

WOODBURY SENIOR CENTER REPORTER



SEPTEMBER 2022

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

BRITISH INVASION DAY!

Tuesday, September 13 at 11 a.m.

TEA, TARTS & TRIVIA

Sit back with a cuppa and a lemon tart and get your English on! Test your knowledge of all things British and British music.

WHY NOT STAY FOR LUNCH?

Served at noon by reservation only (RSVP by Friday, 9/2)

See our menu on Page 3.

After lunch, enjoy a live music presentation!

THE BRITISH INVASION

with Joey Leone at 1 p.m.

Get ready to be schooled - on British rock!



The term "British Invasion" represented the fast paced rise to fame and popularity of UK based bands in the United States. The Beatles, The Rolling Stones, The Kinks, The Animals were some of the groups that quickly rose to the top of US charts with primetime appearances on the Ed Sullivan Show, and widespread media coverage including the CBS Evening News. Joey highlights the phenomenon of these British bands and how they reshaped the landscape of not only American music but of pop culture as well. We also learn how the English musicians, who were heavily influenced by the music of African Americans, reintroduced black music to the mainstream through their covers of blues and R&B songs previously unavailable to white audiences. Please sign up.



FREE COVID TEST KITS ARE STILL AVAILABLE

We've had many questions about where to get a free Covid test kit. Kits are still available at [covid.gov/tests](https://www.covid.gov/tests) or by calling 800-232-0233 or 888-720-7489 (tty).



You may order up to 4 tests per household.
You can also purchase test kits at area drug stores.

HOLIDAY CLOSING

The Center will be closed on **Monday, September 5** for the **Labor Day** Holiday. There will be no senior bus transportation available.



It's September...and that back to school feeling is in the air! Early fall is a time for getting back to a routine, learning something new and enjoying sunny days and cooler nights. This newsletter has so many opportunities for learning - I really recommend the AMP program - for exercise and for creative enrichment - new classes for poets, music fans and artists, for connecting with your community. We will have a **drive through** FLU SHOT CLINIC on Monday, September, 19. How's that for convenient? Read all about it on Page 9. Whether you are new to the Center or an long time friend, you are welcome here. We hope to see you soon.



Lorqui

IVORYTON PLAYHOUSE AND LUNCH AT THE BLUE HOUND COOKERY AND TAP ROOM

Johnny Cash: Ring of Fire
Wednesday, September 7
leaving Woodbury at 10 a.m.
Lunch at 11:30 a.m.



Show at 2 p.m. matinee

First, enjoy lunch on your own at 11:30 a.m. at The Blue Hound Cookery & Tap Room, then the show is at 2 p.m.

The Man in Black is back! From the songbook of Johnny Cash comes this unique musical. The show follows a sort of ages-of-man path from green country -boy idealism into the sloughs of a hard-living musician's disillusionment and on up to the mountains of spiritual redemption and the healing power of home and family. This musical contains 38 of Johnny Cash's classic hits. **Ring of Fire** paints a musical portrait that is a foot-stompin', crowd-pleasin' salute to a unique musical legend!

The cost is \$45 per person. There are 8 bus tickets available and 4 tickets available if you wish to drive on your own and meet us there. Please sign up.

Ivoryton Playhouse does require proof of Covid vaccination, photo ID and recommends masks be worn inside the theater.

TAKING THE MYSTERY OUT OF TRUSTS
presented by Judge Domenick Calabrese



Friday, September 23 at 1 p.m.

A trust can be the centerpiece of a complete estate plan. However, most people find the subject of trusts

confusing and even intimidating. There is an erroneous belief that trusts should only be used by the wealthy.

In this presentation, Judge Domenick Calabrese will draw on his 20 years as a Connecticut Probate Judge and 26 years as a trusts and estates attorney to shed light on basic but important trust concepts. Subjects covered include how a trust works; the use of trusts for incapacity planning; trusts versus wills; trusts in estate plans; the importance of funding trusts (it's not as difficult as it sounds); asset protection with trusts; and preserving family wealth. Judge Calabrese will explain trusts in plain English and will take questions from the audience. Please sign up.

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



Fitness Fury with Susan
Tuesdays at 10:30 a.m. and
Thursdays at 10 a.m. on Zoom
September 1, 6, 8, 13, 15, 20, 22, 27 & 29

Fitness Fury is an excellent all-around fitness program that helps older adults safely enhance their strength, flexibility and endurance. You will need a ball, weights, a tube/band, paper plates, a chair and water. The cost for the 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.

Cardio Dance with Andrea
Fridays, September 2, 9, 16, 23 & 30 from 10 to 11 a.m.
TENTATIVE

Great music and dance moves in this energentic class! The cost for the month of September (5 classes) is \$15. You must sign up for the full session. 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 7 & 14 (no class 9/21 & 28)
1:30 to 2:30 p.m.



