

# THE CENTER NEWS

## WOODBURY SENIOR CENTER

October 2025

### OUR MISSION

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.

**Sign ups for October programs begin on Wednesday, September 24 at 9 a.m.**

### CENTER CLOSED

The Center will be closed on **Monday, October 13** for the **Columbus Day** holiday. There will be no senior bus or medical bus transportation available.



### OUR STAFF

**-Director of Senior Services**  
Loryn Ray

**-Program Assistant**  
Diana Brandt

**-Office Manager**  
Karen Blanchet

**-Municipal Agent/  
Social Services Director**  
Heather Zuckerman

**-Senior Bus Drivers**  
Nancy Gubiotti  
Paul Sagnella  
Dave Deakin  
Michael Cintron  
Jerry Simmons

**-Custodians**  
John White  
Mike Duggan  
Jacob Firlings

**-Senior Nutrition Services**  
Donna Cole

### THE CENTER CONNECTS IN THE COMMUNITY (CCC)

This fall the Senior Center will begin outreach programming in the community, meeting you at YOUR location. Programs are open to those people 60 and better who live in the neighborhood or apartment community we are visiting; programs set up in a local park or public space are open to all. At each program you'll have an opportunity to connect to resources in our community and meet members of the Senior Services Department and Commission for Seniors. Come join the fun! Open to senior residents of each complex.

**Wednesday, October 29**

**Holly House Apartments and Garden Apartments Parking Lots**  
**10 a.m. (Holly House)**

**10:45 a.m. (Garden Apartments)**

Coffee meet and greet and "Plant Power" – how adding a little succulent plant can make a big change in your environment. Take home a free succulent plant in a pot.



**Thursday, October 30 at 1 p.m.**  
**Spruce Bank Farm Community Room**

Enjoy a coffee meet and greet and puzzle swap. Learn the value of brain games and puzzles, see the new puzzle lending library, and take home a free, new-to-you jigsaw or word puzzle.



**Housatonic Valley Health  
District Flu Shot Clinic**  
**Wednesday, October 1**  
**from 9 to 11 a.m.**

Nurse Heidi and staff from HVHD will be at our center for our annual Flu Shot Clinic. Although an appointment is not needed, you must register with the Senior Center and pick up the intake form that is required for your vaccine. Bring your completed forms to the flu clinic.

### Early Voting Information

Early voting will be taking place at the Senior Center -  
**Monday, October 20 through  
Tuesday, November 4.**

Many programs and classes are being relocated during this time. Please take careful note of your class and program changes.



## USING TECHNOLOGY



### Technology with Clyde Wednesdays, October 1 & 15 at 1 p.m.

Boost your Tech IQ with expert-led sessions on basic skills. Bring your phone, laptop or tablet with your questions and let Clyde help you. Don't miss this opportunity to enhance your skills and connect with others. Class size is limited to 8. Please sign up.

### Technology Bar - Apple Products with Jim Wednesday, October 8 & 22 at 1 p.m.



Bring your Apple laptop, iPad or iPhone for some small group help with Techie Jim Parks. Jim can help with quick issues like finding emails and photos or can help you research how to make your Apple tech work better for you. Limited to 5. Please sign up.



### Cutting the Cord: Presented by Ron Fairchild Wednesday, October 29 from 1 to 2 p.m.

In today's age of traditional cable TV continuing to increase costs, "cord cutting" (dropping cable or satellite TV service) in favor of online video sources has become the dominant model for entertainment viewing. Options are expanding, with companies implementing online services and features. Discussion will include what is needed to get started with "cutting the cord," necessary hardware and software equipment required, internet speeds and types, pricing and more. Please sign up. Limited to 25.

### Foundations of Genealogy... Continued presented by Genealogist Penny Hartzell Thursday, October 23 from 2 to 3:30 p.m.

Penny will be leading another class on the Foundations of Genealogy. Whether you are new to this historical research or a veteran, Penny will guide you through your research so you can uncover the history behind your family. Please sign up. Limited to 20.



### Are You There, Google? It's Me, Margaret (but you already knew that) Presented by Richard Wilson, CEO of Kyvoo

Please see Page 9 for details on this AI presentation.

## MUNICIPAL AGENT/SOCIAL SERVICES

**Heather Zuckerman, Social Services/Municipal Agent**

**203-263-4117    203-266-4310 (Fax)**

**Email: [hzuckerman@woodburyct.org](mailto:hzuckerman@woodburyct.org)**

**Heather's Hours: Monday through Friday, 8 a.m. to 4 p.m. By appointment only.**

Heather can help Woodbury residents with all their applications and other services and benefits for seniors. Please take a look at Heather's bulletin board in the main hallway for up-to-date information on benefits and services. Be an informed consumer! Contact Heather with any questions.

### A Note from Heather:

Applications for CEAP are accepted through May 29, 2026 at Woodbury Social Services.

The Connecticut Energy Assistance Program (CEAP) is designed to help offset home energy costs of Connecticut's lower income households, specifically those households whose gross annual income falls at or below 60% of the state median income.

Income guidelines are as follows:

Household of 1: \$47,764    Household of 2: \$62,460

## HIGHLIGHTS



### Hidden Gem Orchard Apple Presentation with James Wargo Thursday, October 9 at 1:30 to 2:30 p.m.

Hidden Gem Orchard is a boutique apple orchard located in Southbury, CT. They specialize in antique, uncommon, and modern-day apple varieties. Presently, 38 apple varieties are grown with more being added each year. James Wargo, owner and operator, will be here to share his apple knowledge and some delicious apples. Please sign up. Limited to 35.

