

WOODBURY SENIOR CENTER REPORTER



SEPTEMBER 2021

Mission Statement: The Woodbury Senior Center will serve as a community focal point providing information, programs, services and links to promote independent living for adults at least 60 years of age.

THE CENTER IS OPEN



Come on in to see friends, have a coffee or cold drink, take a class, play a game, access a service or more. Appointments are still needed for bus rides, in the Fitness Room, for personal appointments. **Masks are currently required for everyone regardless of vaccine status.**

The Center will be closed on **Monday, September 6** for the **Labor Day** Holiday. There will be no senior bus transportation available.



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



The produce at the Brass City Mobile Farmer's Market is super-fresh, CT grown, delicious and fairly priced. Each week features veggies, fruits and other farm market specialties like local meats, honey and/or cheeses along with baked goods and specialty items. Recent weeks have featured beans, summer squash, onions, beets, kale, melons, peaches and more. Don't miss your opportunity to buy FRESH at reasonable prices. Stop by the parking lot of the Woodbury Senior Center. The Farm Market is open to everyone regardless of age or residency. They accept cash, credit/debit cards, SNAP and Farmer's Market Nutrition Coupons for WIC households and senior and disabled persons. We'll see you at the market!

FIRST SELECTMAN REPUBLICAN PRIMARY

**Tuesday, September 14 from 6 a.m. to 8 p.m.
at the Woodbury Senior Center**

There will be no walking class and no balance class today. All other scheduled programs will take place at the Center.

OKTOBERFEST DAY at the Woodbury Senior Center! Friday, October 8, 2021



Join your friends for a day of fun at the Center. In addition to our regular Friday programs, stop in anytime from 9 a.m. to 2 p.m. to spin the Oktoberfest Prize Wheel! You may win a small prize or a big prize such as a dinner for two at a local restaurant or a year's free membership at the WSC Fitness Room or a local store gift certificate! From 12:30 p.m. to 1:30 p.m. join in the fun on the patio for trivia, hot pretzels and root beer. Inside, enjoy armchair travel as we enjoy a video travelogue to Germany and a cruise down the Danube at 2 p.m. and pick up your take out Oktoberfest meal at 3 p.m. Order your meal by Thursday, September 30 - the cost is \$5. All other events of the day are free. Sign ups are a must!

Pomperaug District Department of Health FLU SHOT CLINIC at the Woodbury Senior Center

Friday, October 15 from 10 a.m. to 12 p.m.

Pre-registration is required - call the Senior Center at 203-263-2828.

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

*with the exception of their Access Health CT/CT Exchange Plans



Face Masks will be required regardless of vaccination status.

Take Home Oktoberfest Menu

*Assorted sausages with dipping mustard
Oven Roasted Herbed Potatoes
Sweet and Sour Red Cabbage
Hot Pretzel
Apple Crisp*

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

GRAB AND GO CONGREGATE MEALS

New Opportunities, Inc. has brought back Congregate Lunches as a Grab-and-Go option for seniors. This allows you to enjoy a Senior Dine style main meal of the day as a grab and go portion. Lunches will be available on Tuesdays and Thursdays, with pick up at the Center from 11 to 11:30 a.m. Each day there will be a choice of two entrees and you must choose one at sign up. All meals will be served with multigrain bread and fresh fruit.



Thank you to Annoula’s Restaurant for making this option available for our congregate diners!



The suggested donation for this program is \$3.50 per meal. Please make checks payable to Senior Nutrition Services. You can sign up for one or more days. Call the Senior Center at 203-263-2828 to sign up for the dates you would like to pick up your meal. The deadline is **THURSDAY** of each week for ordering the next week’s meals, or you can reserve your meals for the month in one phone call; it’s up to you.

SEPTEMBER MENU

Thursday, September 2 - Shepherd’s Pie, vegetable **OR** Chicken Gyro, roasted potato, vegetable

Tuesday, September 7 - Mediterranean Chicken, roasted potato, vegetable **OR** American Chop Suey, small salad

Thursday, September 9 - Baked Macaroni & Cheese, small salad **OR** Chicken Marsala, mashed potato, vegetable

Tuesday, September 14 - Greek Salad Plate **OR** Pasta Bolognese, small salad

Thursday, September 16 - Hamburger, roasted potato, vegetable **OR** Chicken Pot Pie, vegetable

Tuesday, September 21 - Chicken Francese, roasted potato, vegetable **OR** Baked Scrod, roasted potato, vegetable

Thursday, September 23 - Chicken Gyro, roasted potato, vegetable **OR** Baked Macaroni & Cheese, small salad

Tuesday, September 28 - Greek Salad Plate **OR** American Chop Suey, small salad

Thursday, September 30 - Pasta Bolognese, small salad **OR** Baked Scrod, roasted potato, vegetable



From Computer Room to Tech Savvy Space

The next time you are at the Center check out our Tech Room, formerly the Computer Room. Here you will find equipment and supplies to take computer learning from difficult to delightful! In addition to 2 public access desktop computers with printing capability for your convenience, we also now have 12 computer tablets for your use while at the Center and in new classes. Additionally, we have two “maker space” tools that turn computer learning into tangible items you can create. We are excited about the opportunities for you to become more proficient in computer usage using our new devices. Read on for details on how YOU can use the new Tech Center!

Desktop Computers - we have two desktop computers set up for public access. To use a computer, please call the Center to set up an appointment, or stop at the Office when you visit the Center. Learn to access the Internet, check your email, do research and more. No classes are offered in desktop computing, but tech support is available at the Office. Printing is available for you to save your research.

Tablets - we have 6 Fire HD tablets and 6 iPads for use in classes and for your personal use at the Center only. The Center is equipped with free WI-FI, and you are welcome to take a seat in our comfy lounge or at a conversation station and enjoy using the tablet as you would a computer. You will “check out” the tablets for personal use at the Center by leaving your car keys or other valuable item at the Office while using the tablets. Tablets may not be taken home. Classes are offered each month to help you master the use of tablets and smartphones. You may also bring your own device in for classes. Tech support is also available at the Office.

Cricut Center - The Cricut Center is a crafter’s delight! Use a computer to create a design and the Cricut translates that design to cards, paper crafting, vinyl, and more. You can design items to decorate your home, create useful and personalized objects and make gifts for friends and family. To use the Cricut Center, you must take an Intro to Cricut Crafting class at the Center, and learn to use the technology and the device (don’t worry, it’s fun!)

