

# THE CENTER NEWS

## WOODBURY SENIOR CENTER

December 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 December programs begin on Tuesday, November 25 at 9 a.m.**



**Happy Holidays from the Senior Center Staff!**

### 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



### It's the Party of the Season! "Jingle Mingle!"

**Friday, December 12 at noon**

**Cost: \$15 per person**



You're invited to mingle with friends and jingle all the way at the Center's holiday party! Enjoy food at the buffet stations, including an appetizer station, pasta station, entree station including chicken Francoise, ham and eggplant parmesan and assorted desserts all served up by elves. Stay for Holiday Karaoke and all manner of jingling fun! This promises to be a highlight of the month. Please sign up and pay by Monday, 12/8. Limit: 70.

### CENTER CLOSED

The Center will be closed on  
**Thursday,  
December 25**  
for the **Christmas** holiday.

There will be no senior bus or medical bus transportation available.



### Holiday Cookie Swap

**Monday, December 22 at 1:30 p.m.**



Trading holiday cookies is a time honored tradition. It is always SO much fun and each person leaves with a tasty assortment of treats to share with guests and family. To participate, sign up (let us know what cookie you'll make) and prepare a batch of 5 dozen of your favorite holiday cookies. On Cookie Swap Day, bring those in a container AND another clean container. Walk about, picking up a few cookies from each container to take home. Leave with 5 dozen assorted cookies to share throughout the season. Limited to 25 people. Sign up early to prevent disappointment.

## IT'S NEVER TOO LATE TO LEARN



### Technology with Clyde Wednesdays, December 3 & 17 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, December 10 & 24 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.

### Genealogy Basics to Mastery presented by Genealogist Penny Hartzell Thursday, December 11 from 2 to 3:30 p.m.

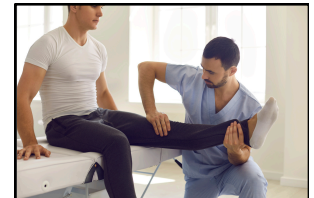
This will be the last session of basic Genealogy with new more in-depth classes beginning in the New Year! Please sign up!



### Writing Unbound with instructor Lin Northrup For those currently enrolled, the class continues on: Wednesdays, December 3, 10 & 17 from 10 to 11:30 a.m.

### Physical Therapy (PT) Team from the Lutheran Home of Southbury Tuesday, December 9 from 1 to 2 p.m.

The PT team from the Lutheran Home will be here to lead an interactive and educational workshop on fall prevention, balance, and posture. While they are here they will also conduct FREE balance and mobility checks. Please sign up.



## 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 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

### Nonnewaug High School 17<sup>th</sup> 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.

For those currently signed up.

Please let us know if you need the senior bus to pick up your meal.

### Winter Solstice Giveaway Friday, December 19

Brighten the first day of winter by adopting a small green plant to enjoy all season long. These little succulents don't take a lot of care, but they will boost your spirits long after winter moves into spring. Pick up your new plant beginning at 8 a.m. while supplies last.



### Leon DiMartino presents: The American Spies of the Revolutionary War

Monday, December 15 from 1 to 2 p.m.

Revolutionary  
War Spies



Spies made up an important part of The American Revolutionary War. Their activities behind enemy lines of communication would contribute toward the outcome of the war. Learn the stories of these people who made their contribution to the American victory in the War of Independence. Please sign up. Limited to 25.

Whoo hoo!

The Center wins and you may too!

Digital Literacy Initiative

Kick off day: Monday, December 8

12:30 to 2 p.m.

Woodbury Senior Center has won a competitive grant and a place in the national program **Digital Literacy Initiative sponsored by the National Council on Aging and AT&T.**

This grant will provide us with four laptop computers, in person and online learning, and 1:1 in person digital skills help. Each time you attend a Digital Literacy program, your name will be entered into a drawing to win a free iPad. Two lucky winners will be announced at the end of the 6-month initiative. Just sign up and attend a workshop or coaching session to be entered to win. Come to one workshop or more; it's up to you. Each program you join will add another chance to win a new iPad.