### Owls of Connecticut

Tuesday, October 14 from 1 to 2:30 p.m.

Thomas Kosturko, from Compassion Home Care, will be leading an educational presentation on Owls of Connecticut. Come learn about these fascinating creatures and which ones you can find right here in our state! Please sign up.



### Trivia and Cake with Kay Schrieber from Synergy HomeCare Friday, October 17 from 1 to 2 p.m.

Enjoy an afternoon with Kay for Trivia and Cake! Come and join us for a fun afternoon of games, prizes and CAKE! Please sign up. Limited to 35.



### The Women that Served with the American Forces in the Vietnam War presented by Leon DiMartino Monday, October 20 from 1 to 2 p.m.

The Vietnam War soldier records are well-documented in records and books of this era. However, up until recently there has been extraordinarily little documented about the Nurses and Red Cross women volunteers who served in combat areas during the Vietnam War. Learn the story of how these courageous women helped the soldiers that served during this period of American Conflict in Asia. Please sign up. Limited to 25.



### Fall Décor and Sweater Swap Thursday, October 23 from 10 a.m. to 2 p.m. at the Pool Table

Help celebrate the changing seasons by joining our Fall Swap! The pool table will be available for you to lay out your fall décor and sweaters that you would like to swap. Bring something old and leave with something new!



### Questions and Answers with the Woodbury Ambulance Association Tuesday, October 21 from 1 to 2 p.m.



Have you ever wondered what happens when you call for an ambulance or 911? Come for an informative session where you can ask all your questions and receive answers from the professionals! The Woodbury Ambulance Association will be here to answer your questions and help you be prepared. Limited to 25. Please sign up.

# FOOD AND NUTRITION

**You must sign up for lunch by Monday morning of the previous week.**

## TUESDAY

### **October 7**

*(sign up by September 29)*

Vegetable Salad  
Turkey Meatloaf  
Rainbow Grain Pilaf  
Vegetable Medley  
Chocolate Cookie

### **October 14**

*(sign up by October 6)*

Garden House Salad  
Italian Pasta Bolognese  
Tortellini Pasta  
Vegetable Medley  
Brownie

### **October 21**

*(sign up by October 10)*

Vegetable Lentil Salad  
Chicken Milanese  
Herb Pasta  
Vegetable Medley  
Crumb Cake

### **October 28**

*(sign up by October 20)*

New England  
Clam Chowder  
Garlic Herb Baked Chicken  
Parmesan Mashed  
Potatoes  
Vegetable Medley  
Fruit Salad

## THURSDAY

### **October 2**

*(sign up by September 22)*

Chicken Noodle Soup  
Chicken Cacciatore  
Rice Pilaf  
Vegetable Medley  
Applesauce

### **October 9**

*(sign up by September 29)*

Cucumber Tomato Salad  
Pesto Chicken Breast  
Sweet Potatoes  
Green Beans  
Coconut Cake

### **October 16**

*(sign up by October 6)*

Kale Salad  
Chicken Marsala  
Buttered Noodles  
Vegetable Medley  
Cake

### **October 23**

*(sign up by October 10)*

Garden Salad  
Spaghetti & Meatballs  
Vegetable Medley  
Jello

### **October 30**

*(sign up by October 20)*

Mixed Green Salad  
Beef Stroganoff  
Egg Noodles  
Vegetable Medley  
Peaches

## **Lunch News!**

Lunches are held Tuesdays and Thursdays at noon for Woodbury residents only and are a great way to meet people and get out of the house.

Reservations are required.

Chef on Site meals are provided by The Art of Yum through New Opportunities, Inc. and is funded by Western CT Area Agency on Aging, CT Community Foundation and 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.

**Out of town seniors are welcome to bring a bag lunch to enjoy lunch with your friends at the Center.**



## **Brass City Harvest Cooking Class with Nichole** **Wednesdays, October 1 & 15**

**12 to 1:30 p.m. in the Senior Center kitchen**

Join Nichole for a hands-on cooking class centered around recipes featuring locally grown produce. Class will be followed by a nutrition talk. Class size is limited to 15. Please sign up.



## **Healthy Meals Project**

**Tuesday, October 28 from 1:30 to 2:30 p.m.**

Be prepared for winter with shelf stable healthy and tasty meals - and fight hunger at the same time! These meals are ideal for winter days when you cannot easily get to the store, or times when you just want the comfort of a good hot meal without fuss. For every \$5 healthy meal packet purchased, Rotary will provide one packet of 6 meal servings to our local food bank. All attendees will receive one free meal package which contains 6 servings. This will give you the opportunity to taste the meals and decide if you want to buy more; if you do, you're also supporting the local food bank. Please sign up. Limited to 25.

Lunchtime is the perfect  
opportunity to nourish both our  
bodies and our friendships.

## GETTING OUTDOORS



### Nature Meditation at Flanders Nature Center Wednesday, October 8 from 1 to 2 p.m.

Enjoy a rejuvenating nature meditation at Flanders Nature Center. Diana will be leading this outing. Bus transportation provided if needed. Meet at the pavillion. Thanks to Flanders for their partnership. Please sign up.

Hikes will return in the  
spring of 2026.