Glowforge - the Glowforge 3D Laser Printer is an amazing “makerspace” tool that truly lets you create original and unique items. It uses laser engraving and cutting technology to turn your computer designs into real items- your imagination is the limit. The Glowforge is delicate enough to engrave a fortune cookie and strong enough to cut any laser-compatible material. Personal classes on using the Glowforge will begin in early fall.

Now more than ever, it’s clear that everyone of every age needs to have a working knowledge of computers and smart phones. From virtual medical appointments to online banking, from brain games to email and groceries to photos, it’s time to learn...and you can! The Tech Center is designed to make that learning easy and fun. Look for new classes and new technologies in the newsletter!

- PLEASE NOTE -

US PRESIDENTS CONTINUED - Again! Fall 2021 History Course with Penny O'Connell

This course planned for the fall has been cancelled by the instructor. We apologize for any inconvenience this may create. This course will now take place next spring. Please be sure to watch our newsletter in 2022 for details. If you have made a payment for this course, we will be contacting you directly for your refund.

THE MONTHLY MUFFIN



Stop in on **Thursday, September 30 from 9 to 11 a.m.** at the Orenaug Friendship Café for a free home baked muffin and coffee or tea!

We'll offer the "monthly muffin" – always a surprise, always delicious – on the last Thursday of each month during Café hours. What a great time to stop by, catch up with friends and the goings on at the Center. Muffins available while supplies last. MMM....it smells good in here already!

AAA DRIVER IMPROVEMENT COURSE

Friday, September 10 from 12 to 4 p.m.

The course is free for Woodbury Senior Center members and may entitle participants to a 5% insurance discount for 2 years (check with your insurance) This is a four hour in-person program. Space is limited to 25. Call the Center to sign up at 203-263-2828.



FootCare

FOOT CARE CLINIC

The Foot Care Clinic is a program that allows eligible seniors to get routine foot care for just a \$10 copay with a local podiatrist. This program can really help if you have a difficult time caring for your feet and toenails at home. Transportation is available if necessary. If you are interested, please call the Center at 203-263-2828 for additional details and be on your way to a healthier you. ACCEPTING NEW PATIENTS.

THERAPEUTIC MASSAGE WITH ANDREA

Wednesdays, September 1, 8, 22 & 29
Fridays, September 3, 10, 17 & 24
11 a.m. to 2:30 p.m. by appointment



All State protocols will be followed to ensure a safe and relaxing experience. Who has tight muscles after this past year? Who doesn't?!

- 30 minute massage - \$30
- 60 minute massage - \$55

Call the Center to book your appointment with Andrea or to find out more.



HIKING GROUPS ARE A HIT

We are thrilled to learn how many of our members are interested in a hiking group. We offer 2 hikes per month, the "Mile Hike" and the "Trek Hike". The Mile Hike will be a local "kinder and gentler" hike of about a mile. The Trek Hike will often be around 3 miles in length, and may involve a narrower path, but no steep climbs. All paths are "boot tested" before we go and is led by Loryn; we don't hike if weather is extreme or inclement. You must sign up. Transportation to and from the trailhead is on your own. Sign up for either hike, below, and call if you have questions. Bring a snack and water.

Trek Hike: Thursday, September 9 at 9 a.m. at George C. Waldo State Park in Southbury

Delightful trail names such as Where's Waldo Trail, the Extra Credit Trail, and Thing 1,2 & 3 Loop are just the beginning of the fun on roughly 3-mile hike. This hike features great views of Lake Lillinonah and is rated easy.

1-Mile Hike: Thursday, September 23 at 9 a.m. at Bent of the River Audubon Center.

Walk along the beautiful, level River Trail alongside the Pomperaug River. This is a lovely shaded walk; we'll be turning back before the trail begins a steady incline, so don't worry about elevation.

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

CANASTA PLAYERS WANTED



The Canasta group will meet on Wednesdays at the Center from 12 - 3:30 p.m. Why not join them? Call for details.

READY, SET, KNIT!

The needlework group will meet in the Lounge on **Thursdays, September 9 & 23**
1 to 2 p.m.



New members are welcome to join! You will have the option to work on your own project, or we can start a group project, if there is interest. All group projects are in service to our local community groups. We create blankets for adult communities, nursing home residents, residents in memory units, wheelchair individuals and rehab patients. Also, we distribute baby blankets for mothers of domestic violence and make scarves, hats, blankets for their children. The homeless are recipients of our hats and scarves as well.



We welcome everyone and anyone who wishes to contribute their projects for these causes. We welcome ideas and learn from each other. No one person knows it all!!

COMPUTER ROOM



The Computer Room is available by appointment. Appointments will be for 2 hours. There are 2 computers available, with 2 people in the room at a time. Call the Center to make your appointment.



Available times are 8:30 to 10:30 a.m., 10:30 a.m. to 12:30 p.m.. or 12:30 to 2:30 p.m.

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



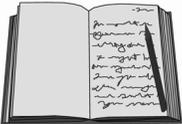
CHECKS CANNOT BE ACCEPTED MADE OUT TO WOODBURY SENIOR CENTER

The fun continues with Nichole Texeira from Brass City Harvest with the return of her cooking class

BRASS CITY HARVEST
OUR FUTURE IS GROWING 

BRASS CITY EATS!
Thursdays, September 2, 9, 16, 23 & 30
1 to 2 p.m. via ZOOM!

Participants receive a weekly healthy recipe with a free recipe kit which includes the main ingredients of the dish. Then we cook together (or watch Nichole's cooking demo on Zoom! The weekly recipe will be sent to you, again please be sure we have your email so you will have both the recipe and the Zoom link. Recipe kits with food will no longer be offered.



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

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

In this class you'll experiment with a variety of exercises, techniques and ideas that will help you find the words, images and forms that express your unique style. Offered in hybrid style, you may sign up to take this class in person or on Zoom. Class size limited; contact the center to sign up.

Lin Northrup, M.Ed, is the author of *Leela and the Forest of Light*. She was an adjunct English professor at Naugatuck Valley Community College. Her private practice, *Sacred Circle Healing Arts*, integrates a holistic approach to wellness and creativity.

WOODBURY SENIOR CENTER STAFF

 Loryn Ray Director of Senior Services	 Jennifer Skene-Tiso Program Assistant	 Karen Blanchet Office Manager
 Sarah Wirtes Municipal Agent/ Social Services Director	 Tom Davis Senior Bus Driver	 Nancy Gubiotti Senior Bus Driver
 John White Custodian	 Donna Cole Senior Nutrition Services	

281 Main Street South (mailing address)
265 Main Street South (physical address)
Woodbury, CT 06798
Phone: 203-263-2828
Fax: 203-266-4308
Email: SeniorCenter@woodburyct.org
Website: woodburyseniorct.org
Our newsletter is available on our website.
And "Like" us on **Facebook** at **Woodbury Senior Center**.

