

THE CENTER NEWS

WOODBURY SENIOR CENTER

November 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 November programs begin on Wednesday, October 29 at 9 a.m.



CENTER CLOSED



The Center will be closed on **Tuesday, November 11** for the **Veteran's Day** holiday and on **Thursday, November 27 and Friday, November 28** for the **Thanksgiving** holiday. There will be no senior bus or medical bus transportation available.



Voting Information

Early voting will be taking place at the Senior Center through **Monday, November 3. Election Day is on Tuesday, November 4 from 6 a.m. to 8 p.m.** Many programs and classes are being relocated during this time. Please take careful note of your class and program changes, including location changes.

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

Friendsgiving Pot Luck A Feast of Friendship and Community Friday, November 21 at noon

Friendsgiving is a Thanksgiving-style party with none of the family issues! Join us for a casual, surprising meal to remember. The Center will provide sliced hot rotisserie chicken and gravy. Participants sign up to bring a side dish, an appetizer or dessert to share. You don't cook? Bring a deli salad or something else you don't need to cook. Maybe a pie? You choose what to contribute, but please do bring it ready to serve. The surprising part is - whatever you bring, that's what's for dinner! Spend a relaxing afternoon in this favorite tradition at the Center. Limited to 60.



Be sure to know what you're bringing when you sign up!



Veterans Day Luncheon Monday, November 10 at noon

Woodbury Veterans and their significant others are invited to attend a luncheon honoring them for their service to our nation. Veterans are asked to please sign up by calling the Center.

The day includes a full catered lunch for veterans and their guests, followed by a presentation by historian Art Gottlieb on US Submarine Warfare. First Selectman Barbara Perkinson and Command Sergeant Major (Ret.) John S. Carragher, Manager of the Office of Advocacy and Assistance (OA+A) for CT Department of Veterans Affairs will also speak.

Transportation is available upon request. This program is sponsored by The Town of Woodbury, Woodbury Junior Women's Club, and Synergy Homecare. Thank you, veterans, for your service.

IT'S NEVER TOO LATE TO LEARN



Technology with Clyde Wednesdays, November 5 & 19 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, November 12 & 26 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.

Foundations of Genealogy... Continued presented by Genealogist Penny Hartzell Wednesday, November 19 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.



Writing Unbound with instructor Lin Northrup Wednesdays, November 12 & 19 and December 3, 10 & 17 from 10 to 11:30 a.m.

"I want to represent and express what I truly care about." (Jennifer Lopez)

We all have our stories, our insights and experiences of the mountains we have climbed. We may discuss our stories and ideas with friends over coffee at a cafe, but something magical happens when we put our thoughts on paper. Words become our canvas. They speak back to us in new and expanded ways. They suddenly enlarge our vision of who we are and who we are becoming. When we share our words in a welcoming, open space we connect with each other in a universal way that shows us the creativity and resilience of the human spirit. A variety of poems, lyrics, quotes and inspirational writings will be the springboard to help you explore the power of words to express your unique self. Cost: \$25. Class is limited to 10 participants.

Please sign up.

Lin Northrup, M.Ed, is the author of *Leela* and *the Forest of Light*. She taught at Naugatuck Valley Community College and offers workshops in meditation, metaphysics and Native American wisdom.

MUNICIPAL AGENT/SOCIAL SERVICES

Heather Zuckerman, Social Services/Municipal Agent

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

Email: 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 Connecticut Energy Assistance Program (CEAP) are accepted through May 29, 2026 at Woodbury Social Services. The program 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

2nd Annual Senior Citizen Fall Harvest Luncheon
hosted at the Woodbury Middle School
(collaborative event with the WMS 8th grade
Culinary Class and the NHS Advanced Culinary Class)
Thursday, November 20 at 11:30 a.m.

Join members of Woodbury and Bethlehem Senior Centers for a delightful eat-in luncheon at WMS. We are limited to **18 Woodbury** seniors, so please sign up right away if you'd like to be there to enjoy homemade soup, shepherds pie and maple ice cream. Sign up by calling the Center.