### Walking Club with Lynn

Wednesday, October 8 & 22 at 1 p.m.

### Walking Club with KathySue

Fridays, October 3 & 17 at 9:30 a.m.

Enjoy nature at a slow pace. Walk with Lynn or KathySue at the Woodbury Cemetery (meet in the back near the woods line). Bring a bottle of water, wear comfy shoes and perhaps a hat.

Be sure to sign up so we know that you are coming to join us. Walk as much or as little as you like; there are benches for rest breaks too.

### Marathon in a Month - Walking for Wellness

Tuesday, October 14 through Friday, November 14

Get motivated to keep moving! Join **Marathon in a Month**, walking a total of 26.2 miles over 31 days, with fun, incentives and encouragement to help you adopt the “walking for wellness” lifestyle. The kickoff is **Tuesday, October 14 at 10 am**. Participants will receive at sign up all the materials and connections needed to succeed. Optional group walks will keep us motivated and tallying up the miles. We'll celebrate with a final 1.2 mile walk and celebration on **Friday, November 14!** Amaze yourself with what you can accomplish. Prizes for finishers. Incentives for the first 20 people to sign up.

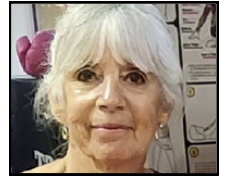
## EXERCISE CLASSES

**Due to early voting being held at the Senior Center, please make note of class dates & relocations!**

### **STRETCH, STRENGTH AND CORE WITH SUSAN**

**Tuesday and/or Thursdays at 11 a.m. - October 2, 7, 9, 14, 16, 21 (Firehouse), 23 (Firehouse), 28 (Firehouse) & 30 (Firehouse)**

This class is available in person or on Zoom. It is an excellent all-around fitness program that helps older adults safely enhance their strength, flexibility and endurance. Bring light weights, a band and a small ball. The cost for October (9 classes) is \$36, Tuesdays (4 classes) is \$16 and Thursdays (5 classes) is \$20. Call the Center to sign up with your email for the link if you want to take the class via Zoom.



### **ZUMBA GOLD WITH EMPERATRIZ**

**Wednesday and Fridays from 9 to 10 a.m. - October 1, 3, 8, 10, 15, 17, 22 (North Church), 24 (Firehouse), 29 (North Church) & 31 (Firehouse)**



Join Emperatriz for her unique, lively dance class. Dance to Latin rhythms and popular tunes, and get a great workout while having fun! The cost for October (10 classes) is \$30. You must sign up for the full session.

### **TAI CHI WITH SUSAN**

**Wednesday from 1:30 to 2:30 p.m. - October 1, 8, 15, 22 (old Town Hall) & 29 (old Town Hall)**

Tai Chi is a gentle form of moving meditation and is noted for improving dynamic balance, flexibility and for lowering stress levels. Please call the center to sign up and let us know if you opt to take this class virtually so we can send you the link. The cost for the October (5 classes) is \$25.



### **DEEP STRETCH AND MEDITATION CLASS WITH JENNIFER**

**Mondays and Thursdays from 8:30 to 9:30 a.m.**

**October 2, 6, 9, 16, 20 (Firehouse), 23 (Firehouse), 27 (Firehouse) & 30 (Firehouse)**



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

### **CHAIR YOGA WITH JENN**

**Tuesdays from 9:30 to 10:30 a.m. - October 7, 14, 21 (Firehouse), 28 (Firehouse)**

Chair yoga is a modified form of traditional yoga that incorporates the use of a chair for support, making it more accessible and gentler, especially for those with limited mobility or balance. It allows individuals to experience the benefits of yoga while seated or with the support of a chair. Chair yoga can improve flexibility, strength, balance and promote relaxation through breathing. Please wear comfortable clothes. The cost for October (4 classes) is \$16. You must register for the entire series. Limited to 20.



### **NEW LIMITED SERIES: PILOBOLUS PRESENTS CONNECTING WITH BALANCE**

**Thursdays from 1:30 to 2:30 p.m. - October 2, 9, 16, 23 (Firehouse), 30 (Firehouse); November 6 & 13**

Engage with your body and movement for this one-of-a-kind exercise class! We are again pairing with Pilobolus to bring a unique exercise class to increase your flexibility, strength and balance! Please sign up. You must attend the whole series. Limit to 20.



## EXERCISE CLASSES CONTINUED

### BALANCE WITH LORYN OR DIANA

**Mondays at 11 a.m. and 12 p.m.**

October 6, 20 (Firehouse) & 27 (Firehouse)

**Wednesdays at 11 a.m.**

October 1, 8 & 15 (no class 10/22 & 29)

**Thursdays at 9:45 a.m.**

October 2, 9, 16, 23 (Firehouse) & 30 (Firehouse)

**Fridays at 11 a.m.**

October 3, 10, 17, 24 (Firehouse) (no class 10/31)

**Fridays at 12 p.m.**

October 3 & 17 (no class on 10/10, 24 & 31)

Join Loryn or Diana for a jump start on regaining your balance. This class is done both seated and standing and can be modified for any fitness level or special need. The class is free, but you must sign up monthly if you want to be notified if weather or other issues cancels a class.