The cost for the September session (2 classes) is \$10. Please call the Center to sign up and let us know if you choose to take the class virtually so we can send you the link.

Deep Stretch and Meditation Class with Jennifer
Mondays and Thursdays from 8:30 to 9:30 a.m.
September 1, 8, 12, 15, 19, 22, 26 & 29 (no class 9/5)

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



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

Balance with Loryn - now 2 times per week!
Mondays and Thursdays from 11 to 11:45 a.m.
September 8, 12, 15, 22, 26 & 29 (no class 9/5 or 9/19)

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

Silver Age Chair Yoga with Chaucey
New 12-week session!
Tuesdays at 10 a.m.
September 27, October 4, 11, 18, 25, November 1, 15, 22,
29 and December 6, 13 & 20 (no class 11/8)

Limited seating; register now! You must commit to the entire session.

**A READING BY LOCAL AUTHOR TERRI SORRENTINO
"THIRST"**

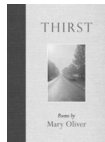
Poems by Mary Oliver

Thursday, September 22 from 1 to 2 p.m.



The book is a collection of poetry that celebrates nature and the gratitude and healing that can be found in opening our heart and soul to the beauty found all around us. Terri will read a selection of poems and will lead the group in discussion about each one. Celebrate the season by exploring the wonder of nature and the gratitude we feel for the simple pleasures found all around us.

Meet new friends and engage in meaningful conversations. FREE! Please sign up.



POETS FOR THE PLANET

**A Creative Writing Workshop with Lin Northrup
Tuesdays, September 20, 27, October 4, 11
10 to 11:30 a.m.**

Cost - \$20

"When we hear the Earth and feel the Earth, we are given knowledge that heals us. That knowledge is sacred and holds us in its arms.

"Every part of the earth is sacred to our people.

We are part of the earth and it is part of us. The perfumed flowers are our sisters. The bear, the deer, the great eagle, these are our brothers. The rocky crests, the meadows, the ponies - all belong to the same family." (Chief Seattle)

How can we find the language that honors and embraces this beautiful planet? How can we join our hearts and use our voices to connect more deeply to Mother Earth?

Whether you are a poet or storyteller, let's join together to explore inspiring and provocative poems. Let's hear from visionary change-makers like Joanna Macy and Paul Hawken as we honor the web of life that supports every human, flower, tree, animal, river and ocean. By letting Nature be our teacher, we build bridges of light that connect us and heal our hearts. Let your poems and stories celebrate Mother Earth, for we are all one family in the circle of life.

Please call the Center to register. Class size limited.

*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, is located in Woodbury, CT.*

SEPTEMBER CONGREGATE MEAL MENU

You must sign up by the Monday the previous week.

TUESDAY

September 6

rsvp by Mon 8/29

- Sanchocho Soup
- Baja Style Pulled Chicken
- Cauliflower Rice Bowl
- Garlic Braised Yucca
- Ginger Gold Spiced Apples & Mascarpone Cream

September 13

rsvp by Fri 9/2

- Root Vegetable Salad
- Honey Rosemary Glazed Chicken
- Caramelized Shallot Infused Risotto
- Glazed Carrot Medley
- Fresh Apple & Banana Bread Pudding
- Pineapple Juice

September 20

rsvp by Mon 9/12

- Butternut & Cannellini Bean Soup
- Ginger Gold BBQ Turkey Meatloaf
- Roasted Sweet Potatoes
- Cauliflower
- Peach Cobbler
- Grape Juice

September 27

rsvp by Mon 9/19

- Lentil Vegetable Soup
- Pesto Cream Chicken Breast
- Lemon Quinoa & Rice Blend
- Roasted Zucchini & Squash Medley
- Sweet Potato Pie
- Cranberry Juice

THURSDAY

September 1

rsvp by Mon 8/22

- Vegetable Lentil Soup
- Curry Spiced Filet of Sole
- Couscous & Raisins
- Caramelized Onions & Zucchini
- Cinnamon Spiced Rice Pudding

September 8

rsvp by Mon 8/29

- Beet & Green Salad
- Cider Braised Pork Stew with Red Pepper & White Beans
- Sour Cream & Apple Mashed Potatoes
- Collard Greens
- Fresh Fruit Salad

September 15

rsvp by Fri 9/2

- Brussel Sprout Salad
- Sweet Italian Sausage & Peppers
- Garlic Penne
- Green Beans
- Fruit Cocktail

September 22

rsvp by Mon 9/12

- Zuppa Toscana
- Swedish Meatballs
- Egg Noodles
- Roasted Brussel Sprouts & Carrots
- Birthday Cake
- Apple Juice

September 29

rsvp by Mon 9/19

- Autumn Pasta Salad
- BBQ Chicken
- Root Vegetable Medley
- Broccoli
- Fruit Salad



Reservations are required! Chef-On-Site meals are provided by Art of Yum and is funded by Western CT Area Agency on Aging, CT Community Foundation & your donation. Please make your check out to "Senior Nutrition Services." Cash is also accepted. No credit cards. The suggested donation is \$3.50-\$5 per meal. Take Out is available upon request.