Nonnewaug High School 17th Annual Region 14
Drive-Through Senior Citizen Holiday Meal
Thursday, December 4
(inclement weather date: 12/5)
Pick up time: 11 a.m. to 12 p.m.

The menu includes:

- Turkey Pot Pie
- Pan Gravy
- NHS Honey Glazed Carrots
- Cranberry-Orange Relish
- Basil-Maple Corn Muffin
- Stuffing
- Spiced Apple Crumb Tart



This meal is open to **60 Woodbury** seniors. If you are unable to drive to pick up your meal, please let us know at sign up.

Woodbury Lions Club Adult Vision
and Hearing Screening at the Senior Center
for people age 60+

Saturday, November 15 from 10 a.m. to 2 p.m.

Eighty percent of all visual impairment can be prevented or cured. Take advantage of this free screening clinic for early detection of problems that can be addressed; don't assume older adults must live with eye problems. Participants receive a printout of issues detected and suggestions for follow-up. At the same time, stop by the hearing screening to determine how well YOUR ears are working.

Call the Center to learn what time to arrive to avoid a wait; enjoy a snack, and leave empowered with information you need.

Walk-ins accepted as time allows.

Transportation is provided by appointment; please ask when you call to sign up
 203-263-2828.

This program is sponsored by the Woodbury Lions Club, Community Services Council of Woodbury and the Woodbury Senior Center.



Go-Bags and Storm Preparedness with Amy Clark
Monday November 3 from 10 to 11 a.m.

Join Emergency Services Director Amy Clark to learn how to prepare for weather emergencies. The first 40 Woodbury seniors to sign up will take home a free emergency go-bag and storm preparedness starter kit! Seniors from all towns are welcome to listen and learn. Please sign up.

November is National Caregivers Month

We acknowledge the tremendous work caregivers do every day, whether for family members of all ages, a partner or spouse, friend or neighbor. Here are some resources you, as a caregiver, may find helpful:

- National Caregiver Family Support Program – 203-757-5449 or <https://wcaaa.org/programs/caregiver-services> (Western CT Area Agency on Aging /WCAAA)
- Statewide Caregiver Respite Program – 203-757-5449 or <https://wcaaa.org/programs/caregiver-services> (WCAAA)
- Sixty and Me – <https://sixtyandme.com/aging/> an online support and resource network for family caregivers

Caregiving is hard work. You'll need support. If you are struggling to find a support group, please call the Center. We will try to match your needs with a local group.

FOOD AND NUTRITION

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

TUESDAY

November 4

(sign up by October 27)

Lunch served in Activity Room

Pumpkin Lentil Soup
Rosemary Turkey
Meatloaf
Garlic Red Bliss Potatoes
Vegetable Medley
Blondie Bar

November 11

Veterans Day

No lunch served today

November 18

(sign up by November 10)

Garden House Salad
Italian Tortellini
Pasta Bolognese
Vegetable Medley
Brownie

November 25

(sign up by November 17)

Thanksgiving Special

Pumpkin Soup
Smothered Turkey Breast
Traditional Stuffing
Mashed Potatoes
Vegetable Medley
Pumpkin Pie

THURSDAY

November 6

(sign up by October 27)

French Onion Soup
Eggplant Parmesan
Garlic Knots
Vegetable Medley
Fruit Cocktail

November 13

(sign up by November 3)

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

November 20

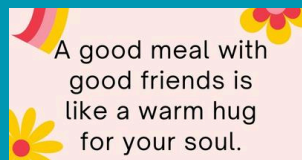
(sign up by November 10)

Kale Salad
Chicken Marsala
Buttered Noodles
Vegetable Medley
Cake

November 27

Thanksgiving Day

No lunch served today



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 Kings Catering 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, November 5 & 19**

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 for one class only.



Cooking Club with Steven **Wednesdays, November 12 & 26** **and December 10 and 24**

from 1 to 2:30 p.m. in the Senior Center kitchen

Are you interested in becoming more confident in the kitchen? Are you looking for some new recipes for a small household? Come and join the Woodbury Senior Center Cooking Club! A space where you can learn how to cook and expand your cooking. This group will focus on easy meals that can be made for 1 or 2 people. We will make enough food to eat together, and depending on what and how much we prepare, there may be leftovers to take home. Please sign up. Cost: \$16 (series) OR \$5 per class. Limited to 8.