**On Mondays & Fridays, please choose one class only to attend due to space limitations.**



## TRANSPORTATION



### SENIOR BUS SHOPPING TRIPS

**Woodbury - Tuesdays & Thursdays and some Mondays & Wednesdays (noted on calendar)**

**9 a.m. to 3 p.m.**

**Naugatuck - Monday, Oct. 6 (10 a.m.)**

**Torrington - Monday, Oct. 20 (10 a.m.)**

**Southbury - Wednesdays, Oct. 15 & 29 and**

**Fridays, Oct. 3, 10, 17, 24, 31 (10 a.m.)**

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 with Karen to ensure your place on the bus. Limit 8 shoppers per day on out of town trips.

If you haven't received your two free tote bags, please let us know. All your purchases must fit into these totes (It's okay to put them in another bag first).



**Our newest bus is here!**

### MEDICAL TRANSPORTATION



Transportation will be available for non-urgent medical appointments as follows:

**Mondays and Wednesdays - Waterbury, Middlebury and Watertown**

**Tuesdays, Thursdays & Fridays - Woodbury and Southbury**

Please make your appointments accordingly - ideally between 9:30 a.m. to 1:30 p.m. 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 to two weeks ahead of time will be helpful. Once your ride is confirmed by Karen, you can be assured knowing we will pick you up on time and get you where you are going. Please note we are unable to drive people to surgical procedures, including outpatient or one day procedures.

**A suggested donation of \$2 for in-town rides and \$3 for out-of-town rides are accepted, but not required. This helps offset fuel costs for operating the bus. Drivers do not accept tips.**

## SOMETHING FOR EVERYONE



### Pizza and Dime Bingo Night sponsored by Seniors Helping Seniors Thursday, October 16 from 4 to 6:30 p.m.

Enjoy an evening of Pizza and Bingo. Come for San Remo's Pizza and stay for an evening of Bingo. You must stay for both the pizza dinner and play Dime Bingo. Limited to 30. Please sign up.



### Healthy Brain Series Session 4: Importance of Sleep and Your Brain Thursday, October 16 from 1:30 to 2:30 p.m.

Julianne Ramia, Dementia Care Partner from Hartford Healthcare, will be presenting a 5-part Healthy Brain Series. For the fourth session, Julianne will discuss the importance of sleep and your brain. Please sign up. Limited to 25.



### Are you There, Google? It's Me, Margaret (but you already knew that)

**Presented by Richard Wilson, CEO of Kyvoo**  
Tuesday, October 7 from 1:30 to 2:30 p.m.

Google

Ever feel like your phone is eavesdropping on you? You mention socks once, and suddenly your screen is flooded with ads for footwear. Is it coincidence, or is someone (or something) listening?

Join Richard Wilson, CEO of Kyvoo, a Connecticut-based AI company, for a lively and eye-opening session on online privacy and security. This program will explore how companies collect your data, what they do with it, and what you can do to protect yourself.

During this session, Richard will cover:

- What data companies collect about you.
- How that data is gathered and used.
- What you can do to limit tracking and protect your privacy.
- Tips and tricks for staying secure online.

Expect stories, demonstrations, and practical advice - plus handouts and links to help you take action after the session.

### Friendship Fridays! Friday, October 3 from 1 to 2 p.m. starting with your brown bag lunch at 12:30 p.m.

#### This month's topic: Making New Friends as we Age

Help us continue to grow a friendly and inclusive environment throughout our community. This NEW group has been formed to help grow and nourish new and long-lasting friendships. We will introduce concepts derived from published material, speakers and, most importantly, the collective wisdom of participants as we explore the intricacy of developing and maintaining a friend circle as we age. In addition to our discussion group, everyone is welcome to bring in a lunch and gather at 12:30 p.m. Please sign up.



### Trick or Treat!

Stop by the Center on  
**Friday, October 31** for  
a Halloween candy  
treat.



### 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.

## CREATIVE CORNER

### Craft Class with Danielle from Village Crest Monday, October 27 from 1 to 2 p.m.

Create rope pumpkins with Danielle. These are perfect to add to your fall decorations. Please sign up. Limited to 12. This class is free.



### Writing with Lin Northrup Wednesdays, October 8 & 15 from 10 to 11:30 a.m.

For those currently enrolled.



### Winter Neck Scarf with Mori Tuesday, October 14 & 28 from 1 to 2 p.m.

Member Mori will be leading a 2-part class on knitting a scarf.

You must have basic knitting skills for this class. The first class will focus on knitting the scarf. The second class will focus on creating a lovely pom-pom for the end of the scarf.

Please sign up. Limited to 15.

Participants must bring:  
1 skein of yarn, knitting needles.



### Stitches of Love Thursdays, October 16 & 30 1 to 2:30 p.m.



Whether you enjoy crocheting or knitting, this group is for you. Let us know if you'd like to join the group.

### Crochet Corner Mondays, October 6, 20 & 27 10 to 11:30 a.m.

All crocheters are invited and all skills are welcome. Bring your WIP (work in progress) or a completed work to show. Often there are new patterns to share, as well as some old favorites. If you are a beginner, no problem, we are here to help. If you are a seasoned crocheter, come and share your skills. If you like to chat, stop in, we do that too!



### Imagery Journaling Wednesdays, October 1, 8, 15, 22 & 29 at 1 p.m.



Journaling is a wonderful way to explore, embrace and accept your inner world. In this self-guided class you'll receive a journal, art supplies and other creative materials to get yourself started on your journaling journey. Please sign up.