WE ARE NOW TAKING CREDIT CARD PAYMENTS!
For your convenience we are now taking credit card payments! Cash and checks are, of course, still accepted.






SEPTEMBER SENIOR BUS SHOPPING TRIPS — MONDAY, MONDAY SHOPPING TRIPS

The bus is currently taking up to 6 passengers at a time for shopping trips. All passengers must wear masks at all times on the bus.



A trip to **Torrington** for shopping is planned for **Monday, September 13**. Stores include Walmart, Target, Aldi, Goodwill, Big Lots, Michael's, Market 32, and Stop & Shop. This is a popular trip, so sign up soon!

A trip to **Naugatuck** for shopping will be offered monthly on the third Monday of each month. The next trip is scheduled for **Monday, September 20**. The bus will leave Woodbury at 10 a.m. Stores in the area include Walmart, Dollar Tree, Ocean State Job Lot and Stop & Shop.

A trip to **Danbury** for shopping at **Trader Joe's** and the **Christmas Tree Shoppe** is scheduled for **Monday, September 27**. This is a terrific opportunity to buy some seasonal décor and get a start on holiday treats and gifts.

The bus is available on **Fridays** for shopping and errands in **Southbury**. We are also available for **Woodbury** shopping on **Tuesdays, Wednesdays and Thursdays**.

Please let the driver know upon entering the bus where you would like to shop. Please remember you must be responsible for and be able to carry your own bags. Sign up quickly as seats are limited.

VIRTUAL EXERCISE CLASS



Virtual Fitness Fury with Susan on Zoom

Tuesdays from 11 to 11:45 a.m. and Thursdays from 10 to 10:45 a.m. - September 2, 7, 9, 14, 16, 21, 23, 28 & 30

You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost for the September session (9 classes) is \$27. You must sign up for the full session. Call the Center to sign up. We will need your email to send you the Zoom link.

IN-HOUSE OR VIRTUAL: HYBRID EXERCISE CLASSES

Cardio Dance with Andrea - in person or on Zoom

Wednesdays and Fridays from 10 to 11 a.m. - September 1, 3, 8, 10, 15, 17, 22, 24 & 29

Great music and dance moves in this energetic class! The cost for the month of September (9 classes) is \$27. You must sign up for the full session. Call the Center to sign up. We will need your email to send you the Zoom link if you choose to take the class virtually.



Tai Chi with Susan - in person or on Zoom

Wednesdays, September 1, 8, 15, 22 & 29 from 1:30 to 2:30 p.m.

The cost for the September session (5 classes) is \$25



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

IN-HOUSE EXERCISE CLASS

Deep Stretch and Meditation Class with Jennifer

Mondays from 8:30 to 9:30 a.m. - September 13, 20 & 27

This class is set to soothing music, low-impact stretching and breathing exercises designed to de-stress you physically and mentally while increasing flexibility. All levels of activity/fitness welcome. Dress comfortably and bring a mat.

Cost for the September session (3 classes) is \$9

Sign up if you plan to attend!



BALANCE - in person only

Tuesdays from 10 to 11 a.m. - September 21 & 28 (no class 9/7 or 9/14)

Join Loryn on Tuesdays for a jump start on regaining your balance. Free, but you must sign up.

INDOOR WALKING WITH LESLIE SANSONE DVDs

Tuesdays from 9 to 9:30 a.m. (no class 9/14)

Free and fun!

Be sure to bring a water bottle!





ALL ARE WELCOME HERE

Woodbury Senior Center respects the diversity of our participants. You will find a warm welcome here, regardless of sex, age, race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

TABLE TENNIS IS BACK!

**Mondays, September 13, October 18
from 10 to 1 p.m.**

Please bring your own paddles.
Please sign up.



American Red Cross

**AMERICAN RED CROSS BLOOD DRIVE
AT THE SENIOR CENTER**

Saturday, September 4, 8 a.m. – 1 p.m.

Register by calling the American Red Cross at

1(800) REDCROSS or click onto www.redcrossblood.org

Dear Senior Center Friends and Bus Buddies:
I want to thank you all for the many “get well” cards and notes that you have sent me and for your thoughts and prayers. They have brightened my days as I travel through this medical journey.



I am still undergoing treatments and thankfully I do not have any severe side effects from them.

I think of you all often and miss our travels together.

Thank you again and may God bless you all.

Fondly, “Bus Driver Mr. Bob”

MAH JONGG

Fridays from 9:30 to 11:30 a.m.

Let us know if you are interested.

The group welcomes new players.



**THE FITNESS ROOM IS OPEN
by appointment**

The Fitness Room is available by appointment. Each session will last 50 minutes and will begin on the half hour,

Monday through Friday from 8:30 a.m. to 2:30 p.m. There will be three people allowed in the Fitness Room to work out at one time. Make as many as 6 session appointments with one call. Please call 203-263-2828.

If you are interested in joining the Fitness Room, please contact the office to receive a membership packet.

The fee for the July 2021 to July 2022 year is \$60 for Woodbury seniors and \$80 for out-of-town seniors. The fee is used to help maintain the current equipment and provide training and supplies as needed.

If you join after July 2021, fees will be prorated.

NEW TO THE CENTER OR RETURNING? THINGS TO KNOW:

- We have friendly people and great opportunities for older adults to connect. We serve seniors age 60 and better.
- Programs do require sign-ups in most cases. You can always call the office if you have questions.
- We are open from Monday - Friday 8 am to 4 p.m. You are welcome here!
- Coffee and tea beverages are served at our Orenaug Friendship Café daily from 9 to 11 am.
- Be sure to sign in at the Kiosk near the front door each time you come to the Center.
- **Masks are required to be worn, over your nose and mouth, for all who enter the building. (vaccinated or unvaccinated)**
- Our drinking fountain is now a water bottle filling station. Please bring a personal water bottle to class.
- We’ve added virtual and curbside programs as well as outdoors programs.
- The showers in the Fitness Room are not available.
- We are not able to bring back all classes to their previous times and rooms. We hope to add more programs as the pandemic recedes but request your patience as we all find a new normal.
- The kitchen is off limits to everyone except staff.

**These protocols may change at any time.
We follow all State of Connecticut guidance for Senior Centers.**

Thank You!

