30-12:30 The President's Continued with Penny O'Connell via Zoom			