### Fall Flowers with Amy from Bloom Where Planted Friday, October 3 from 2 to 3 p.m.

Cost: \$8 (due at sign up)

Explore some common flowers that are blooming in the late summer and fall, learn how to grow them next year and use them to create a beautiful fall arrangement incorporating other foraged fall items like seed pods, grasses and fall leaves. Please sign up. Limited to 16.



### Afghan Project on Wednesdays from 9:30 to 10:30 a.m.

At the first meeting we will gather to design a bag of "misfit" pieces to make a unique afghan. We also have kits ready to be put together. All abilities needed - we welcome beginners. If you know how to make granny squares, we need 5" x 5" squares of any design.



## BUS TRIPS

A new "levels" system of evaluating our trips and tours will help you decide whether a trip is right for you.

**Level 1** - little walking or physical activity necessary; more sitting than walking.

**Level 2** - moderate walking required with frequent opportunities to sit and rest, mostly flat terrain.

**Level 3** - active walking required with fewer opportunities to sit; walking on uneven or challenging terrain.



### SENIOR BUS TRIPS

#### Essex Steam Train and Riverboat Ride and a late lunch at Black Seal Restaurant Friday, October 10 from 9:30 a.m. to 5 p.m.



Come and enjoy a lovely day in Essex for a Steam Train and Riverboat ride! We will depart from the Center at 9:30 a.m. for a 2.5-hour roundtrip train and boat trip at 11 a.m.. After our outing we will head to Black Seal for a wonderful late lunch! Cost: \$40. Limited to 12. Please sign up. **Level 3**



#### Shopping Trip to Stew Leonard's in Danbury Monday, October 27 from 10 a.m. to 1 p.m.



Come and join us for a shopping trip to Stew Leonard's! Stew's is a delightful mix of shopping and entertainment. Enjoy browsing fresh produce, bakery treats, and prepared meals - all while being serenaded by animated characters and cheerful staff. Woodbury residents only. Limited to 12.

Please sign up. **Level 2**



### FRIENDSHIP TOURS BUS TRIPS

#### Fireplace Feast at the Salem Cross Inn - Saturday, November 8 Cost: \$172 (check payable to Friendship Tours)

The Salem Cross Inn is a restored 18<sup>th</sup> Century farmhouse in West Brookfield, MA. Enjoy a full day of "New England" activities and a delicious fall feast. The trip includes a welcome cider reception with cheese and crackers, a tour of the historic inn, a horse drawn wagon or sleigh ride over the beautiful property, a luncheon including chowder of the sea, prime rib, vegetable, potato and apple pie. If you'd like the vegetarian entree of Vegetarian Pasta Primavera, it must be ordered at sign up. There will also be live local musical entertainment. Depart from Hollow Park at 9:30 a.m. Estimated return is 5:15 p.m. **Level 2**

#### Lyndhurst Mansion and Lunch at the '76 House - Sunday, December 7 Cost: \$153 (check payable to Friendship Tours)

Have lunch at the '76 House in Tappan, NY, then head to the Lyndhurst Mansion in Tarrytown, NY for a guided tour of this beautifully decorated Gothic Revival country house, decorated for the holiday season. Lunch includes a choice of chicken pot pie, fish and chips with fries or honey maple ham (choice made at sign up), mashed sweet potatoes and dessert and coffee. Depart from Hollow Park at 9 a.m. Estimated return is 5 p.m. **Level 2**

# PROGRAMS

**October 10**

**Friday Movies  
at 12:15 p.m.**
**October 24**

**Friday, October 10 from 12:15 to 2:15 p.m.**  
**Here**

A drama directed by Robert Zemeckis, starring Tom Hanks and Robin Wright. The movie explores the human experience through the lens of a single location, a house and the land it's on, over centuries. It captures moments of love, loss, laughter and life, all happening "here" in this specific place. (2024) Rated PG13. Running Time: 1hr 44min

**Friday October 24 from 12:15 to 2:15 p.m.**  
**Poms**

Martha (Diane Keaton) is an introverted woman who moves to a retirement community that has shuffleboard, golf, bowling and other activities. Hoping to be left alone, she meets Sheryl (Jacki Weaver), a fun-loving neighbor, who insists that they become best pals. After coming out of her shell, Martha and her new friend decide to form a cheerleading squad with their fellow residents. As the two women hold auditions, they soon learn that it's never too late to follow your dreams, even when the odds are stacked against you. (2019) Rated PG13. Running time: 1hr 31min

## Current Events via Zoom

**Mondays from 10:30 a.m. to 12 p.m.**

Join others for a weekly discussion of world events every Monday via Zoom. Call the Senior Center to register and to receive the email link.

## Dime Bingo!

**Tuesdays, October 7 at 1:15 p.m.**


Join in an afternoon of Bingo. The cost is 10 cents per card, per game. Please sign up.

## Solo Aging Social Club

**Wednesday, October 8 from 12 to 1 p.m.**

Solo Agers will meet on their own. Feel free to bring a snack or lunch and use this time to connect with other solo agers, discuss topics important to you and make plans together. If there is any other support we can give you, please reach out to the staff. Please sign up.