HEALTH NOTICE – SYMPTOMS OF COLD AND ALLERGIES

Being aware of your own health and consideration of others is still needed. If you are experiencing symptoms of illness (coughing, sneezing, or fever, among others) please do NOT come to the Center; you may be asked to leave. If you have allergy symptoms, we ask that you stay at home on days when symptoms are severe, and suggest a mask and/or covering your coughs and sneezes while in public. **Masks are required to be worn in the Senior Center building.**



Thank you for your cooperation.

We welcome your ideas, but please understand we are unable to implement all suggestions, as we still have building safety measures to follow.



ELDER JUSTICE HOTLINE

A new state hotline is available to assist older adults and their advocates to navigate an often confusing maze of state services and supports to obtain information, aid and justice. This hotline is a one stop shop for connecting callers to the state agencies that can help with particular issues or problems, including age-based discrimination in the workplace, scams and frauds, elder abuse, neglect and exploitation. The Elder Justice Hotline can be reached at 1-860-808-5555. Individuals can also access information about the hotline, resources and an online complaint portal here: <https://portal.ct.gov/ag/elderhotline>.

POKER

Test your skill or press your luck. Either way **POKER** comes to the Woodbury Senior Center on **Friday, September 24 from 12 to 3 p.m.**



All skill levels are welcome. Poker is a game which people play with a normal set (or deck) of 52 cards. Poker is a gambling game which involves some luck, but also some skill. In Poker, players make bets against each other depending on the value of their Poker hand. In Draw Poker, each player is dealt five cards. Play for coins not dollars. Please sign up.

INTRODUCTION TO CRICUT CLASS



Monday, September 13 from 10 to 10:30 a.m.

or on

Monday, September 27 from 1 to 1:30 p.m.

If you would like to learn how to use the Cricut to make individual projects, you will need to take this short class that will give you a lesson on creating and cutting your design, see what materials are available to use (for a small fee), see the endless ideas and start you off on your crafting adventure.

**Labor Day
WORD
SEARCH**



- | | |
|--------------|---------------------|
| CARPENTER | NURSE |
| DOCTOR | POLICE OFFICER |
| DOORMAN | SANITATION ENGINEER |
| FIRE FIGHTER | TEACHER |
| LABOR DAY | WAITRESS |

R E E N I G N E N O I T A T I N A S H
 L Z E B Q C A R P E N T E R C C O Q B
 P X R E C I F F O E C I L O P T H N N
 V E A L S J R Y H J N O N U R S E Y B
 D O C T O R C B F I R E F I G H T E R
 M V T P Q J L S U V Y F G L S V O O O
 S Q C J R O V K F O N T E A C H E R E
 L A B O R D A Y L U R J U R R F A C H
 C W O Q M B W A I T R E S S V L Q R S
 D K Q E C M D O O R M A N D X H J F Y

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

It's that time of year again...time to join the "Friends" or renew your membership. Did you know that the "Friends" is a 501c3 nonprofit organization, which has been in existence for the past 14 years? We help the Center with items that fall outside its budget. Some of the past "Friends" projects were: providing FREE community concerts, soundproofing the Center's Café, installing the Memorial Garden, and many more.

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. The current fundraising projects for 2021-2022 include: **Technology, Services and Activities Project and Small Activities Room Divider Project.**

Take time NOW to join/rejoin the Friends of the Woodbury Senior Community Center, Inc. and make our Center the best it can be. Friends' membership fees are: Individuals - \$10; Couples or Family - \$15; Patrons - \$25; and Benefactors - \$100 or more. The "Friends" membership year runs from October 1, 2021 through September 30, 2022.

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

BE A FRIEND AND MAKE A DIFFERENCE!

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

"GENEALOGY SPECIAL INTEREST GROUP"

for genealogy enthusiasts

Here Comes the 1950 Census

with Professional Genealogist, Penny Hartzell

September 20 at 2 p.m.

Analyze your research, discuss problems, what's new on the Internet and take your family history to the next level.

Please sign up.

If you have any questions, please email Penny at

HartzellGenealogy@mac.com



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

FITNESS CHALLENGE WALK ACROSS AMERICA UPDATE

Since our last update, our group of active walkers have traveled 1023 miles.

After leaving Vancouver BC we headed to Spokane, WA. Our first stop was Riverfront Park, branded as Riverfront Spokane. The 100-acre park is situated along the Spokane River and encompasses the Upper Spokane Falls, which is the second largest urban waterfall in the United States, when combined with the Lower Spokane Falls, creates the largest urban waterfall in the country. The site of the park and the surrounding falls were a Native American gathering place, which had a number of fishing camps near the base of the falls. Our next stop was the Northwest Museum of Arts and Culture. It is associated with the Smithsonian Institution and is accredited by the American Alliance of Museums. The Northwest Museum of Arts and Culture is the largest cultural organization in the Inland Northwest with five underground galleries, café, store, education center, community room and the Center for Plateau Cultural Studies. The exhibits and programs focus on three major disciplines: American Indian and other cultures, regional history and visual art.



From Spokane we headed to Glacier National Park. Glacier National Park is an American national park located in northwestern Montana, on the Canada–United States border, adjacent to the Canadian provinces of Alberta and British Columbia. The park encompasses more than 1 million acres and includes parts of two mountain ranges, more than 130 named lakes, more than 1,000 different species of plants and hundreds of species of animals.

This vast pristine ecosystem is the centerpiece of what has been referred to as the "Crown of the Continent Ecosystem," a region of protected land encompassing 16,000 square miles. The region that became Glacier National Park was first inhabited by Native Americans. Upon the arrival of European explorers, it was dominated by the Blackfeet in the east and the Flathead in the western regions.



From Glacier National Park we headed to Butte, MT and visited the World Museum of Mining which is a re-creation of a 1890s mining town. The Museum first opened its doors in July 1965. The site, an inactive silver and zinc mine named the Orphan Girl, includes 50 buildings on some 22 acres of land. Here we had the opportunity to head down 100 feet into the Orphan Girl Mine to see the original shaft station and viewed one of the few exposed veins in North America that can be seen by the public, as well as various pieces of equipment that were used in underground mining.



PAINTING WITH JENNIFER
Friday, September 17
from 12 noon to 1: 30p.m.

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



ARE YOU LOOKING FOR A JOB?

Are you age 55+, unemployed, and would you like help in your job search? Are you looking for a job, and do you want to learn new skills?

Through the Senior Community Service Employment Program (SCSEP), we provide paid, part-time job training for eligible, mature workers to develop skills and gain work experience!

Fully remote training options are available during the pandemic!

Let us help you find your next job.