Prizes aside, we're excited to have this opportunity for us all! Our first kick-off workshop will be held on **Monday, December 8 from 12:30 to 2 p.m.** Sign up! We'll have registration materials and help you get a jump start on learning. To set up an appointment for Digital 1:1 learning and coaching on your device, call the Center at 203-263-2828 and ask about Digital Literacy office hours. Stay tuned to this newsletter monthly for updates and workshop announcements.

**Digital  
Literacy**



Not the actual trees  
being raffled off



### Holiday Tree Raffle

Back by popular demand...Table top mini trees that sparkle and shine!!! The Holiday Elves are busy at work creating one-of-a kind trees to keep or to gift. Three trees will be created and winning tickets will be drawn at the Holiday Luncheon on December 12.

The trees are on display in the hallway display case. Take a chance and one of these unique bejeweled trees might be yours. Look for the pop-up raffle table beginning in early December. Ho Ho Happy Sparkling Holidays!



# FOOD AND NUTRITION

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

## TUESDAY

### **December 2**

*(sign up by November 24)*

Mixed Vegetable Salad  
Chicken Cordon Bleu  
Garlic Red Bliss Potatoes  
Vegetable Medley  
Blondie Bar

### **December 9**

*(sign up by December 1)*

Caesar Salad  
Beef Stroganoff  
Egg Noodles  
Vegetable Medley  
Peaches

### **December 16**

*(sign up by December 8)*

Garden House Salad  
Chicken Milanese  
Herbed Pasta  
Vegetable Medley

### **December 23**

*(sign up by December 15)*

Split Pea Soup  
Glazed Ham  
Whipped Butternut Squash  
Vegetable Medley  
Crumb Cake

### **December 30**

*(sign up by December 22)*

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

## THURSDAY

### **December 4**

*(sign up by November 24)*

French Onion Soup  
Eggplant Parmesan  
Garlic Knots  
Vegetable Medley  
Fruit Cocktail

### **December 11**

*(sign up by December 1)*

Chef Salad  
Orange Glazed Pork Loin  
Roasted Potatoes  
Green Beans  
Seasonal Fruit

### **December 18**

*(sign up by December 8)*

Kale Salad  
Tuscan Chicken  
(with olives, artichokes,  
tomatoes, spinach)  
Buttered Noodles  
Vegetable Medley  
Cake

### **December 25**

### **Christmas 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, December 3 & 17**

**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**

**Classes continue on**

**Wednesdays, 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 with Nichole: Gut Health and Beans** **Tuesday, December 2 at 11 a.m.**



Nichole from Brass City Harvest will discuss Gut Health and BEANS! Come and learn more about keeping your gut healthy! Please sign up.



WINTER PUZZLES



Winter Word Search

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

- SKIING      BARE      GLOVES      ICE
- FIREPLACE      HIBERNATE      BEANIE      COLD
- SNOW      SNOWMAN      WINTER      SCARF

CROSSWORD PUZZLE Winter

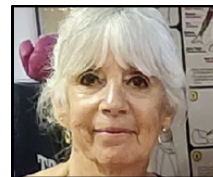
A crossword puzzle grid is shown with various winter-themed illustrations around it. The grid has 11 rows and 11 columns. The illustrations include: a snowman (1), a snowflake (2), a pair of skis (14), icicles (13), a pair of ice skates (12), a sled (11), a hockey net (10), a pair of mittens (6), a pair of boots (7), a red jacket (8), a broom (9), and a pair of skis (14). The grid contains the following words: 1 Across: SNOWMAN, 2 Down: FLOES, 3 Across: ICEBERG, 4 Across: SNOWFLAKE, 5 Down: GLOVES, 6 Down: BEANIE, 7 Down: BOOTS, 8 Down: JACKET, 9 Down: BROOM, 10 Down: NET, 11 Down: SLED, 12 Down: SKATES, 13 Down: ICICLES, 14 Down: SKIS.

## EXERCISE CLASSES

### STRETCH, STRENGTH AND CORE WITH SUSAN

**Tuesday and/or Thursdays at 11 a.m. - December 2, 4, 9, 11, 16, 18, 23 & 30 (no class 12/25)**

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 December (8 classes) is \$32, Tuesdays (5 classes) is \$20 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. - December 3, 5, 10, (12 at Firehouse), 17, 19, 24, 26, 31**

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 December (9 classes) is \$27. You must sign up for the full session.