## Book Club

**Tuesday, October 28 at 10 a.m.**

This month, we are reading

***Tell the Wolves I'm Home* by Carol Rifka Brunt**

The only person who has ever truly understood fourteen-year-old June Elbus is her uncle, the renowned painter, Finn Weiss. When he dies, far too young, of a mysterious illness her mother can barely speak about, June's world is turned upside down. A few days later, she receives a package in the mail containing a beautiful teapot she recognizes from Finn's apartment, and a note from Toby, a stranger, asking for an opportunity to meet. As the two begin to spend time together, June realizes she's not the only one who misses Finn and that this unexpected friend just might be the one she needs the most. (Amazon Books)

Please sign up.

## Coffee Chat with Loryn

**Thursday, October 2 at 11 a.m.**


Bring your questions and ideas for a good discussion and enjoy participating in the life of our Center community. Please sign up.

## Table Tennis

**Monday, October 6 and  
Fridays, October 3, 10 & 17  
from 1:30 to 3:30 p.m.**


Please note - Due to early voting being held at the Senior Center, there will be no Table Tennis from Monday, October 20 through Monday, November 3. Table Tennis will resume on Friday, November 7.

Please bring your own paddle.  
All are welcome.

### Member of the Month

Our member of the month is **Elizabeth**. She moved to Connecticut almost 3 years ago and has been active at the Center for a little more than a year. She enjoys puzzling, participating in learning sessions and the camaraderie of the group lunches. Elizabeth was nominated by our bus drivers for her kindness to others on the bus and her willingness to help other riders on shopping trips. Nice to know you, Elizabeth!

### Volunteer of the Month

Our volunteer of the month is **Alex Ciarlo**. Alex has been volunteering at the Center for almost a year. He's a Monday morning volunteer and has been the dedicated force behind keeping our patio "room" clean and welcoming each week. Additionally, Alex does some data input for us and tracks our bus ridership statistics as required by our grants.



**The Friends of the Woodbury Senior Community Center, Inc.**  
invite you to their upcoming concerts  
held at the Woodbury Senior Center

**Sunday, October 5  
at 2 p.m.**

**Andante Strings Ensemble**  
Dedicated to Leonore  
Templeton, past chair of the  
Friends.



**Sunday, November 16  
at 2 p.m.**

**Doox of Yale**  
Celebrating the Friends  
50th concert!



There is no admission charge and no  
reservations are required.

Funded through a grant from the Woodbury-  
Bethlehem Community Music Foundation, Inc.,  
the Woman's Club of Woodbury and music lover  
patrons.

## SERVICES

### Ask a Mental Health Professional Tuesdays, October 14 & 28

**10 to 11:30 a.m. by appointment (30 minutes)**

We all need support and resources to take care of ourselves, including our mental health. Twice a month, Ed Cole, LCSW will be here to meet with people who have questions on how to access mental health services in the community. Call the Center to make your half hour appointment with Ed.

### Personalized Mini Facials with Laura, Licensed Aesthetician Wednesday, October 29

**11 a.m. to 2 p.m. by appointment only**



Experience a skin analysis followed by a customized mini facial with Laura. Treating yourself with care is always a good idea and a healthy skin goes a long way toward feeling well. Facials help hydrate, plump and protect your skin through every season. Your 30 minute facial session costs \$50. Additional and optional services include: Brow Waxing - \$15; Brow Design - \$25; Lips - \$10; Chin - \$10. Sign up now for your appointment.

### Therapeutic Massage Appointments with Lea Ricard, LMT

**Mondays, October 6, 20 & 27 and  
Thursday, October 16**

**10 a.m. to 2 p.m. - by appointment only**

Lea has more than 13 years experience as a massage therapist. Give yourself or someone you love the gift of relaxation through a 30-minute or 1-hour massage. Call the Center to make your appointment.



30 minute massage - \$35

1 hour massage - \$60

### Haircuts with Lucy

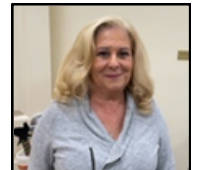
**Friday, October 10 from 10 a.m. to 1:30 p.m.  
by appointment only**

Lucy has 36 years experience as a hairdresser.

Call the Center to make your appointment.

New Pricing:

Men and Women - \$15



### Wanted - People Who Would Enjoy a Visit

Are you bored at home? Try participating in the Friendly Visitor Program! Friendly visitors engage in conversation and companionship, providing connection and laughter and a weekly visit to look forward to. Many great friendships have formed from this program. For your safety, all visitor volunteers are trained, supervised and receive a background check conducted by the Woodbury Police Department.



### Ask an Attorney with Attorney Alyson R. Marcucio Friday, October 31

**1 to 3 p.m. by appointment only**



Attorney Marcucio offers 8 free individual 15-minute appointments each month. Her specialties are elder law, probate, wills, trusts, Power of Attorney and conservatorship. Please be prepared and bring your questions. Call the Center to make your appointment.

### Blood Pressure Clinic

There will be no blood pressure clinics at the Center until January 2026 due to the Housatonic Valley Health District's flu shot clinics schedule. **Our flu shot clinic is October 1.** See Page 1 for Flu Shot Clinic details.

### Healthy Chats

**Friday, October 17 from 10 to 11 a.m.**

Join the Housatonic Valley Health District's Director of Health, Amy Bethge, for an informal meet and greet. This is an opportunity for the community to ask questions, voice concerns and learn about the future of local health initiatives. Please sign up.