NEW WAYS TO STAY UP TO DATE

Because we are at a time when new programs are being added, and because people are asking, we will now be sending a Center Weekly Update to your email. Look for these short emails on Thursday of each week. Colorful and easy to understand, each will take just a minute to review, but can be VERY helpful. If you have a new email, now is the time to let us know!



THERAPEUTIC MASSAGE WITH ANDREA
Thursdays, September 1, 8, 22 & 29
by appointment
Please call the Center for appointment times.



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

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



Andrea is now also offering
10-minute Chair Massages
and Foot/Hand Massages!
 10 minute massage - \$10



REIKI & REFLEXOLOGY SESSIONS
with Reiki Master & Reflexologist Lucy McInerney
Friday, September 9

Reiki Appointments from 11:30 a.m. to 12:45 p.m.
10 minute appointments/\$10



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

Reflexology Appointments from 12:45 to 1:45 p.m.
30-minute appointments/\$30

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



Call the Center to make your appointment.

LUNCH & LEARN: CATARACT SURGERY

with Dr. Archna P. Johar
Friday, September 16 at noon

Archna P. Johar, M.D is a Cornea Surgeon specializing in the diagnosis and treatment of Cataracts and Corneal Disease. Dr. Johar is available for consultation on small incision, no stitch, no needle cataract surgery, with premium lens implants such as the ReSTOR® and the Crystalens®.



Please sign up. Seating will be limited.

HIKING CLUB

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



The beginner hike is about 1 mile in length, and we walk slowly. There is very little elevation gain.

The more advanced hike (called the Trek Hike) is about 2 ½ - 3 miles in length and some mild elevation gains may be involved.

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

SEPTEMBER HIKES

1 Mile Hike: Wednesday, September 14 at 9 a.m.
 The Little Pond Boardwalk Loop at White Memorial Foundation, Litchfield

Trek Hike: Tuesday, September 27 at 9 a.m.
 Apple Hill, White Memorial Conservation Center, Litchfield

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



CHECKS CANNOT BE ACCEPTED MADE OUT TO WOODBURY SENIOR CENTER

READY, SET, KNIT! STITCHES OF LOVE

The needlework group will meet in the Lounge on **Thursdays, September 8 & 22 from 1 to 2 p.m.** All are welcome.



INFORMATION FROM SARAH WIRTES, MUNICIPAL AGENT

RENTER’S REBATE 2022

The State of Connecticut “**Renter’s Rebate**” program runs through October 1, 2022. Eligible Woodbury residents, 65 years of age or disabled, with an annual income not exceeding \$38,100 for an unmarried person and \$46,400 for a married couple, are to contact the Woodbury Social Services Office at 203-263-4117 if they wish to apply. Residents of Spruce Bank Farm, Woodbury, may also apply with Dawn Moore, Resident Services Coordinator by calling 203-263-4047.

Applicants must bring proof of all income received, rent and utilities paid in 2021.

Documents required, but not limited to, are as follows:

- Rent payment history from landlord or copies of all canceled checks paid to landlord
- Eversource Statement History – Eversource will supply a statement history for all payments made at your request
- Invoices, statements or copies of all payments towards gas, water and fuel (including wood, coal, etc.)
- Social Security Form SSA-1099 (or TPQY)
- Income Tax Return (required if you completed and submitted a 2021 tax return)
- Unemployment Statement, Pension Form W-2, IRA distributions or statements from any other income must also be supplied.
- If disabled, Social Security Administration disability certificate required.

Please visit www.woodburyct.org/socialservices and click “Renter’s Rebate” to download the application and for more information. Applications are accepted through September 30, 2022. **Appointments are required.**

SENIOR FARMERS MARKET NUTRITION PROGRAM VOUCHERS AVAILABLE FOR PICK UP

The Senior Farmers Market Nutrition Program (SFMNP) is a supplemental food program that runs from July 1st to November 30th 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) \$24 check booklet containing six (6) four-dollar (\$4) checks. SFMNP checks can be redeemed at SFMNP authorized locations throughout Connecticut for fruits, vegetables, fresh 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 services are provided.
2. The individual has a maximum household income of not more than 185% of the annual poverty income guidelines. It is acceptable for the participant to verbally attest to meeting the income eligibility guidelines.

