

Be sure to visit our website at:  
[woodburyseniorct.org](http://woodburyseniorct.org)  
 for the newsletter, calendar, and more.

# NOVEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Weekly -</b>            8:30-3:30 Fitness Room Open            8:30-9:30 Cardio Dance            9:30-10:30 Fitness Fury            1:00 Women's Bridge</p>	<p><b>Weekly -</b>            9-4 BUS IN WOODBURY            8:30-3:30 Fitness Room Open            8:30-9:30 Yoga            8:30-9:30 Mat Pilates            10-10:45 Exercise for Balance            11:00 Indoor Walking Class            12:00 Hot Lunch (by reservation)            1:00 Mah Jongg            1-2 Strength Training</p>	<p><b>Weekly -</b>            8:30-3:30 Fitness Room Open            8:30-9:30 Cardio Dance            9:30-10:30 Fitness Fury            9:30 Bridge            12:30 Canasta            2:15-3:45 Table Tennis</p>	<p><b>Weekly -</b>            9-4 BUS IN WOODBURY            8:30-3:30 Fitness Room Open            8:30-9:30 Mat Pilates            8:30-9:30 Yoga            10-10:45 Exercise for Balance            11:00 Indoor Walking Class            12:00 Hot Lunch (by reservation)            1-2 Strength Training            1:00 Bridge</p>	<p><b>9:Weekly -</b>            8:30-3:30 Fitness Room Open            8:30-9:30 Cardio Dance            9:30-10:30 Fitness Fury            9:30 Mah Jongg            9:30-11:30 Stitches of Love            10:00 BUS TO SOUTHBURY            12:00 Duplicate Bridge</p>
<p>November 4 -            10:00 BUS TO NAUGATUCK            1-2 <u>Tai Chi at the old Town Hall</u></p> <hr/> <p>November 11 -            Center Closed            for Veteran's Day Holiday</p> <hr/> <p>November 18 -            10:00 BUS TO TORRINGTON            10-2 Haircuts with Jamie (by appt)            12:30 Lunch &amp; Learn: Aging in Place - Creating Your Personal Aging in Place Plan            1-2 Tai Chi</p> <hr/> <p>November 25 -            10:00 BUS TO DANBURY            12-3 Holiday Wreath Making with Flanders Nature Center            1-2 Tai Chi</p>	<p>November 5 -            6am-8pm ELECTION DAY            8-3 Stitches of Love Craft Sale            9:15-11 Techie Tuesday (by appt)            10-11 Blood Pressure Clinic            1-2 <u>Strength Training at the old Town Hall</u></p> <hr/> <p>November 12 -            9:15-11 Techie Tuesday (by appt)            1-2:30 Medicare Open Enrollment Seminar</p> <hr/> <p>November 19 -            9:15-11 Techie Tuesday (by appt)            10-11 Blood Pressure Clinic            1-3 Open Art Space</p> <hr/> <p>November 26 -            9:15-11 Techie Tuesday (by appt)            1-3 Open Art Space            1:30-3 Memory Caf�e</p>	<p>November 6 -            SENIOR BUS DAY TRIP: Yale Center for British Arts/Lunch at Katz's Deli            10:30-12:30 America with Penny O'Connell            1-2 Tai Chi (first class of new session)</p> <hr/> <p>November 13 -            SENIOR BUS DAY TRIP: American Clock and Watch Museum/Lunch at One Fifty Central            10-3 Massages with Andrea (by appt)            10:30-12:30 <u>No America with Penny O'Connell today</u>            1-2 Tai Chi</p> <hr/> <p>November 20 -            9-4 BUS IN WOODBURY            10:30-12:30 America with Penny O'Connell            12-3 Foot Care Clinic (by appt)            12:30-2:30 BINGO!            1-2 Tai Chi</p> <hr/> <p>November 27 -            9-4 BUS IN WOODBURY            10:30-12:30 America with Penny O'Connell            1-2 <u>No Tai Chi today</u></p>	<p>November 7 -            11-12:30 Writing Class            SENIOR BUS EVENING TRIP: <i>The Play That Goes Wrong</i> at the Palace Theater</p> <hr/> <p>November 14 -            11-12:30 Writing Class</p> <hr/> <p>November 21 -            11-12:30 Writing Class</p> <hr/> <p>November 28 -            Center Closed            for Thanksgiving Holiday</p>	<p>November 1 -            10-11:30 Aging Mastery Program            10-1 Massages with Mary (by appt)            1-2 Mocktails &amp; Trivia            7:00 Woodbury Ukulele Band</p> <hr/> <p>November 8 -            10-11:30 Aging Mastery Program (by appt)</p> <hr/> <p>November 15 -            10-11:30 Aging Mastery Program (by appt)            10-1 Massages with Mary (by appt)            12-1 Keeping Yourself Balanced During the Holidays</p> <hr/> <p>November 22 -            10-11:30 Aging Mastery Program            12:30 Pizza &amp; Movie Afternoon</p> <hr/> <p>November 29 -            Center Closed            for Thanksgiving Holiday</p>