Nutrition Talk: Eating During the Holidays **Tuesday, November 18 from 1:30-2:30 p.m.**

Waterbury Health-Outpatient Dieticians, Madeline Souza and Dillon Damiano, will be here to discuss eating over the holidays. The holiday season most often brings a disruption to our normal eating habits. Madeline and Dillon will discuss ways to stay on track during this season of thanks, friends and family. Please sign up.

KEEP MOVING

Marathon in a Month - Walking for Wellness End of Marathon Celebration! Friday, November 14 from 10 to 11 a.m.



Have you amazed yourself with what you accomplished! Come celebrate as we finish our last 1.2 mile walk to end our marathon! There will be prizes and snacks for finishers! Please sign up.

Walking Club with Lynn Wednesday, November 12 & 26 at 1 p.m. Walking Club with KathySue Fridays, November 7 & 21 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.

CARDIO DRUMMING WITH DIANA

Wednesday, November 26
2:45 to 3:30 p.m.

Cardio drumming is a fun, energetic workout that combines drumming movements with aerobic exercise, making it accessible to people of all fitness levels. Whether you are new to this exercise or a veteran join Diana for a fun afternoon of exercise and music! Please sign up. Limited to 12.



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. - November 4 (Firehouse), 6, 13, 18, 20 & 25 (no class on 11/11 & 11/27)

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 resistance band and a small ball. The cost for November (6 classes) is \$24, Tuesdays (4 classes) is \$12 and Thursdays (3 classes) is \$12. 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. - November 5, 7, 12, 14, 19, 21 (Firehouse) & 26 (no class on 11/28)



Join Imperatriz for her unique, lively dance class. Dance to Latin rhythms and popular tunes, and get a great workout while having fun! The cost for November (7 classes) is \$21. You must sign up for the full session.

TAI CHI WITH SUSAN

Wednesday from 1:30 to 2:30 p.m. - November 5, 12, 19 & 26

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 November (4 classes) is \$20. You must sign up for the full session.



DEEP STRETCH AND MEDITATION CLASS WITH JENNIFER

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

Pre-Recorded Classes November 10, 13, 17 & 20 (no class November 3, 6, 24 & 27)



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. You must sign up for the full session. The cost for November (4 classes) is \$12. **While Jen is away this month you are welcome to come together during your regularly scheduled class and do one of Jen's video classes FREE of charge. No NEW class members this month.**

CHAIR YOGA WITH JENN

Tuesdays from 9:30 to 10:30 a.m. - November 4 (Firehouse), 18 & 25 (no class 11/11)

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. The cost for November (3 classes) is \$12. 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. - for those currently enrolled, the class continues on 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.

November 3 (Firehouse) & 24 (no class 11/10 & 17)

Wednesdays at 11 a.m.

November 5, 12 19 & 26

Thursdays at 9:45 a.m.

November 6, 13 & 20 (no class 11/27)

Fridays at 11 a.m.

November 7 & 14 (no class 11/21 & 28)

Fridays at 12 p.m.

November 7 (no class 11/21 & 28)

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, Nov. 3 (10 a.m.)

Torrington - Monday, Nov. 24 (10 a.m.)

Southbury - Wednesdays, Nov. 12 & 26 and Fridays, Nov. 7, 14 & 21 (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).

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.



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.

SOMETHING FOR EVERYONE

Lower your Electric Bill Thursday, December 4 from 1 to 2 p.m.

Eversource Electric supply rates will change on January 1, 2026. Learn how this change affects your electric bill and how to lower your cost. **Bring a recent copy of your electric bill** and learn how the January 1 supply rate, or choosing an electric supplier, can lower your bill. Art Marcelynas, a former state regulator at the Public Utilities Regulatory Authority (PURA), will explain how to choose a supplier and answer questions about the NEW Eversource Standard Service generation supply rate, licensed electric suppliers, the electric bill and any questions you have about Connecticut's electric rates and policies. Please sign up.