2022 Income Limits:

<u>Household Size</u>	<u>Monthly Income</u>	<u>Annual Income</u>
1	\$2096	\$25,142
2	\$2823	\$33,874

See Sarah to get your voucher booklet!



BOOK CLUB

Monday, September 26 at 11 a.m.

***The Midnight Library* by Matt Haig**

Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better?

In *The Midnight Library*, Matt Haig's enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

Register now with the Senior Center to be part of the fun and pick up a copy of the book to borrow, courtesy of the Woodbury Public Library. They will be at the counter under "Senior Center Book Club."

TRANSPORTATION SCHEDULE FOR MEDICAL APPOINTMENTS

Beginning in October 2022, transportation will be available for medical appointments as follows:

Mondays - Waterbury & Watertown

Wednesdays - Waterbury & Middlebury

Tuesday, Thursday and Fridays - Woodbury & Southbury

Please make your appointments accordingly. As requests for rides increase, ***please be aware that your request is not a guarantee of a ride.*** At times, we may be unable to accommodate you, as we have limited resources and staff. To the best of your ability, making appointments at least one-two weeks ahead of time will be helpful. Once your ride is confirmed by the Senior Center office staff, you can rest assured knowing we will pick you up on time and get you where you are going.

ASK AN ATTORNEY

with Attorney Alyson R. Marcucio
Friday, September 30 from 2-3 p.m.



Attorney Marcucio will offer 4 free individual 15-minute appointments.

Bring your questions.

Please call the Center to make your appointment.

"NUNSENSE!" SNEAK PREVIEW

Tuesday, October 4 at 1 p.m.

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



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

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

THAT'S AMORE! Pizza Party Plus Live Music!

Friday, October 7 at noon



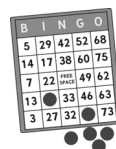
"When the moon hits your eye like a big pizza pie..." that's lunch! Join the fun with a pizza lunch and live music by **Jack Lynn**. Jack's "Dino" style will have you smiling as you enjoy *Amore, Everybody Loves Somebody, Sway*, and more hits

made famous by the King of Cool himself, Dean Martin. Travel back with Jack to a time when things were a bit more relaxed and enjoy an afternoon of food, fun, and friends. \$5 includes pizza, dessert, beverages, and entertainment. Sign ups are required by Monday, October 3.



DIME BINGO!

Tuesdays, September 6 & 20 and
Wednesdays, September 21 & 28
1 to 2:30 p.m.



10¢ per card, per game. Please sign up.

What are you doing to age masterfully this Fall?

Come take the AMP class – for free!



The Aging Mastery Program® (AMP) is a partnership with the National Council on Aging. This program has been described as a “gamechanger” for those interested in aging well.

The program encourages mastery of sustainable behaviors that will lead to improved health, stronger financial security, and overall well-being. Each class in the 10-class series incorporates evidence-informed materials, expert speakers, group discussion and peer support to learn about and master tools to help us age well in the next 5, 10, 20 years and beyond. Suitable for those just entering their over-60 years as well as those entering their 10th decade of life, each class teaches us how to prepare for successful, masterful aging. This program, which was tested here at Woodbury Senior Center, is now offered nationally, often at cost for participants. Grant support from the Western CT Area Agency on Aging and the CT Healthy Living Collaborative allows us to offer this class, with a value of more than \$120, for FREE this fall. Sign up now, as we are limited to 20 participants. surveys have shown that 98% of participants said the class helped them improve the quality of their life, 98% of participants rated the quality of the program as excellent or good, and 99% of participants said the program was fun.

AMP supports modest lifestyle changes to empower and support health and longevity.

AMP Preliminary results have shown that older adults in the program significantly increased their:

- o Social connectedness
- o Physical activity levels
- o Healthy eating habits
- o Use of advanced planning
- o Participation in evidence-based programs
- o Adoption of several other healthy behaviors

AMP is important because life expectancy has increased dramatically in the past 50 years, and people are generally unprepared for this increased longevity. AMP is limited to 20 people, so please sign up soon to take advantage of this valuable FREE opportunity.

Aging Mastery Program : 10 weeks beginning Wednesday, September 21

10:30 a.m. - 12:00 noon at the Center.

SENIOR BUS SHOPPING TRIPS



Monday, September 12 - Torrington
Tuesdays & Thursdays - Woodbury
Wednesday, September 28 - Naugatuck
Fridays - Southbury

Please remember that shopping bags are limited to 2 per person when the bus is full, and you must be able to carry your own bags. Please sign up.