# OCTOBER CALENDAR

| Monday                                                                                                                                                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                                                                                                                                 | Wednesday                                                                                                                                                                                                                                                                                                                                              | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                                                                                                                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Marathon in a Month participants -</b><br>Please refer to your special calendar for scheduled walks.<br>                                                                                                                                                                                                   | <b>Friends Concert: Andante Strings Ensemble</b><br><b>Sunday, October 5 at 2 p.m.</b><br><b>at the Center</b><br>No admission charge or registration required.<br>                                                                                    | <b>1</b><br>9-10 Zumba Gold<br>9-3 <b>Bus in Woodbury</b><br>9-11 <b>HVHD Flu Shot Clinic</b><br>9:30-10:30 Afghan Project<br>11:00 Balance Class<br>12-1:30 Cooking Class<br>1-2 Imagery Journaling<br>1:00 Technology with Clyde<br>1:30-2:30 Tai Chi                                                                                                | <b>2</b><br>8:30 Stretch & Meditation<br>9-3 <b>Bus in Woodbury</b><br>9:30-12 Ladies Bridge<br>9:45 Balance Class<br>11:00 Coffee Chat with Loryn<br>11:00 Stretch, Strength & Core<br>12:00 Lunch in the Cafe<br>12:30-3:30 Mah Jongg<br>1:30 Pilobolus: Connecting with Balance                                                                                                                                                   | <b>3</b><br>9-10 Zumba Gold<br>9:30 Walking Club with KathySue<br>9:30-11:30 Mah Jongg<br>10:00 <b>Bus to Southbury</b><br>10:00 Friends Meeting<br>11:00 Balance Class<br>12:00 Balance Class<br>1:00 <b>Friendship Friday</b> (12:30 Brown Bag Lunch)<br>1:30-3:30 Table Tennis<br>2-3 <b>Fall Flowers Class</b>                                                                                |
| <b>6</b><br>8:30 Stretch & Meditation<br>10:00 <b>Bus to Naugatuck</b><br>10-11:30 Crochet Corner<br>10-2 Massages with Lea (by appt)<br>10:30 Current Events (virtual)<br>11:00 Balance Class<br>12:00 Balance Class<br>1:30-3:30 Table Tennis                                                                                                                                                | <b>7</b><br>9-3 <b>Bus in Woodbury</b><br>9:30-10:30 Chair Yoga<br>11:00 Stretch, Strength & Core<br>12:00 Lunch in the Cafe<br>12-3:30 Canasta<br>1:15 Bingo<br>1:30-2:30 <b>Are you there Google? AI Program</b>                                                                                                                      | <b>8</b><br>9-10 Zumba Gold<br>9-3 <b>Bus in Woodbury</b><br>9:30-10:30 <b>Afghan Project</b><br>10-11:30 Writing Class<br>11:00 Balance Class<br>12-1 Solo Aging Social Club<br>1-2 Imagery Journaling<br>1:00 Technology Bar (Apple)<br>1:00 Walking Club with Lynn<br>1-2 <b>Nature Meditation at Flanders Nature Center</b><br>1:30-2:30 Tai Chi   | <b>9</b><br>8:30 Stretch & Meditation<br>9-3 <b>Bus in Woodbury</b><br>9:30-12 Ladies Bridge<br>9:45 Balance Class<br>11:00 Stretch, Strength & Core<br>12:00 Lunch in the Cafe<br>12:30-3:30 Mah Jongg<br>1:30 Commission Meeting<br>1:30-2:30 <b>Hidden Gem Orchard Presentation</b><br>1:30 Pilobolus: Connecting with Balance                                                                                                    | <b>10</b><br>9-10 Zumba Gold<br>9:30-5 Senior Bus Trip: Essex Steam Train & Riverboat Ride/Black Seal Restaurant<br>9:30-11:30 Mah Jongg<br>10:00 <b>Bus to Southbury</b><br>10-1:30 Haircuts with Lucy<br>11:00 Balance Class<br>12:00 <b>NO</b> Balance Class today<br>12:15 Movie: <i>Here</i><br>1:30-3:30 Table Tennis                                                                       |