PLEASE NOTE -  
 ALL PROGRAMS ARE  
 SUBJECT TO CHANGE!

### GIFT BASKET DRAWING



Check out the gift baskets that will be on display in the display case in the hallway through November and December. The baskets will feature many of our handmade crafts and special gifts. They would make a perfect gift for the holidays. Stop in the office to purchase your tickets for the gift basket drawing. Tickets are \$1 each. The drawing will take place at 2 p.m. at the close of our Annual Holiday Party on Friday, December 20.

### INFORMATION FROM THE FRIENDS OF THE WOODBURY SENIOR COMMUNITY CENTER, INC.

**Membership:** Join or renew our membership now and help with projects that fall beyond the Center's budget. The "Friends" are a 501c3 nonprofit and have been instrumental in raising money for the many things at our Senior Center, such as the "Friends" free community concerts, a SUV for additional Center transportation, a new LED TV for the TV room, the Center's Memorial Garden, to name a few. Our present project is to raise money to address the acoustics issue in the Center's café. The "Friends" membership year is October 1 through September 30. Membership fees are very affordable. To join pick up a membership form at the Center. Join the "Friends" now and help your Center be the best it can be! For more information call 203-695-5410 or 203-266-4432.



**Please note:**

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

**Free Concert: Sunday, November 10 at 2 p.m.**

**Parnassus String Quarter (Yale) at the Woodbury Senior Center.**



These talented Yale musicians have won many national and regional awards. Give yourself a musical treat and attend this free community concert, which is funded through a grant from the Woodbury-Bethlehem Community Music Foundation, Inc. through the

Thomaston Savings Bank, the Women's Club of Woodbury and music lover patrons. No reservations are required.

### THE ART OF YUM MEAL MENU

#### TUESDAYS

**November 5 -**  
Pumpkin Stew  
Lemon Crispy Pollack  
Garlic Potato Wedges  
Steamed Peas  
Cinnamon Spiced Applesauce

**November 12 -**  
Caesar Salad  
Beef Stroganoff  
Egg Noodles  
Mushrooms & Peas  
Fall Fresh Fruit Medley

**November 19 -**  
Split Pea Soup  
Polenta Cakes  
with Crimini Mushroom Cream  
Sauce  
Cheesy Bread Sticks  
Steamed Broccoli  
Cranberry Pineapple Ambrosia

**November 26 -**  
**Happy Thanksgiving!**  
Lobster Bisque  
Turkey  
Stuffing  
Mashed Potatoes  
Peas & Carrots  
Cranberry Chutney

#### THURSDAYS

**November 7 -**  
French Dressing Salad  
Spanakopita  
Tarragon 3 Bean Salad  
Pepper, Eggplant and  
Squash Medley  
Fruit Cake

**November 14 -**  
Rosemary Chicken Orzo Soup  
Manicotti  
Herbed Pull Apart Bread  
Vegetable Medley  
Monkey Bread

**November 21 -**  
Kale Salad  
Roasted Pork Loin  
Cherry Chutney  
Red Bliss Roasted Potatoes  
Sautéed Spinach  
Birthday Cake

**November 28 -**  
**No Lunch Today**



#### CONGREGATE MEAL LUNCHES

Please remember to sign up at least 3 days in advance to enjoy the *Art of Yum* lunches on Tuesdays and Thursdays at noon. The lunch day is considered FULL once the meal counts have been received by New Opportunities. The suggested donation for lunch is \$3.50.