### TAI CHI WITH SUSAN

**Wednesday from 1:30 to 2:30 p.m. - December 3, 10, 17, 24 & 31**

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 December (5 classes) is \$25. 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. - December 1, 4, 8, 11, 15, 18, 22 & 29 (no class 12/25)**

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 December (8 classes) is \$24.

### CHAIR YOGA WITH JENN

**Tuesdays from 9:30 to 10:30 a.m. - December 2, 9, 16, 23 & 30**

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 December (5 classes) is \$20. You must register for the entire series. Limited to 20.



### BALANCE WITH LORYN OR DIANA

**Mondays at 11 a.m. and 12 p.m. - December 1, 8, 15, 22 & 29**

**Wednesdays at 11 a.m. - December 3, 10, 17, 24 & 31**

**Thursdays at 9:45 a.m. - December 4, 11, 18 (no class 12/25)**

**Fridays at 11 a.m. - December 5, 19 & 26 (no class 12/12)**

**Fridays at 12 p.m. - No 12 p.m. balance classes in December**

Join Loryn or Diana for a jump start on maintaining 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 balance class only to attend due to space limitations.**

## FITNESS ROOM INFORMATION

The Fitness Room is a perfect solution for those who prefer to work out individually or for those doing follow up rehab work. The Fitness Room features 2 TRUE long-tread stabilized treadmills, 1 TRUE weight stack for weight and resistance training, 1 TRUE recumbent exercise bike and 2 NU Step recumbent cross trainers, and locker rooms. No matter your fitness goals, you can work toward them here! The registration year begins in January 2026.

For those currently a Fitness Room member, you will receive a letter in the mail in December to reregister for the new year. For those new to the Fitness Room, there is a registration packet that must be filled out and each user must be trained on each apparatus.



The following fees are for either a 6 month membership or a 12 month membership beginning in January:

Woodbury residents: \$30/\$60

Non-Woodbury residents: \$40/\$80

## TRANSPORTATION



### SENIOR BUS SHOPPING TRIPS

**Woodbury - Tuesdays & Thursdays and some Mondays & Wednesdays (noted on calendar)**  
9 a.m. to 3 p.m.

**Naugatuck - Monday, December 1**  
(NOW LEAVING WOODBURY AT 10:30 A.M.)

**Torrington - Monday, December 15**  
(NOW LEAVING WOODBURY AT 10:30 A.M.)

**Southbury - Wednesday, December 10,**  
**Monday, December 29 and Fridays,**  
**December 5, 12, 19 & 26 (NOW LEAVING**  
**WOODBURY AT 10:30 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.

### CARDIO DRUMMING WITH DIANA Thursday, December 11 1:30 to 2:15 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.

### Walking Club with Lynn Wednesday, December 10 & 24 at 1 p.m. Walking Club with KathySue Fridays, December 5 & 19 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. Weather permitting.

### Friendship Fridays! Friday, December 5 from 1 to 2 p.m. starting with your brown bag lunch at 12:30 p.m.

This month topic is **Acts of Kindness**. Learn how these special acts can help us stay connected to each other. 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.

### CARDS ANYONE?

Setback  
Mondays from 9:30 to 11 a.m.

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

Pinochle  
Wednesdays from 12 to 3:30 p.m.

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

Please let us know if you are interested in playing.



### 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

### Afghan Project

**Wednesdays, December 3, 10, 17, 24 & 31**  
from 9:30 to 10:30 a.m.

Meet 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.



### Winter Swag

**with Amy from Bloom Where Planted**  
**Friday, December 19 from 1 to 2 p.m.**

Create a fresh green winter swag perfect for a door or lamp post.  
Cost \$8. Please sign up.  
Limited to 16.