Healthy Brain Series Session 5: Thursday, November 20 from 1:30 to 2:30 p.m.

For the fifth and final session of this series, Julianne Ramia, Dementia Care Partner from Hartford Healthcare, will discuss lessons for living longer from people who lived the longest. Please sign up. Limited to 25.



Intro to Kristal Bells Tuesday, November 25 from 1:30 to 2:30 p.m.

Come and learn to play BELLS! The Kristal Bell Method is a totally original, color handbell method using color-coded cards and fully orchestrated music. NO MUSIC EXPERIENCE NEEDED. Please sign up! Limit to 16.



Friendship Fridays! Friday, November 7 from 1 to 2 p.m. starting with your brown bag lunch at 12:30 p.m.

**This month's topic: Staying Connected
through the Holiday Season**

This month we will discuss ways to stay connected to your friends throughout the busy holiday season. Help us continue to grow a friendly and inclusive environment throughout our community. This 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.

Lunch and Learn: Aging Gracefully Series Nutrition and Brain Health - Fueling your Mind for Optimal Function Monday, November 17 from 12 to 1:30 p.m.

The Prince of Peace Parish Nurse/Health Ministry and the Ivy at Watertown are hosting this Lunch and Learn. Stephanie Vollaro, Director of Marketing at The Ivy at Watertown will be giving the presentation. Stephanie is a seasoned expert in the field of senior living with personal & professional experience. Enjoy a free lunch at noon followed by the program. Please sign up. Limited to 60.



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, November 24 from 1 to 2 p.m.

Create a seasonal craft with Danielle. Please sign up. Limited to 12. This class is free.



Stitches of Love Thursdays, November 6 & 20 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, November 3, 10, 17 & 24 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!



Basket Weaving with Susan Striker Tuesday, December 2 from 1:30 to 3 p.m.

Susan is an artist, recently retired art teacher and owner/operator of Young at Art, who is excited to bring her love of visual arts to our center. She will be leading a workshop in basket weaving! In this class you will learn the art of weaving and create your own basket. NO EXPERIENCE needed! Susan will come with all the knowledge and supplies you need to help you create your masterpiece! Cost \$8. Limited to 10. Please sign up.



Ornament Painting for the Woodbury Town Tree Wednesday, November 12 from 2 to 3 p.m.



This November, the Parks & Recreation Department, Library, and Senior Center are teaming up to bring back a favorite holiday activity! If you can't make our painting event but still want to join in, stop by the center to pick up a wooden ornament disc to take home and decorate. Return your decorated ornaments by December 3rd so they can be hung on the town tree for everyone to enjoy throughout the holiday season. Let's make the Town Tree shine with community spirit and holiday cheer! Please sign up

Soup Wreaths with Amy of Bloom Where Planted Friday, November 7 1 to 2 p.m.



Fall is the time to preserve your herbs and get ready for cooler weather. What better way to do that than by creating fun wreaths of herbs perfect for flavoring a broth or soup. Learn how to create your own soup wreath to take home and cook with. Cost \$8. Please sign up. Limit to 16.

Imagery Journaling Wednesdays, November 5, 12, 19 & 26 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 started on your journaling journey. Please sign up.

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

Bosco's and Illiano's Restaurant
Wednesday, November 5 from 9:30 a.m. to 3 p.m.



Come and join us for an outing to Meriden! We will start our shopping adventure at Bosco's and then go out to lunch, on your own, at nearby Illiano's! Woodbury residents only. Please sign up. Limited to 12.

Thomaston Opera House: *Miracle on 34th Street*
Sunday, December 14 - Matinee at 2 p.m.



See the heartwarming play "Miracle on 34th Street." A department store Santa Claus claims to be the real Kris Kringle, challenging the cynicism of a young girl and her pragmatic mother in New York City. As Kringle's genuine belief and kindness begin to transform those around him, he faces a court hearing that will determine his sanity and the very existence of Santa Claus. Please sign up. Limited to 12. **Cost: \$22 (Cash or Check Only)**

FRIENDSHIP TOURS BUS TRIPS



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



Depart from Hollow Park at 9:30 a.m. Estimated return is 5:15 p.m.