ASK US ABOUT OUR MAKER SPACE

Check out our Maker Space that includes a Glowforge and Cricut. Meet with Kathleen for the Glowforge and Karen for the Cricut to see all the creative possibilities on these machines. With the holidays coming, you can make gifts such as a cheeseboard, charcuterie board, planters, jewelry, and more on the Glowforge. On the Cricut you can make personalized cards, mugs, tote bags, signs, etc. If you have an idea, bring it to us, and we will help you make it. We will meet one-one-one.



SENIOR BUS LUNCH TRIP: *Down the Hatch* in Brookfield on Candlewood Lake

Friday, September 23 - leaving Woodbury at 1 p.m.

Enjoy a late lunch and a scenic drive around Candlewood Lake. Please sign up. Maximum of 8 people.



AAA DRIVER SAFETY COURSE

Friday, September 30 from 9 a.m. to 1 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; sign up right away to avoid disappointment.



BRASS CITY EATS COOKING CLASS ON ZOOM

Thursdays at 2 p.m.

Each week, join Nichole Theriault of Brass City Eats for an online cooking class featuring simple, creative and delicious dishes. This is a true classroom experience, with people chatting and interacting with Nic as she demonstrates the dish of the week. You always receive the recipe ahead of time so you can cook along with Nic or simply watch how it's done. To register, call the Center and we will send you the Zoom link.



SENIOR BUS TRIP!

Lunch at Rozzi's Restaurant in Thomaston and Naugatuck Railroad's Autumn Colors Limited! September 30

(leaving Woodbury by 11 a.m.)

Train ride is at 2 p.m.

We must arrive a half hour before departure (1:30) \$19 per person for train ride. Lunch on your own.



Enjoy lunch at Rozzi's then ride the rails to enjoy some of the best fall foliage the Litchfield Hills has to offer aboard the Naugatuck Railroad's Autumn Colors Limited!

Passengers on these excursions will enjoy a leisurely 1 hour and 20 minute train ride along the southern portion of our line. Here, the rail line closely follows the river, crossing it in several places allowing for breathtaking views of the river and autumn scenery. A brief venture is made north of the Thomaston Station over the famous Thomaston Dam, providing a vista like view over the Naugatuck River Valley.

Please sign up - bus seating is limited to 8.



You can also meet us there and purchase your own tickets if the bus is full.

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.



The Woodbury Lions Club is committed to helping our community address their vision and hearing needs. If you need glasses or hearing devices and are financially qualified for assistance, the Lions Club can help you with an individual appointment, assessment and help provide you with the correct devices to address your needs.



To find out if you qualify, please contact the Sarah Wirtes, Municipal Agent here at the Center at (203) 263-4117.

WE'RE SHOWCASING YOU!



Our members are full of incredible stories and experiences. We want to feature you in our showcase. Whether you are a collector or a creator, please let us know if you'd like to be featured in our showcase. We change the exhibit monthly and hope you'll sign up now. Call the office if you'd like to exhibit your items.

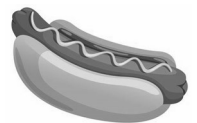
LABOR DAY PICNIC & ENTERTAINMENT

Friday, September 2 at noon

FREE

Have you signed up?

The deadline is Monday, August 29.



Walking Club



WALKING CLUB WITH KATHLEEN

Wednesdays, September 7 & 14

at 11:15 a.m.

at Three Rivers Park on Jack's Bridge Road

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

CARDS AND GAMES

Canasta - Tuesdays from 12 to 3:30 p.m.

Ladies Bridge - Thursdays from 9:30 a.m. to 12 p.m.

Mah Jongg - Thursdays from 12:30 to 3:30 p.m.

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

DRIVE THRU FLU SHOT CLINIC AT THE CENTER
 sponsored by the Housatonic Valley Health Department
Monday, September 19 from 10 a.m. to 1 p.m.

Housatonic Valley Health Department will be at the Center for a DRIVE THROUGH Flu Shot Clinic. They will have the following vaccines available: *Quadrivalent, High Dose Quadrivalent, and Flublok*. The following insurances are accepted: *Medicare Part B, Aetna, Cigna, United Health Care, Husky/Medicaid, Anthem BC/BS*, Connecticutcare** (*=except Exchange plans)

TO MAKE AN APPOINTMENT: Make your appointment online using this link beginning September 1: <https://hvhd.as.me/WoodburySC-Flu> Be sure to fill in the consent form and print it, and make a copy of your Medicare or insurance card.

OR, call the Center now to make your appointment 203-263-2828, as we expect all appointments to book quickly. Please have your Medicare and insurance card with you when you call. Staff will assist you in making your appointment. Once booked, you will need to fill out a consent form. Bring the signed consent form and a copy of your insurance card to your appointment. You can download the forms from the HVHD website, or pick up a copy at the center. We can also help you make a copy of your insurance card if you do so in advance (not on the day of the clinic).