### Imagery Journaling

**Wednesdays, December 3, 10, 17, 24 & 31**  
**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.



### Stitches of Love

**Thursdays, December 4 & 18**  
**1 to 2:30 p.m.**

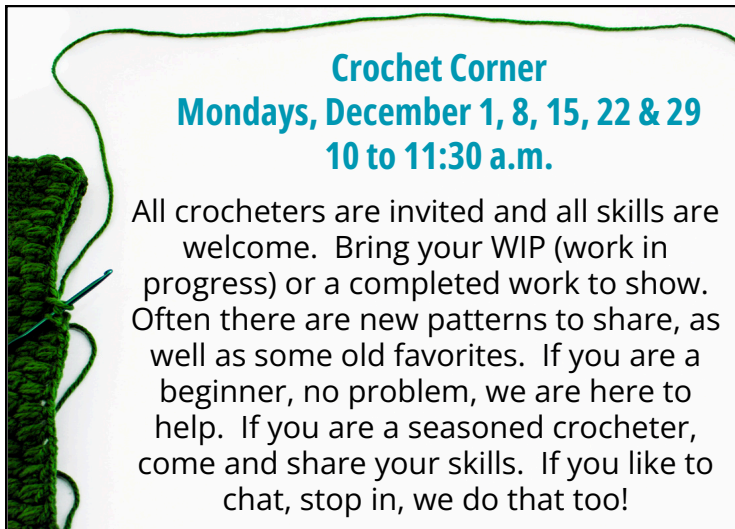
Whether you enjoy crocheting or knitting, this group is for you.  
Let us know if you'd like to join the group.



### Crochet Corner

**Mondays, December 1, 8, 15, 22 & 29**  
**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!



**SOLD OUT**

### 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 and 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.



### Runes with Karen Maleri

**Monday, January 5 from 1 to 3:30 p.m.**

Discover the ancient world of runes - symbols from the Elder Futhark, the oldest known runic alphabet gifted to us by Viking ancestors. In this hands-on workshop, you'll learn the meanings behind these 24 powerful symbols and create your own personalized rune set to take home. No experience needed. All materials provided. Limited to 10. Please sign up.



**Bounce Back DEMO with Pilobolus**  
**Thursday, January 8 at 1:30 p.m.**

Pilobolus will be back in the New Year with a NEW program called Bounce Back! Learn how to gain the confidence to get up from a fall and increase your mobility. This DEMO class will give you a preview of the new upcoming 8-week session. Pre-Registration Required. Limit to 20.



## 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

#### Holiday Shopping at Westfarms Mall in West Hartford Monday, December 8 from 9:30 a.m. to 3 p.m.

Start the holiday shopping season by visiting the beautifully decorated Westfarms Mall in West Hartford. Shops include Macy's, JC Penny, Nordstrom, H & M, Gap, American Eagle, Clark's, Gap, Aeropostal/Aerie, Talbots, Ann Taylor and many more. We will leave the Senior Center at 9:30 a.m. and you will have until 2 p.m. to shop and grab a bite to eat. Woodbury residents only. Limited to 12. **Level 2.**

*Westfarms*

Please sign up.

#### Thomaston Opera House: *Miracle on 34<sup>th</sup> 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 for bus (Woodbury seniors). Ten tickets are available for Woodbury and out of town seniors who will drive themselves. **Level 2. Cost: \$22 (cash or check only)**

### FRIENDSHIP TOURS BUS TRIPS

**SOLD OUT**

#### 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. Non-refundable. **Level 2**

## MUSIC FILLS THE SOUL

Sunday, December 7 at 2 p.m.

### 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



### Friday, December 5 Holiday Movie: Elf!

Buddy (Will Ferrell) was accidentally transported to the North Pole as a toddler and raised to adulthood among Santa's elves. Unable to shake the feeling that he doesn't fit in, the adult Buddy travels to New York, in full elf uniform, in search of his real father. As it happens, this is Walter Hobbs (James Caan), a cynical businessman. After a DNA test proves this, Walter reluctantly attempts to start a relationship with the childlike Buddy with increasingly chaotic results. 2003



Rated: PG Running Time:  
1 hr. 37 min. Please sign up.

### Friday, December 26 Julie & Julia

Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness and plenty of butter. 2009. Rated: PG-13  
Running Time: 2 hr. 3 min.  
Please sign up.