For more information, please visit us online or call:

Our Torrington Office, (203) 833-1422

Apply online at: www.a4td.org



WOODBURY UKULELE BAND

We will return for the Indoor Meetup in **October**. Mark your calendars now for **Friday, October 8**. An intro session for **beginners** will start at **6 p.m.** and our **regular** Meetup will start at **7 p.m.** It will be so exciting to come back indoors and use the large screen and play together in person. **Masks will be required for all people at the October session.** Other COVID-19 best practices will be in place. Please call if you have questions. **Registration is required for the Intro session at 6 p.m.** If you would like to attend that session, please call the Senior Center to sign up. To be included on the WUB email list, please call or email the Center (203) 263-2828 or seniorcenter2@woodburyct.org. Details on the October meetup will be sent out mid-September.

Sarah Wirtes- Municipal Agent

203-263-4117

203-266-4310 (fax)

Sarah’s Hours: Monday through Friday 9 a.m. to 4 p.m.

Email: SWirtes@woodburycct.org

Please call or email for an appointment

PROGRAMS AVAILABLE TO YOU

Food Programs (SNAP, Food Bank, Mobile Food Bank, etc.) SNAP helps individuals and families buy food. Anyone can apply for SNAP. The amount you receive depends on your income, expenses and your family size. If found eligible, you are given an Electronic Benefits Transfer (EBT) card which you use like a debit card at the grocery store, corner stores and even some farmers’ markets. Contact: Sarah at (203) 263-4117

Medicare Savings Program & Medicare

The State of Connecticut offers financial assistance to income eligible Medicare enrollees through three levels of Medicare Savings Programs. If you qualify for one of the three Medicare Savings Programs, DSS will pay your Medicare Part B premium each month. In addition, some enrollees will be covered for Medicare deductibles and co-insurance. Your gross income or combined gross income with your spouse determines which category you qualify for. Effective March 1, 2021, income limits for single individuals range from \$2,265/mo. to \$2,641/mo. For couples the range is from \$3,064/mo. to \$3,572/mo. Call Sarah for more information or to apply. Contact: CHOICES at (203) 757-5449

Phone/Internet Service (Safelink, Lifeline, or Assurance) The Lifeline Program and SafeLink Wireless provide low-income consumers a discount of up to \$50 on monthly telephone or broadband internet service purchased from participating providers. In addition, the Federal Communications Commission (FCC) has launched an Emergency Broadband Benefit Program to help households struggling to pay for internet service during the pandemic. Eligible households will receive a discount of up to \$50 per month towards broadband service and a one-time discount of up to \$100 to purchase a laptop, desktop computer or tablet. Contact: Sarah at (203) 263-4117

Renters Rebate Program (April 1st to October 1st)

State law provides a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose incomes do not exceed certain limits (\$37,600 single, \$45,800 couple). Persons renting an apartment or room, or living in cooperative housing or a mobile home may be eligible for this program. Renters' rebates can be up to \$900 for married couples and \$700 for single persons. The renters' rebate amount is based on a graduated income scale and the amount of rent and utility payments (excluding telephone) made in the calendar year prior to the year in which the renter applies. There is a one-year Connecticut residency requirement for this program. Contact: Assessor’s Office at (203) 263-2435

Farmer’s Market Vouchers The Senior Farmers Market Nutrition Program (SFMNP) is a supplemental food program that runs from July 1 to October 31 for individuals over the age of 60 or those who are disabled living in housing where congregate nutrition services are 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: Checks can only be distributed to eligible individuals who are residents of Woodbury. One (1) booklet annual 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. The Senior Participant Proxy Form must be completed and signed by the participant to allow for a proxy.

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. Individuals must go through proper means testing to support income eligibility.

2021 Income Limits:

Household Size	Monthly Income	Annual Income
1	\$1986	\$23,828
2	\$2686	\$32,227

Call Sarah at 203-263-4117 to receive your Farmer’s Market Vouchers.

SEPTEMBER TABLET/SMARTPHONE CLASSES

You can learn to be comfortable with technology!

Limited to 6 people in the class. Please sign up.

Organizing your digital photos:

Thursday, September 16 at 1 p.m.

Learn how to save photos people email and text to you, how to put photos in albums, how to create special effects right on your device and share your photos.

How to create a photo book using Shutterfly:

Thursday, September 30 at 1 p.m.

A photo book makes a wonderful, personal and affordable holiday gift. Learn how to use the Shutterfly website or app to create a personal book perfect for holiday giving. Once you learn the Shutterfly system, the same techniques may be used on any number of photo-book creation websites.

DENTAL CLEANING CLINIC



Our dental cleaning clinic allows those with no dental insurance an affordable way to have regular teeth cleanings. The cost of an appointment is \$80, or for those with qualifying incomes, just a \$10 copay per visit. Appointments are available on **Thursday, September 23**. Please note: The hygienist requires proof of COVID-19 vaccination to take part in this program. **NEW PATIENTS ACCEPTED.** Call for information.

PREVENTING ALZHEIMER'S THROUGH HEALTHY LIVING

Tuesdays, September 14, 21 & 28 from 1 to 2 p.m.

This is a 3-part in-person series featuring guest speakers with expertise on the topics of fitness, nutrition and mindfulness as they relate to the prevention and progression of this disease.

September 14 - Susan Krusko is the Recruitment & Senior Programs Manager for The Fitness Fury X-Perience, LLC (FFXP). Her experience is in working with older adults with different disabilities. Her passion is helping them to learn to live a more active lifestyle through exercise.

September 21 - Robert Rivest is an internationally admired performer and teacher. In addition to being a renowned comic mime artist, he is an accomplished health, literacy and stress relief educator, a gifted mindfulness teacher, a certified laughter yoga master trainer and an engaging public speaker.

September 28 - Sandra Micalizzi, RN, MSN, CDE, has extensive knowledge around woman's health, promoting wellness, diseased prevention and chronic disease management. Certified in geriatrics and diabetes, she serves as a community educator for Waterbury Hospital, focusing on educating residents.

This series is sponsored by:



BLOOD PRESSURE CLINIC RETURNS

First and Third Tuesdays of the Month

Tuesdays, September 7 & 21

10 to 11 a.m. by appointment at the Center



Get your blood pressure checked twice per month by a registered nurse from Pomperaug District Department of Health.

FREE service, but no walk-ins at this time. Please call for an appointment.