WHEN YOU ARRIVE: Please arrive at the Center 5 minutes before your appointment. **STAY IN YOUR CAR** and follow the signage and cones in the parking lot to proceed to the nurses' station. Please wear a mask. HVHD nurses will confirm your appointment, take your paperwork and give you your flu shot right in the car. Each person in the car who wants a flu shot must have their own confirmed appointment.

IF YOU DO NOT DRIVE: The Senior bus will be bringing people to the Center for their flu shot. Call early for assistance in making your appointment and a bus reservation.

"FRIENDS" CONCERT AT THE SENIOR CENTER



The "Friends" of Woodbury Senior Community Center, Inc. has scheduled a free community concert, featuring **The Berkshire Jazz Orchestra with Vocalist Jan Maki on Sunday, September 18, 2 p.m. at our Senior Center.**

The BJO will present big band selections, representing classic titles by Glenn Miller, Duke Ellington, Count Basie and more. Also, enjoy BJO vocalist, Jan Maki singing well known tunes by Tony Bennett, Frank Sinatra, Bette Midler and Natalie Cole. The BJO hopes to chase away the "Blues" and bring a smile to your face with music to "knock your socks off!" No admission charge. Concert will be held outdoors. Please bring a lawn chair. If inclement weather, the concert will move inside (with limited seating).

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

The personalized engraved bricks have been installed by our patio. If you ordered one, stop by to find yours. The Friends of the Woodbury Senior Center, Inc. thank you for participating in their fundraiser!



COMMON GROUNDS COFFEE SOCIAL
Monday, September 26 at 10 a.m.

On the third Monday of each month, we will get together for coffee/tea and a snack. You can also bring your program ideas to Kathleen at this event.

INDOOR TABLE TENNIS
Friday, September 9 & Monday September 26
from 1 to 4 p.m.



LUNCH & LEARN: SENIOR COMPANION PROGRAM
Monday, October 3 at noon

New Opportunities, Inc. Senior Companion Program, along with AmeriCorps Seniors, are seeking seniors on a fixed income to work as senior companions. It offers modest stipends to eligible volunteers to offset cost of volunteering. If interested, sign up for this Lunch & Learn to learn more about the program.

KAREN'S FAVORITE FALL PICKLED RECIPE

Because people have been asking me, I thought I'd share my favorite pickled recipe that I love to make in the fall.

STUFFED HOT CHERRY PEPPERS

This recipe is for 20 peppers. You will need:

- 20 cherry peppers (de-seeded)
- One 1/2 inch thick slice of provolone cheese (cubed into 20 pieces)
- 10 slices of prosciutto (a half slice per pepper)
- 2 cups of white vinegar
- 2 cups half olive oil/half vegetable oil mixture (one cup each)



Pour 2 cups of white vinegar in a large glass bowl. As you clean the peppers (cut an opening around the stem and de-seed) put them in the bowl of vinegar. You may want to wear gloves while cleaning the peppers, as your fingers will be hot from handling them. The peppers should brine for at least an hour in the vinegar. Cut your slice of provolone into 20 chunks that will fit into the pepper. Wrap a half slice of prosciutto around the chunk of provolone. Once brined the peppers are ready - stuff the provolone/prosciutto chunk into the top of the pepper. Fill a mason jar with the peppers when done - you can push as many as you can in the jar. Once the jar is full, pour the oil mixture into the jar to cover the peppers. Keep refrigerated and enjoy. Your oil may start to solidify a little in the refrigerator, but that's okay. The peppers will keep for up to a month in the refrigerator (mine never last that long cause they're so good).

SEPTEMBER MOVIES

Thursdays at 1 p.m.

September 1



The Lightkeepers (2010) – Set in 1912, a lighthouse keeper on Cape Cod must deal with the appearance of two women who take a nearby cottage for the season. Starring Richard Dreyfuss, Blythe Danner and Bruce Dern.

September 8

A Walk in the Woods (2015) – Based on the true story of celebrated travel and humor writer Bill Bryson, who returned to New Hampshire from years of living in Britain. Reluctant to retire, Bill heads out to walk the 2000 miles of the Appalachian Trail. Starring Robert Redford, Nick Nolte and Mary Steenburgen.



September 15



Downton Abbey: A New Era (2022) – The Crawley family goes on a grand journey to the South of France to uncover the mystery of the dowager countess's newly inherited villa. Enjoy the original cast including Maggie Smith, Elizabeth McGovern, Jim Carter and Hugh Bonneville to name a few.