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**

MUSIC FILLS THE SOUL

The Friends of the Woodbury Senior Community Center, Inc. invite you to their upcoming concert held at the Woodbury Senior Center: DOOX OF YALE

Sunday, November 16 at 2 p.m.

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.



Sunday December 7 at 2:00
CTAW Presents "Once more at Christmas"

Come to Old Town Hall, for a Holiday Musical Review! The cast of "Once" is coming together to get you in the holiday spirit with a wonderful musical review. This show will be full of holiday classics as well as some new songs. Bus Transportation is available. **Cost: \$22 per ticket Cash or Check (payable to CTAW).** Senior bus transportation will be available - let us know if you need a ride when you purchase your ticket.

PROGRAMS

NOW PLAYING! *On Golden Pond* Friday, November 14 at 12:15 p.m.

Retired couple Norman Thayer (Henry Fonda) and Ethel (Katharine Hepburn), spend summers at their New England vacation home on the shores of Golden Pond. This year, their daughter, Chelsea (Jane Fonda), visits with her new fiancée and his teenage son.

1981. Rated: PG. 1hr 49min.

Please sign up.



MEDICARE FRAUD

Medicare Fraud Monday, November 3 from 1 to 2 p.m.

Please join Margaret Guerrero, Senior Medicare Patrol (SMP) Volunteer from the Western CT Area Agency on Aging (WCAAA) in a group discussion on the latest Medicare frauds impacting our local communities. Health care fraud drains billions of dollars out of our pockets every year, with Medicare one of the leading programs within the federal government where the loss is extremely high.

Attendees of this program will learn:

- How to protect themselves or a loved one from financial exploitation.
- How Medicare fraud, abuse and errors are defined.
- How to detect Medicare fraud and abuse.
- About some of the most common types of Medicare scams.
- Who to contact or where to report suspected fraud & scams.

This important group event will assist in empowering us to protect against, detect, and report suspected Medicare fraud and abuse.

A Q/A session will follow.

Please sign up. Limited to 25.



Solo Aging Social Club

Wednesday, November 5 from 12 to 1 p.m.

Solo Agers will meet on their own. 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, November 25 at 10 a.m.

This month we are reading

The Last Romantics by Tara Conklin.

It begins in a big yellow house with a funeral, an iron poker, and a brief variation forever known as the Pause: a free and feral summer in a middle-class Connecticut town. Caught between the predictable life they once led and an uncertain future that stretches before them, the Skinner siblings are staunchly loyal and deeply connected. Two decades later, the siblings find themselves once again confronted with a family crisis that tests the strength of these bonds and forces them to question the life choices they've made and ask what, exactly, they will do for love. A novel that pierces the heart and lingers in the mind, *The Last Romantics* is also a beautiful meditation on the power of stories - how they navigate us through difficult times, help us understand the past, and point the way toward our future. (Amazon books)



Coffee Chat with Loryn

Tuesday, November 18 at 10 a.m.

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



Dime Bingo!

Tuesdays, November 18 at 1:15 p.m.

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

Table Tennis

Mondays, November 10 & 24 and Fridays, November 7 & 14 from 1:30 to 3:30 p.m.

Please bring your own paddle. All are welcome.



Member of the Month
Connie Baldwin



Connie stepped into the Woodbury Senior Center 19 years ago, when it was on Mountain Road, after she moved to Woodbury from Torrington, and she has been coming to the Center ever since, calling it her “home away from home.”

Connie enjoys having lunch at the Center with her friends, playing Mah Jongg, Bingo, card games, and going on trips (she especially enjoys museums and historical locations). Connie stated exercising is very important as you age, and loves the Stretch, Strength and Core class and said she takes two walks a day in her neighborhood.

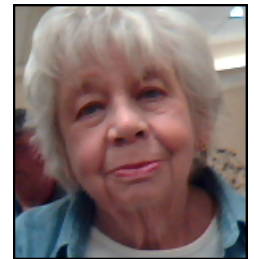
Connie thanks the friendly and knowledgeable staff for all they do.