### Afternoon Pizza & Dime Bingo sponsored by East Hill Senior Living Friday, January 9 from 12 to 2:30 p.m.



Enjoy an afternoon of Pizza and Dime Bingo here at OUR Senior Center. Come for San Remo's Pizza and stay for an afternoon of Bingo. You must stay for both the pizza and play Bingo. Limit to 40.  
Please sign up.

### Coffee Chat with Loryn Thursday, December 11 at 9:30 a.m.



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



### Book Club

Will return in January 2026

### Dime Bingo! Tuesdays, December 9 & 23 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, December 1, 8, 15, 22 & 29 Fridays, December 5, 19 & 26 from 1:30 to 3:30 p.m.



Please bring your own paddle. All are welcome.

### DAILY NEWS Current Events via Zoom Mondays from 10:30 a.m. to 12 p.m.

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

### Member of the Month: Joan Manzi



Joan has been coming to the Senior Center for 3 years. You can often find Joan at our puzzle corner working on the newest jigsaw puzzle or playing Mah Jongg and Bingo, having lunch with her friends and making lasting friendships. Joan says the Center has been a place for her to share life experiences with other people. Joan recalls when the Center came to her rescue to help find a CT State flag for her grandson's retirement from the U.S. Coast Guard in Kodiak, AK after 42 years of service - with the help of Bud Neal who located a flag for her, she said she will be forever grateful for that effort.

Joan has three children, 10 grandchildren, 18 great grandchildren and one great great grandchild! In addition to spending time with her large family, Joan enjoys going to the casino and gardening with her daughter. Joan was a postmaster for 29 years, working in towns including Goshen, Bantam and finishing her career in Bethlehem.

### Volunteers of the Month: Marcia Bartow & Karen Liotta

These two dynamos go together like salt and pepper or peanut butter and jelly. Karen comes from the Bronx and Marcia from the Midwest - fate brought them together when they both moved to Heritage Village in Southbury 16 years ago. They have been friends ever since. Karen and Marcia bring enthusiasm and fun wherever they go. They call the Woodbury Senior Center their "sandbox." They coordinate our Stitches of Love knitting group, teach Mah Jongg classes and find lots of other ways to brighten up people's days both here at the Center and around our community. Outside of their many volunteer activities, they both enjoy time with their families and traveling together. Thank you both for sharing yourselves so generously at the Center.



## SERVICES

### Ask a Mental Health Professional Tuesday, December 9 & 23

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.



### Healthy Chats with Heidi

Heidi will return in January 2026.

### Personalized Mini Facials with Laura, Licensed Aesthetician

Laura will return in January 2026.



### All About: Personal Emergency Response Systems Tuesday, December 16 at 1:30 p.m.



Personal emergency response systems (PERS) offer many options for staying home with reassurance you can get help if needed. It can be confusing to decide which option is best for you or someone you love. At this program, Loryn will share an overview of options, pros and cons of different systems and help you become an educated consumer. Please sign up.



### Therapeutic Massage Appointments with Lea Ricard, LMT

Mondays, December 1, 8 & 15  
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 with a 30-minute or 1-hour massage. Call the Center to make your appointment.



30 minute massage - \$35

1 hour massage - \$60

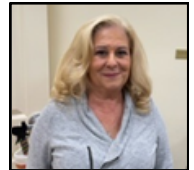
### Haircuts with Lucy

Friday, December 12 from 10 a.m. to 1:30 p.m.  
by appointment only

Lucy has 36 years experience as a hairdresser.

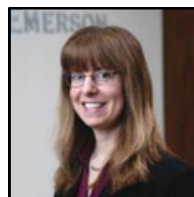
Call the Center to make your appointment.

New Pricing:  
Men and Women - \$15



### Ask an Attorney with Attorney Alyson R. Marcucio

Attorney Marcucio will return for appointments in January 2026.



### HVHD Blood Pressure Clinic

The Blood Pressure Clinic at the Center will return in January 2026.