September 22 - No movie today

September 29

Elvis (2022) – From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years. Starring Austin Butler as Elvis, Tom Hanks and Olivia DeJonge.



THE SENIOR DINE PROGRAM IS EXPANDING

Senior Dine is a dining out nutrition program available to anyone age 60 or older, regardless of income, who lives in the Greater Waterbury or Greater Danbury areas. Developed by New Opportunities Senior Nutrition Services, seniors may dine at any participating restaurant, such as Annoula's in Woodbury (IHOP in Waterbury and Gayle's Farm Shop in Watertown have recently been added) and choose from a special Senior Dine menu. The suggested donation for the food is \$3.50 to \$5.00 per person, depending on income. Senior Dine is made easy as those in the program are given their own Senior Dine debit card which the restaurant swipes when the person is ready to pay for their meal. Call the Center for more information and to sign up.



PAINT A GLASS WITH WENDY MUTTER
Monday, September 12 at 10 a.m.
FREE!

Enjoy a relaxing and creative morning while you paint a wine or martini glass with art instructor Wendy Mutter of The Lutheran Home. Enjoy great conversation and leave with a conversation piece of your very own! There are just 15 seats in this class, so sign up soon for this unique arts class.

BLOOD PRESSURE CLINIC

First and Third Tuesdays of the month
Tuesdays, September 6 & 20
10 to 11 a.m.



Get your blood pressure checked twice per month by a registered nurse from the Housatonic Valley Health Department. This is a FREE service.

New Day!



THE ORENAUG FRIENDSHIP CAFÉ
Our barista, Susan, will be on duty on
Wednesdays from 9:30 to 10:30 a.m.

Stop in for a cup at the OFC for a flavored coffee, cappuccino, espresso, iced coffee and more. Place your order at the Café window and enjoy your tasty beverage in the Café or on our outdoor patio. Donations are appreciated.

Sarah Wirtes - Municipal Agent

203-263-4117

203-266-4310 (fax)

Sarah's Hours: Monday through Friday
8 a.m. to 4 p.m.

Email: SWirtes@woodburyct.org

Please call or email for an appointment

Sarah can help with all your applications - Medicare Savings Program; Medicaid; Medigap; nursing homes; Respite Care; Day Care; the Home Care Program (CCCI) and other services and benefits for seniors.

Notes from Sarah:

Lion's Club Eye Exam/Glasses Program

The Lions Club of Woodbury offers assistance for low-income seniors and families of Woodbury requiring aid in obtaining an eye exam and/or glasses. Anyone interested and in need of same, please contact Sarah Wirtes, Social Services Director and Municipal Agent, at 203-263-4117 for further information and qualification guidelines. These services as well as other sight and hearing related issues are provided free-of-charge by our local Lions Club philanthropic endeavors.

WOODBURY SENIOR CENTER STAFF



Loryn Ray
 Director of Senior Services



Kathleen Horvath
 Program Assistant



Karen Blanchet
 Office Manager



Sarah Wirtes
 Municipal Agent/
 Social Services Director



Paul Sagnella
 Senior Bus Driver



Nancy Gubiotti
 Senior Bus Driver



Dave Deakin
 Senior Bus Driver



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 TAKE CREDIT CARD PAYMENTS!

For your convenience we take credit card payments!
 Cash and checks are, of course, still accepted.