SENIOR WRITING CONTEST FALL 2021

AGES 55-PLUS amateurs only



Take a "Stab" at Mystery Writing

PRIZES
1st \$200
2nd \$100
3rd \$75



Murder Mystery Writers



✓ 750 Word Minimum-2,000 Maximum

✓ Submissions Due: 12/31/21

✓ Submit To: Mmarici@CandlewoodValley.Com

✓ 860-355-0971 x11

Join Judge Dominic Calabrese
Friday, September 24 from 1 to 2 p.m.
For part 1 of a 2 part series



Why Estate Plans Fail Part 1: Assets

One of the most common problems in estate planning, besides failing to have an estate plan, is failure to properly organize and review assets. The value of assets, such as real property, accounts in financial institutions, retirement and investment accounts can have significant implications for an estate plan, and more so for those without estate plans. In this presentation, Judge Calabrese will review how the value of assets impacts estate planning and probate. He will also discuss how the type of ownership (sole, beneficiary designation, survivorship, trust) affects asset distribution both in and outside of probate after the owner passes away. Overlooking these issues can cause an estate plan to fail, with unanticipated outcomes inconsistent with the decedent's wishes. Call the Center to sign up at 203-263-2828 **by September 17.**

SENIOR LEARNING NETWORK (SLN) - NEW! SLN PROGRAMS WILL NOW BE SHOWN AT THE CENTER
All programs begin at 2 p.m. in person at the Senior Center - limited to 9 people per program – please sign up

SEPTEMBER 2021

Mystic Seaport Museum

Tuesday, September 7

“As for me, I am tormented with an everlasting itch for things remote. I love to sail forbidden seas, and land on barbarous coasts.”

— Herman Melville, Moby-Dick or, the Whale



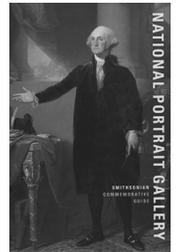
Come sail with us and learn about the true tale that inspired Herman Melville to write Moby-Dick. Explore the history of 19th century whaling through the lens of the last wooden whaleship in the world, and one of the star artifacts at Mystic Seaport Museum, the Charles W. Morgan. Learn how and why Americans went to sea for more than a century, in search of the great leviathans and see rare artifacts from the Museum’s collection that connect to American whaling history.

Smithsonian National Portrait Gallery

Highlights of the National Portrait Gallery Permanent Collection

Tuesday, September 14

Experience portraiture beyond the frame. Our collections present people of remarkable character and achievement. These Americans - artists, politicians, scientists, inventors, activists, and performers - form our national identity. They help us understand who we are and remind us of what we can aspire to be. Get to know us at the National Portrait Gallery. We look forward to sharing the faces and stories of inspiring Americans with you.



FDR Presidential Library and Museum/ Jeff Urbin

“Books, Boots and Bridles: The Story of the Horse Back Librarians”

Tuesday, September 21



Join one of our favorites, Jeff Urbin - as he shares the story of the Pack Horse Library initiative, a little known program of the Roosevelt Administration's WPA. Its mission, carried out almost entirely by women, was to deliver and distribute reading materials to the far off corners of Appalachia during the darkest hours of the Great Depression.

Buffalo Bill Center of the West

“What’s all the hoot about owls? “(Yellowstone Park)

Tuesday, September 28

Many humans have a fascination with owls. Found across the globe, in almost every type of habitat, owls have managed to survive as a group for more than 80 million years. What has allowed owls to thrive and become a vital part in the balance of nature? Using visual aids *and a real, live owl*, this program will explore the adaptations such as hearing and silent flight that make owls some of the top predators in the Greater Yellowstone Ecosystem and the world



OCTOBER 2021

Scotts Bluff National Monument - "Nebraska, honestly, it's not for everyone."

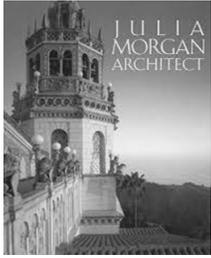
Tuesday, October 5



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

(continued on Page 12)

SENIOR LEARNING NETWORK (CONTINUED)



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

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

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

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



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



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

HOW TO BUILD YOUR EMOTIONAL PENSION

Virtual Program

Monday September 13 from 1 to 2 p.m.

Call the Center at 203-263-2828 to sign up and we will email your link to this thought provoking program.

A Non-Financial Guide to Finding Meaning, Identity and Purpose in Retirement

Henry M. Quinlan’s presentation, “[How to Build Your Emotional Pension](#)” explores non-financial retirement issues that are unavoidable and a failure to address often prevents seniors from experiencing meaningful and rewarding senior years.

These retirement issues apply to seniors whether they are working full time, part-time or not working.

99% of retirement information focuses on financial issues. This focus leaves many unprepared to face the challenges that arise in the later years.

Too many retirees fail to foresee or plan for the many changes that will take place in their lives. As a result, many are blindsided by the unexpected emotional turmoil. The beginning takes place when they are confronted with the challenge of filling 200 hours a month that had been previously devoted to work and the related transportation time. Added to this challenge are changes of identity, marriage, eating, sleeping and more. It is easy to understand how overwhelming those challenges are, and is a reason many people retreat to the familiar in retirement, rather than living a new rewarding life. There is comfort in the familiar, but it is deceiving – it can sometimes lead to physical and mental issues and a life of isolation.

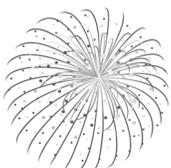


WOODBURY FIREWORKS DISPLAY

Saturday, September 4 at 9:15 p.m.

at Hollow Park

Bring a blanket and watch from the park, watch from your home, watch from Cannon Green... or enjoy from any vantage point you choose.



SENIOR BUS TRIP...ON THE ROAD AGAIN

**Averill Farm in Washington Depot
Tuesday, September 7**



Join us for a trip to the Town of Washington to Averill Farm. Averill Farm is a 10th generation family farm on a gorgeous hilltop offering fall fruits: apples, 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 and farm stand shopping, enjoy a delicious lunch at The White Horse Pub in New Preston (12:30 p.m. outdoor dining reservation).

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



LADIES' BRIDGE

**Thursdays, beginning September 2
from 9:30 a.m. to 12 p.m.**

**THE ORENAUG FRIENDSHIP
PATIO CAFÉ**

Weekdays from 9 to 11 a.m.



Welcome to the Orenaug Friendship Patio Café (The OFC).

Stop in for a C-U-P at the OFC for a flavored coffee, cappuccino, iced coffee and more. Our volunteer barista, Leigh, is here Wednesdays and Fridays from 9 a.m. to 11 a.m. Place your order at the Community Room window and enjoy your tasty beverage on the outdoor patio. Enjoy a table for two or have a sip with several friends.