Volunteer of the Month
Judy Butterly

Judy is one of our front desk volunteers that you’ll find greeting you on Thursday afternoons as you walk into the Center.

Judy enjoys taking the Balance and Chair Yoga classes and signs up for the programs that “catch her fancy.”

Judy lives in Woodbury with her dog Dexter. She enjoys reading, knitting, gardening in the summer and doing jigsaw puzzles in the winter.



SERVICES

Ask a Mental Health Professional Tuesdays, November 25

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, November 12

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, November 3, 10 & 17 and
Friday, November 21 from 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

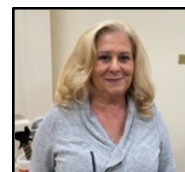
**Friday, November 14 from 10 a.m. to 1:30 p.m.
by appointment only**

Lucy has 36 years experience as a hairdresser.

Call the Center to make your appointment.

New Pricing:

Men and Women - \$15



Hearing Screenings

**Thursday, November 13
10 a.m. to 12 p.m. (by appointment)**

These FREE screenings, conducted by Hearing Instrument Specialists Anne Catapano and Aida Vargas, provide an excellent opportunity to assess your hearing health and detect any early signs of hearing loss. Please sign up for your hearing appointment.



Ask an Attorney with Attorney Alyson R. Marcucio Friday, November 21 2 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.

HVHD Blood Pressure Clinic

There will be no Blood Pressure Clinic at the Center until January 2026 to enable health district nurses to offer flu clinics to our communities during this time.






Healthy Chats

Friday, November 21 from 10 to 11 a.m.

November is Diabetes awareness month! Diabetes- We Won't Sugar Coat it- Join a HVHD nurse on the basics about diabetes including prevention, treatments and diet. Please sign up.



NOVEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A "Fall Back" reminder to change your clocks back one hour on Sunday, November 2 before you go to bed!</p> 	<p>Upcoming November Weekend Events</p> 	<p>Friendship Tours Trip Fireplace Feast at the Salem Cross Inn Saturday, November 8 Depart from Hollow Park at 9:30 a.m. Estimated return is 5:15 p.m.</p> <p>SOLD OUT</p>	<p>Woodbury Lions Club Adult Vision and Hearing Screenings Saturday, November 15 from 10 a.m. to 2 p.m. at the Center by appointment. Call the Senior Center to make your appointment</p>	<p>Celebrate the Friends 50th Concert: Doox of Yale Sunday, November 16 at 2 p.m. at the Center No admission charge or registration required.</p>
<p>3</p> <p>8:30 NO Stretch & Meditation today 10:00 Bus to Naugatuck 10-11 Go-Bags and Storm Preparedness 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class (Firehouse) 12:00 Balance Class (Firehouse) 1:00 Medicare Fraud Program 1:30-3:30 NO Table Tennis</p>	<p>4</p> <p>6am-8pm Election Day at the Center 9-3 Bus in Woodbury 9:30-10:30 Chair Yoga (at Firehouse) 11:00 Stretch, Strength & Core (at Firehouse) 12:00 Lunch in Activity Room 12-3:30 NO Canasta today</p> 	<p>5</p> <p>9-10 Zumba Gold 9:30-3:00 Bus Trip to Boscov's 9:30-10:30 Afghan Project 11:00 Balance Class 12:00 Solo Aging Social Club 12-1:30 Cooking Class 1-2 Imagery Journaling 1:00 Technology with Clyde 1:30-2:30 Tai Chi</p>	<p>6</p> <p>8:30 NO Stretch & Meditation today 9-3 Bus in Woodbury 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 1:00 Stitches of Love 1:30 Pilobolus: Connecting with Balance</p>	<p>7</p> <p>9-10 Zumba Gold 9:30-11:30 Mah Jongg 9:30 Walking Club 10:00 Bus to Southbury 11:00 Balance Class 12:00 Balance Class 1:00 Friendship Friday 1:00 Soup Wreaths with Amy 1:30-3:30 Table Tennis</p>
<p>10</p> <p>8:30 Stretch & Meditation-video 9-3 Bus in Woodbury 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 NO Balance Class today 12:00 NO Balance Class today 12:00 VETERANS LUNCHEON 1:30-3:30 Table Tennis</p>	<p>11</p> <p>Center closed for the Veterans Day Holiday</p> 	<p>12</p> <p>9-10 Zumba Gold 9:30-10:30 Afghan Project 10:00 Bus to Southbury 10-11:30 Writing Class 11:00 Balance Class 11:00-2:00 Mini Facials 1-2 Imagery Journaling 1:00 Technology Bar (Apple) 1:00 Walking Club 1-2:30 Cooking Club 1:30-2:30 Tai Chi 2:00 Ornament Painting</p>	<p>13</p> <p>8:30 Stretch & Meditation-video 9-3 Bus in Woodbury 9:30-12 Ladies Bridge 9:45 Balance Class 10-12 Hearing Screening 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 1:00 Commission Meeting 1:30 Pilobolus: Connecting with Balance (last class of session)</p>	<p>14</p> <p>9-10 Zumba Gold 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10-1:30 Haircuts with Lucy 10-11 Marathon in a Month - End of Marathon Celebration 11:00 Balance Class 12:15 Movie: On Golden Pond 1:30-3:30 Table Tennis</p>
<p>17</p> <p>8:30 Stretch & Meditation-video 9-3 Bus in Woodbury 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 NO Balance Class today 12:00 NO Balance Class today 12-1:30 Lunch & Learn: Aging Gracefully - Fueling your Mind for Optimal Function 1:30-3:30 NO Table Tennis</p>	<p>18</p> <p>9-3 Bus in Woodbury 9:30-10:30 Chair Yoga 10:00 Coffee Chat with Loryn 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 1:15 Bingo 1:30-2:30 Nutrition Talk: Eating During the Holidays</p>	<p>19</p> <p>9-10 Zumba Gold 9-3 Bus in Woodbury 9:30-10:30 Afghan Project 10-11:30 Writing Class 11:00 Balance Class 12-1:30 Cooking Class 12-3 Foot Care Clinic (by appt) 1-2 Imagery Journaling 1:00 Technology with Clyde 1:30-2:30 Tai Chi 2-3:30 Foundations of Genealogy</p>	<p>20</p> <p>8:30 Stretch & Meditation-video 8:30-12:30 Dental Clinic (by appt) 9-3 Bus in Woodbury 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 11:30 WMS Luncheon 12:00 Lunch in the Cafe 1:30 Healthy Brain Series #5 12:30-3:30 Mah Jongg 1:00 Stitches of Love</p>	<p>21</p> <p>9-10 Zumba Gold (at Firehouse) 9:30-11:30 Mah Jongg 9:30 Walking Club 10:00 Massage with Lea 10:00 Bus to Southbury 10:00 Healthy Chats 11:00 NO Balance Class today 12:00 NO Balance Class today 12:00 FRIENDSGIVING POTLUCK LUNCH 1:30-3:30 NO Table Tennis 2:00-3:00 Ask an Attorney</p>
<p>24</p> <p>8:30 NO Stretch & Meditation today 10:00 Bus to Torrington 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 12:00 Balance Class 1:00 Craft Class with Danielle 1:30-3:30 Table Tennis</p>	<p>25</p> <p>9-3 Bus in Woodbury 9:30-10:30 Chair Yoga 10:00-11:30 Ask a Mental Health Professional (by appt) 10:00 Book Club 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 1:30-2:30 Intro to Kristal Bells</p>	<p>26</p> <p>9-10 Zumba Gold 9:30-10:30 Afghan Project 10:00 Bus to Southbury 11:00 Balance Class 1-2 Imagery Journaling 1-2:30 Cooking Club 1:00 Technology Bar (Apple) 1:00 Walking Club 1:30-2:30 Tai Chi 2:45-3:30 Cardio Drumming</p>	<p>27</p> <p>Center closed for the Thanksgiving Holiday</p> 	<p>28</p> <p>Center closed for the Thanksgiving Holiday</p> 