| <b>13</b><br><b>Center closed for the Columbus Day Holiday</b><br>                                                                                                                                                                                                                                          | <b>14</b><br>9-3 <b>Bus in Woodbury</b><br>10:00 <b>Marathon in a Month begins</b><br>9:30-10:30 Chair Yoga<br>10-11:30 Ask a Mental Health Professional (by appt)<br>11:00 Stretch, Strength & Core (at Firehouse)<br>12:00 Lunch in the Cafe<br>12-3:30 Canasta<br>1-2 Winter Neck Scarf - Pt. 1<br>1-2:30 <b>Owls of Connecticut</b> | <b>15</b><br>9-10 Zumba Gold<br>9:30-10:30 Afghan Project<br>10:00 <b>Bus to Southbury</b><br>10-11:30 Writing Class<br>11:00 Balance Class<br>12-1:30 Cooking Class<br>12-3 Foot Care Clinic (by appt)<br>1-2 Imagery Journaling<br>1:00 Technology with Clyde<br>1:30-2:30 Tai Chi                                                                   | <b>16</b><br>8:30 Stretch & Meditation<br>8:30-1:30 Dental Clinic<br>9-3 <b>Bus in Woodbury</b><br>9:30-12 Ladies Bridge<br>9:45 Balance Class<br>10-2 Massages with Lea (by appt)<br>11:00 Stretch, Strength & Core<br>12:00 Lunch in the Cafe<br>12:30-3:30 Mah Jongg<br>1-2:30 Stitches of Love<br>1:30-2:30 <b>Sleep &amp; Brain Program</b><br>1:30 Pilobolus: Connecting with Balance<br>4-6:30 <b>Pizza &amp; Bingo Night</b> | <b>17</b><br>9-10 Zumba Gold<br>9:30 Walking Club with KathySue<br>9:30-11:30 Mah Jongg<br>10:00 <b>Bus to Southbury</b><br>11:00 Balance Class<br>12:00 Balance Class<br>1-2 <b>Trivia and Cake</b><br>1:30-3:30 Table Tennis                                                                                                                                                                    |
| <b>20</b><br>8:30 Stretch & Meditation (at Firehouse)<br>10:00 <b>Bus to Torrington</b><br>10-11:30 Crochet Corner<br>10-2 Massages with Lea (by appt)<br>10:30 Current Events (virtual)<br>11:00 Balance Class (at Firehouse)<br>12:00 Balance Class (at Firehouse)<br>1-2 <b>The Women that Served with the American Forces in the Vietnam War</b><br>1:30-3:30 <b>NO</b> Table Tennis today | <b>21</b><br>9-3 <b>Bus in Woodbury</b><br>9:30-10:30 Chair Yoga (at Firehouse)<br>11:00 Stretch, Strength & Core (at Firehouse)<br>12:00 Lunch in the Cafe<br>1-2 <b>Questions &amp; Answers with the Woodbury Ambulance Association</b>                                                                                               | <b>22</b><br>9-10 Zumba Gold (at North Church)<br>9-3 <b>Bus in Woodbury</b><br>9:30-10:30 Afghan Project<br>11:00 <b>NO</b> Balance Class today<br>1:00 Walking Club with Lynn<br>1-2 Imagery Journaling<br>1:00 Technology Bar (Apple)<br>1:30-2:30 Tai Chi (at old Town Hall)                                                                       | <b>23</b><br>8:30 Stretch & Meditation (Firehouse)<br>9-3 <b>Bus in Woodbury</b><br>9:30-12 Ladies Bridge<br>9:45 Balance Class (at Firehouse)<br>10-2 <b>Fall Sweater/Decor Swap</b><br>11:00 SSC (at Firehouse)<br>12:00 Lunch in the Cafe<br>12:30-3:30 Mah Jongg<br>1:30-2:30 Pilobolus -Firehouse)<br>2-3:30 <b>Foundations of Genealogy</b>                                                                                    | <b>24</b><br>9-10 Zumba Gold (at Firehouse)<br>9:30-11:30 Mah Jongg<br>10:00 <b>Bus to Southbury</b><br>10:00 Healthy Chats<br>11:00 Balance Class (at Firehouse)<br>12:00 <b>NO</b> Balance Class today<br>12:15 Movie: <i>Poms</i><br>1:30-3:30 <b>NO</b> Table Tennis today                                                                                                                    |
| <b>27</b><br>8:30 Stretch & Meditation (at Firehouse)<br>10:00 <b>Bus to Stew Leonard's</b><br>10-11:30 Crochet Corner<br>10-2 Massages with Lea (by appt)<br>10:30 Current Events (virtual)<br>11:00 Balance Class (at Firehouse)<br>12:00 Balance Class (at Firehouse)<br>1-2 Craft Class<br>1:30-3:30 <b>NO</b> Table Tennis today                                                          | <b>28</b><br>9-3 <b>Bus in Woodbury</b><br>9:30-10:30 Chair Yoga (at Firehouse)<br>10:00 Book Club<br>10-11:30 Ask a Mental Health Professional (by appt)<br>11:00 Stretch, Strength & Core (at Firehouse)<br>12:00 Lunch in the Cafe<br>12-3:30 Canasta<br>1-2 Winter Neck Scarf - Pt. 2<br>1:30-2:30 Healthy Meals Project            | <b>29</b><br>9-10 Zumba Gold (at North Church)<br>9:30-10:30 Afghan Project<br>10:00 <b>Bus to Southbury</b><br>10:00 <b>CCC: Holly House</b><br>10:45 <b>CCC: Garden Apts.</b><br>11:00 <b>NO</b> Balance Class today<br>11-2 Mini Facials (by appt)<br>1-2 Imagery Journaling<br>1-2 <b>Cutting the Cord</b><br>1:30-2:30 Tai Chi (at old Town Hall) | <b>30</b><br>8:30 Stretch & Meditation (at Firehouse)<br>9-3 <b>Bus in Woodbury</b><br>9:30-12 Ladies Bridge<br>9:45 Balance Class (at Firehouse)<br>11:00 Stretch, Strength & Core (at Firehouse)<br>12:00 Lunch in the Cafe<br>12:30-3:30 Mah Jongg<br>1-2:30 Stitches of Love<br>1:00 <b>CCC: Spruce Bank Farm</b><br>1:30-2:30 Pilobolus - Connecting with Balance (at Firehouse)                                                | <b>31</b><br>9-10 Zumba Gold (at Firehouse)<br>9-4 Stop in for a Halloween Candy Treat<br>9:30-11:30 Mah Jongg<br>10:00 <b>Bus to Southbury</b><br>11:00 <b>NO</b> Balance Class today<br>12:00 <b>NO</b> Balance Class today<br>1-3 Ask an Attorney (by appt)<br>1:30-3:30 <b>NO</b> Table Tennis today<br> |