BE A PEN PAL TO A LOCAL HIGH SCHOOL STUDENT



Here's a fun way to have a positive impact on your community with the convenience of being at home. NHS student Ava Martinez is setting up a senior-student pen pal exchange at the high school this fall. We hope you'll be as excited about this as we are. Today's young people are amazing – conscientious, determined and adventurous – but they are also adolescents who could use a listening ear, a friend – a pen pal. Likewise, we older adults could also use a friend, especially one eager to hear our stories and share their own. Here's how the pen pal exchange will work: seniors who sign up will be matched with high school students recommended by their teachers. Seniors will address letters to their pen pal and drop the letters off at the Senior Center, while students will drop their letters off at the high school. Ava will facilitate the exchange of letters, through the senior center. The program will run from October 2021 through May 2022, with the opportunity to meet your pen pal next May. There is NO cost to participate, and no postage is needed. Please join this project, and share some positive action in the world at a time we ALL need it. Sign up by September 10 by calling the Woodbury Senior Center at (203) 263-2828.

BACK TO SCHOOL FACTS CHALLENGE

Every year around this time, kids go back to school. It's a time of new shoes and new crayons for the little ones, new calculators, teachers and routines for the older children.

For everyone it's a time of new beginnings and new opportunities. Here at the Center, September is always a time of increased enrollment and program participation too, as we move away from summer and seek opportunities to learn, try something new, and connect with friends.

To get you on your way to new learning, here are some facts about Back to School: see how many of these answers you can guess?

1. Including college students, how many kids head back to school every year?
2. How many teachers are there in the US?
3. How much does the average family spend on school supplies each year?
4. How many registered school buses operate in the US each year?
5. Where is the largest public high school, and how many students attend there?
6. Arizona State is the largest public university; how many students are enrolled?
7. A single pencil can draw a line _____ miles long?
8. How much does the average school backpack weigh as a percentage of the student's body weight?
9. How many children rely on school breakfast each morning?
10. Which state has 9 of the 10 largest high school gymnasiums?
11. Why do we give our teacher an apple?

Answers: 1) about 78 million 2) about 8 million 3) \$700 4) 480,000 5) Morton High in Berwyn-Cicero, Illinois with 8,000 students 6) 81,000 7) 35 8) The average backpack weighs 20% of the student's body weight! It's recommended to keep that percentage below 10%. 9) 11.6 million 10) Indiana (think about all that basketball!) 11) The tradition goes back to 16th century Denmark, where teachers didn't earn enough for food so parents would send their children to school with an apple for them.

LAST CHANCE TO SAVE BIG WITH THESE PROGRAMS

If you are a renter who qualifies for Renters Rebate (see page 9 for details), you have just a few days left in which to apply for this valuable benefit. Call Sarah Wirtes, Social Services and Municipal Agent, to make your appointment at (203) 263-4117.

If you qualify for Farmers Market Program Vouchers (again, see Page 9 for details), Sarah has a limited quantity of vouchers remaining. First come first served; call or stop by today.

Don't miss these valuable budget stretching opportunities.

SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

**BE AWARE
BE PREPARED**

Don't let the unpleasant thought of an emergency deter you from making a plan to protect your family and yourself. Follow the basic steps below and you'll sleep easier knowing you are ready. Be sure to update this plan each year.

Make a communications plan. Create a list of emergency contacts and keep it where you can find it. Share this list with people who care about you and who may be checking in on you. Also make a list of current medications and health care providers.

Stay charged up! Charge your cell phones and devices. If you plan to leave your home during an emergency, be sure to take your chargers with you.

Create an emergency supplies kit. Include enough provisions for at least three days. Be sure to include food, water, a battery powered radio, a flashlight, extra batteries, a small first aid kit and toiletries.

Get your vehicle ready. Keep a full tank of gas if a storm is coming. If you decide to leave an area ahead of a storm, leave early, and be sure to let someone know where you are going. Also, keep a small emergencies kit in your car; include a blanket, water, flares, a flashlight, snacks, and a small first aid kit.

Consider special needs. If you have a pet, be sure to include their needs in your emergency planning.

Know your exits. At home and away, always make a point of knowing how to exit a building. If you live in an apartment, know where you should congregate when evacuating. If you live with others, designate a safe meeting place in case of emergency exits.

Stay in touch. During weather emergencies, be sure to have that list of emergency contacts handy. Let people know how you are. If you would appreciate a phone call during prolonged storms, let someone know and ask them to contact you regularly. The Senior Center keeps a list of people who wish to be contacted during a storm emergency; let us know if you want to be added to the list.

For more information and handy preparedness checklists, go to <https://www.ready.gov/>

OUR NEW OUTDOOR KIOSK IS READY AND IN USE



Have you seen our new outdoor information kiosk? Built by Eagle Scout candidate Evan Bodie, the kiosk lets you see what's happening at the Center before you even come inside! Also featured is a double bench, perfect for waiting for a ride and for enjoying our gardens.

Thank you, Evan!

JOIN US!



for a special event to celebrate YOU and all the hard work our wonderful volunteers do for the Town of Woodbury.

Big or small, WOW wants to celebrate them all!

Sunday, September 5

1:00 - 3:00 PM

Bring On the Hoopla * The Berkshire Jazz Band * Ice Cream Emergency Truck * Stickers!!

Join us at HOLLOW PARK for music, free ice cream for volunteers & loads of fun! Drop in!

As always, this is a FREE EVENT!

Please remember to social distance and bring a mask; you'll need it to enter the Ice Cream Emergency Truck!

APPLE CAKE RECIPE

Ingredients:

- 3 cups small apple pieces
- 1 cup flour
- 1 cups sugar
- 1/2 tsp baking soda
- 1 1/2 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp salt
- 2 eggs - beaten
- 1 tsp vanilla
- 1/4 cup (1/2 stick) butter or margarine, melted



Directions:

1. Preheat oven to 350 degrees
2. Mix together by hand flour, sugar, baking soda, baking powder, cinnamon and salt
3. Add in eggs and vanilla, mix well
4. Add in melted butter, mix well
5. Fold in apple pieces
6. Place in ungreased pan and bake:
 - 8" square pan bake for about 45 minutes
 - 9" square pan bake for about 35 minutes
 - Double recipe - 9" x 13" pan bake for about 40 minutes

Thank you Nancy Gubiotti!