SEPTEMBER 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
	<p>Remember! Concert: Berkshire Jazz Orchestra Sunday, September 28 2 p.m. Sponsored by the Friends</p>			<p>1 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10-2:30 Massages with Andrea 11-11:30 Take Out Lunch Pick Up 11:00 Balance Class 12:00 Lunch in the Café 1:00 Movie: The Lightkeepers 12:30-3:30 Mah Jongg 2:00 Brass City Eats on Zoom</p>	<p>2 9:00 Friends Board Meeting 9:30-11:30 Mah Jongg 10-11 Cardio Dance (Tentative) 10:00 Bus to Southbury 12:00 LABOR DAY PICNIC WITH MUSICAL ENTERTAINMENT BY JIM MOORE</p>	<p>3</p>
4	<p>5 Center Closed for the Labor Day Holiday</p>	<p>6 10-11 Silver Age Chair Yoga (last class of this session) 10-11 Blood Pressure Clinic 10:30 Fitness Fury on Zoom 11:30 Take Out Lunch Pick Up 12:00 Lunch in the Café 1-4 Canasta 1:00 Dime Bingo</p>	<p>7 9:30 Barista in the Café: Stop by for a custom coffee, tea or latte 10:00 Ivoryton Playhouse Trip: Ring of Fire with lunch at the Blue Hound Café 11:15 Walking Club: Three Rivers Park 1:30-2:30 Tai Chi</p>	<p>8 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10-2:30 Massages with Andrea 11-11:45 Balance Class 11:30 Take Out Lunch Pick Up 11-11:30 Congregate Meal Pick Up 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1:00 Stitches of Love 1:30 Movie: A Walk in the Woods 2:00 Brass City Eats on Zoom</p>	<p>9 9:30-11:30 Mah Jongg 10-11 Cardio Dance (Tentative) 10:00 Bus to Southbury 11:30-12:45 Reiki Appointments 12:45-1:30 Reflexology Appointments 1-4 Table Tennis</p>	<p>10</p>
11	<p>12 8:30-9:30 Stretch & Meditation 10:00 Painting Class with Wendy 10:00 Bus to Torrington 10:30-12 Current Events (virtual) 11:00 Balance Class with extra Falls Prevention - how to get up from a fall</p>	<p>13 10:30 Fitness Fury on Zoom 11:00 Tea, Tarts and Trivia 11:30 Take Out Lunch Pick Up 12:00 Lunch in the Cafe 12-3:30 Canasta 1:00 THE BRITISH INVASION WITH JOEY LEONE</p>	<p>14 9:00 1 Mile Hike: White Memorial Boardwalk 9:30 Barista in the Café : Stop by for a custom coffee , tea or latte 11:15 Walking Club: Three Rivers Park 1:30-2:30 Tai Chi</p>	<p>15 8:30-9:30 Stretch & Meditation 8:30-12:30 Dental Clinic 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 11:00 Balance Class 11:30 Take Out Lunch Pick Up 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1:30 Movie: Downton Abbey 2:00 Brass City Eats on Zoom</p>	<p>16 9:30-11:30 Mah Jongg 10-11 Cardio Dance (Tentative) 10:00 Bus to Southbury 12:00 Lunch & Learn: Cataract Surgery</p>	<p>17</p>
18	<p>19 8:30-9:30 Stretch & Meditation 10:30-12 Current Events (virtual) 10-1 DRIVE THRU FLU SHOT CLINIC 11:00 Balance Class canceled</p>	<p>20 10-11 Blood Pressure Clinic 10:30 Poets for the Planet 10:30 Fitness Fury on Zoom 11:30 Take Out Lunch Pick Up 12:00 Lunch in the Cafe 12-3:30 Canasta 1-2:30 Dime Bingo</p>	<p>21 9:30 Barista in the Café : Stop by for a custom coffee , tea or latte 10:30 –12:00 Aging Mastery Program (first class) 12-3 Foot Care Clinic 1:30-2:30 No Tai Chi today 2:00 Dime Bingo</p>	<p>22 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10-2:30 Massages with Andrea 11-11:45 Balance Class 11:30 Take Out Lunch Pick Up 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1:00 Mary Oliver Poetry 1:00 Stitches of Love 2:00 Brass City Eats on Zoom</p>	<p>23 9:30-11:30 Mah Jongg 10-11 Cardio Dance (Tentative) 10:00 Bus to Southbury 1:00 Senior Bus Trip: Candlewood Lake and Late Lunch at Down the Hatch 1:00 Taking the Mystery out of Trusts with Judge Calabrese</p>	<p>24</p>
25	<p>26 8:30-9:30 Stretch & Meditation 10:00 Common Grounds 10:30-12 Current Events (virtual) 11:00 Balance Class 11:00 Book Club 1:00 Table Tennis</p>	<p>27 9:00 Trek Hike: Apple Hill 10-11 Silver Age Chair Yoga (first class of new session) 10:30 Fitness Fury on Zoom 10:30 Poets for the Planet 11:30 Take Out Lunch Pick Up 12:00 Lunch in the Cafe 12-3:30 Canasta 1:00 Music of All Kinds</p>	<p>28 9:30 Women's Club Board 9:30 Barista in the Café : Stop by for a custom coffee , tea or latte 10:00 Bus to Naugatuck 10:30-12:00 Aging Mastery Program 1:30-2:30 No Tai Chi today 2:00 Dime Bingo</p>	<p>29 8:30-9:30 Stretch & Meditation 9:30-12 Ladies' Bridge 10-10:45 Fitness Fury on Zoom 10-2:30 Massages with Andrea 11-11:45 Balance Class 11:30 Take Out Lunch Pick Up 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1:00 Movie: Elvis 2:00 Brass City Eats on Zoom</p>	<p>30 9-1 AAA Driver's Safety Course 9:30-11:30 Mah Jongg 10-11 Cardio Dance (Tentative) 11:00 Senior Bus Trip: Naugatuck Railroad Foliage Trip and Lunch at Rozzi's 2-3 Ask an Attorney</p>	
<p>NOTES:</p>						