CENTER PROGRAMS AND SERVICES AT A GLANCE – SEPTEMBER 2021

All programs and services by appointment or advance registration

At the Center -

- AAA Driver Improvement Course** - Page 3
- Balance Class** - Page 5
- Blood Pressure Clinic** – Page 10
- Brass City Harvest Mobile Farm Market** - Page 1
- Brass City Eats** - Page 1
- Canasta** - Page 3
- Cardio Dance Class** – Page 5 (also on Zoom)
- Cricut with Karen** - Page 7
- Deep Stretch & Meditation Class** - Page 5
- Dental Cleaning Clinic** - Page 10
- Find Your Balance Class** - Page 5
- Fitness Room** – Page 6
- Flu Shot Clinic** - Page 1
- Foot Care Clinic** - Page 3
- Genealogy** - Page 7
- Grab and Go Lunches** - Page 2
- How to Build Your Emotional Pension** - Page 12
- How to Create a Photo Book Using Shutterfly** - Page 10
- Ladies’ Bridge** - Page 13
- Mah Jongg** - Page 4
- Monthly Muffin** - Page 3
- Octoberfest** - Page 1
- Organizing Your Digital Photos Class** - Page 10
- Painting with Jennifer** - Page 8
- Patio Coffee Café** - Page 13
- Poker** - Page 7
- Preventing Alzheimer’s Through Healthy Living** - Page 10
- Ready, Set, Knit** - Page 3
- Red Cross Blood Drive** – Page 6
- Senior Learning Network** - Page 11 & 12
- Table Tennis** - Page 6
- Tai Chi** - Page 5 (also on Zoom)
- Technology Room/Maker Space** – Page 2
- Therapeutic Massage** – Page 3
- Why Estate Plans Fail Part 1: Assets** - Page 10

In Person in the Community

- Hiking Club** - Page 3
- Senior Bus Transportation** – Call for information
- Senior Bus Trip: Naugatuck** - Page 5
- Senior Bus Trip: Torrington** - Page 5
- Senior Bus Trip: Danbury** - Page 5
- Senior Bus Trip: Averill Farm/White Horse** - Page 13

At Home Programs (no computer required)

- Meals on Wheels** – please call New Opportunities, Inc, at 203-757-7738
- Walk Across America Fitness Challenge** – Page 8

Virtual Programs (computer or smart device and internet connection required)

- Fitness Fury Stretch and Strength** - Page 5



*Something for
EVERYONE!*

SEPTEMBER 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<p>Don't forget Woodbury Fireworks on Saturday, September 4 at 9:15 p.m. At Hollow Park</p>	<p>End of Summer Volunteer Appreciation Celebration on Sunday, September 5</p> <p>Berkshire Jazz Orchestra begins playing at 2 p.m. at Hollow Park</p>	<p>1</p> <p>10-11 Cardio Dance 10:30-12 Mobile Farm Market 11-2:30 Massage with Andrea (by appt) 11:30-1 Current Events 12-3:30 Canasta 1:30-2:30 Tai Chi</p>	<p>2</p> <p>9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Brass City Eats (virtual)</p>	<p>3</p> <p>10-11 Cardio Dance 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt)</p>	4
5	<p>6</p> <p>CENTER CLOSED FOR LABOR DAY HOLIDAY</p>	<p>7</p> <p>9-9:30 Indoor Walking 10:00 Senior Bus Trip: Averill Farm/White Horse Pub 10-11 Balance Class 10-11 Blood Pressure Clinic 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 2:00 SLN: Mystic Seaport</p>	<p>8</p> <p>10-11 Cardio Dance 10:30-12 Mobile Farm Market 11-2:30 Massage with Andrea (by appt) 11:30-1 Current Events 12-3:30 Canasta 1:30-2:30 Tai Chi</p>	<p>9</p> <p>9:00 Trek Hike (George C. Waldo State Park, Southbury) 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Ready, Set, Knit 1-2 Brass City Eats (virtual) 1-2 Commission for Seniors</p>	<p>10</p> <p>10-11 Cardio Dance 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) 12-4 AAA Driver Improvement Course</p>	11
12	<p>13</p> <p>8:30-9:30 Deep Stretch & Meditation 10:00 Senior Bus Trip: Torrington Shopping 10-10:30 Intro to Cricut 10-1 Table Tennis 1-2 How to Build Your Emotional Pension (virtual)</p>	<p>14</p> <p>6am-8pm Republican Primary 9-9:30 No Indoor Walking 10-11 No Balance Class 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Preventing Alzheimer's Pt.1 2:00 SLN: Smithsonian National Portrait Gallery</p>	<p>15</p> <p>10-11 Cardio Dance 10:30-12 Mobile Farm Market 11:30-1 Current Events 12-3 Foot Care Clinic 12-3:30 Canasta 1:30-2:30 Tai Chi</p>	<p>16</p> <p>9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Brass City Eats (virtual) 1:00 Organizing Your Digital Photos</p>	<p>17</p> <p>10-11 Cardio Dance 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) 12-1:30 Painting with Jennifer</p>	18
19	<p>20</p> <p>8:30-9:30 Deep Stretch & Meditation 10:00 Senior Bus Trip: Naugatuck Shopping 2:00 Genealogy Special Interest Group: Getting Ready for the 1950 Census</p>	<p>21</p> <p>9-9:30 Indoor Walking 10-11 Balance Class 10-11 Blood Pressure Clinic 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Preventing Alzheimer's Pt.2 2:00 SLN: Boots, Books & Bridles</p>	<p>22</p> <p>10-11 Cardio Dance 10:30-12 Mobile Farm Market 11-2:30 Massage with Andrea (by appt) 11:30-1 Current Events 12-3:30 Canasta 1:30-2:30 Tai Chi</p>	<p>23</p> <p>8:30-1:30 Dental Clinic 9:00 Mile Hike (Bent of the River, Southbury) 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Ready, Set, Knit 1-2 Brass City Eats (virtual)</p>	<p>24</p> <p>10-11 Cardio Dance 9:30-11:30 Mah Jongg 11-2:30 Massage with Andrea (by appt) 12-3 Poker 1-2 Why Estate Plans Fail: Assets Pt. 1</p>	25
26	<p>27</p> <p>8:30-9:30 Deep Stretch & Meditation 10:00 Senior Bus Trip: Trader Joes and Christmas Tree Shoppe in Danbury 1-1:30 Intro to Cricut</p>	<p>28</p> <p>9-9:30 Indoor Walking 10-11 Balance Class 11-11:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Preventing Alzheimer's Pt.3 2:00 SLN: Hoot Owls</p>	<p>29</p> <p>10-11 Cardio Dance 10:30-12 Mobile Farm Market 11-2:30 Massage with Andrea (by appt) 11:30-1 Current Events 12-3:30 Canasta 1:30-2:30 Tai Chi</p>	<p>30 Monthly Muffin Day!</p> <p>9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11-11:30 Congregate Meal Pick Up 1-2 Brass City Eats (virtual) 1:00 Creating Digital Photo Book</p>		
NOTES:						