### A BIG THANK YOU!

Thank you to our volunteers who helped with our Veteran's Luncheon in November...Lynn, Sue, Donna, Mary Frances, Judy H., Judy B, Elaine and members of the Woodbury Junior Women's Club - we could not have done it without you all. The veterans surely appreciated all your help too.


*Thank you!*

### Winter Weather Policy

The Woodbury Senior Center will be closed for inclement weather if the Town of Woodbury's First Selectman closes the municipal offices. We do not follow the Region 14 school closures. Some instructors may cancel classes, at which time you will receive a call from our office informing you of the cancellation. Most of all - Use your best judgment when traveling on roads covered with ice and snow.



# DECEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>8:30</b> Stretch & Meditation <b>10:30 Bus to Naugatuck</b> <b>9:30-11</b> Setback <b>10-11:30</b> Crochet Corner <b>10-2</b> Massages with Lea (by appt) <b>10:30</b> Current Events (virtual) <b>11:00</b> Balance Class <b>12:00</b> Balance Class <b>1:30-3:30</b> Table Tennis	<b>2</b> <b>8:30-3:30</b> CHOICES Open Enrollment Sessions (by appt) <b>9-3 Bus in Woodbury</b> <b>9:30-10:30</b> Chair Yoga <b>11:00</b> Stretch, Strength & Core <b>11:00</b> Nutrition Talk: Gut Health and Beans <b>12:00</b> Lunch in the Cafe <b>12-3:30</b> Canasta <b>1:15</b> Dime Bingo <b>1:30-3</b> Basket Weaving Class	<b>3</b> <b>9-10</b> Zumba Gold <b>9-3 Bus in Woodbury</b> <b>9:30-10:30</b> Afghan Project <b>10-11:30</b> Writing Class <b>11:00</b> Balance Class <b>12-1:30</b> Cooking Class with Nichole <b>12-3:30</b> Pinochle <b>1-2</b> Imagery Journaling <b>1:00-3:00</b> Mah Jongg <b>1:00</b> Technology with Clyde <b>1:30-2:30</b> Tai Chi	<b>4</b> <b>8:30</b> Stretch & Meditation <b>8:30-3:30</b> CHOICES OE Sessions (by appt) <b>9-3 Bus in Woodbury</b> <b>9:30-12</b> Ladies Bridge <b>9:45</b> Balance Class <b>11:00</b> Stretch, Strength & Core <b>11-12</b> NHS Holiday Meal Drive-Through (by reservation only) <b>12:00</b> Lunch in the Cafe <b>12:30-3:30</b> Mah Jongg <b>1-2</b> Lower Your Electric Bill <b>1-2:30</b> Stitches of Love	<b>5</b> <b>9-10</b> Zumba Gold <b>9:30-11:30</b> Mah Jongg <b>9:30</b> Walking Club with KathySue <b>10:30 Bus to Southbury</b> <b>11:00</b> Balance Class <b>12:00 NO</b> Balance Class <b>12:15</b> <i>Movie: Elf</i> <b>1-2</b> Friendship Friday <b>1:30-3:30</b> Table Tennis
<b>8</b> <b>8:30</b> Stretch & Meditation <b>9:30-3 Bus to West Farms Mall</b> <b>9:30-11</b> Setback <b>10-11:30</b> Crochet Corner <b>10-2</b> Massages with Lea (by appt) <b>10:30</b> Current Events (virtual) <b>11:00</b> Balance Class <b>12:00</b> Balance Class <b>12:30-2:00</b> Kick-Off to NEW Digital Learning Grant <b>1:30-3:30</b> Table Tennis	<b>9</b> <b>9-3 Bus in Woodbury</b> <b>9:30-10:30</b> Chair Yoga <b>10-11:30</b> Ask a Mental Health Professional (by appt) <b>11:00</b> Stretch, Strength & Core <b>12:00</b> Lunch in the Cafe <b>12-3:30</b> Canasta <b>1-2</b> Physical Therapy Program <b>1:15</b> Dime Bingo	<b>10</b> <b>9-10</b> Zumba Gold <b>10:30 Bus to Southbury</b> <b>9:30-10:30</b> Afghan Project <b>11:00</b> Balance Class <b>10-11:30</b> Writing Class <b>12-3:30</b> Pinochle <b>1-2</b> Imagery Journaling <b>1-2:30</b> Cooking Club with Steven <b>1:00-3:00</b> Mah Jongg <b>1:00</b> Technology Bar <b>1:00</b> Walking Club with Lynn <b>1:30-2:30</b> Tai Chi	<b>11</b> <b>8:30</b> Stretch & Meditation <b>9-3 Bus in Woodbury</b> <b>9:30-12</b> Ladies Bridge <b>9:30</b> Coffee Chat with Loryn <b>9:45</b> Balance Class <b>11:00</b> Stretch, Strength & Core <b>12:00</b> Lunch in the Cafe <b>12:30-3:30</b> Mah Jongg <b>1:30-2:30</b> Commission Meeting <b>1:30-2:15</b> Cardio Drumming <b>2:00-3:30</b> Genealogy Class	<b>12</b> <b>9-10</b> Zumba Gold at Firehouse <b>9:30-11:30</b> Mah Jongg <b>10-1:30</b> Haircuts (by appt) <b>10:30 Bus to Southbury</b> <b>11:00 NO</b> Balance Class <b>12:00 NO</b> Balance Class <b>12:00</b> Holiday "Jingle Mingle" Party <b>1:30-3:30 NO</b> Table Tennis
<b>15</b> <b>8:30</b> Stretch & Meditation <b>10:00 Bus to Torrington</b> <b>9:30-11</b> Setback <b>10-11:30</b> Crochet Corner <b>10-2</b> Massages with Lea (by appt) <b>10:30</b> Current Events (virtual) <b>11:00</b> Balance Class <b>12:00</b> Balance Class <b>1-2</b> The American Spies of the Revolutionary War <b>1:30-3:30</b> Table Tennis	<b>16</b> <b>9-3 Bus in Woodbury</b> <b>9:30-10:30</b> Chair Yoga <b>11:00</b> Stretch, Strength & Core <b>12:00</b> Lunch in the Cafe <b>12-3:30</b> Canasta <b>1:30</b> Personal Emergency Response Systems	<b>17</b> <b>9-10</b> Zumba Gold <b>9:30-10:30</b> Afghan Project <b>9-3 Bus in Woodbury</b> <b>10-11:30</b> Writing Class <b>11:00</b> Balance Class <b>12-1:30</b> Cooking Class with Nichole <b>12-3:30</b> Pinochle <b>12-3 Foot Care Clinic (by appt)</b> <b>1-2</b> Imagery Journaling <b>1:00-3:00</b> Mah Jongg <b>1:00</b> Technology with Clyde <b>1:30-2:30</b> Tai Chi	<b>18</b> <b>8:30</b> Stretch & Meditation <b>9-3 Bus in Woodbury</b> <b>9:30-12</b> Ladies Bridge <b>9:45</b> Balance Class <b>11:00</b> Stretch, Strength & Core <b>12:00</b> Lunch in the Cafe <b>12:30-3:30</b> Mah Jongg <b>1-2:30</b> Stitches of Love	<b>19</b> <b>9-10</b> Zumba Gold <b>9:30-11:30</b> Mah Jongg <b>9:30</b> Walking Club with KathySue <b>10:30 Bus to Southbury</b> <b>11:00</b> Balance Class <b>12:00 NO</b> Balance Class <b>1-2</b> Winter Swag Class <b>1:30-3:30</b> Table Tennis  <b>Pick up your Winter Solstice giveaway - while supplies last</b>
<b>22</b> <b>8:30</b> Stretch & Meditation <b>9-3 Bus in Woodbury</b> <b>9:39-11</b> Setback <b>10-11:30</b> Crochet Corner <b>10:30</b> Current Events (virtual) <b>11:00</b> Balance Class <b>12:00</b> Balance Class <b>1:30-3:30</b> Table Tennis <b>1:30</b> Holiday Cookie Swap	<b>23</b> <b>9-3 Bus in Woodbury</b> <b>9:30-10:30</b> Chair Yoga <b>10-11:30</b> Ask a Mental Health Professional (by appt) <b>11:00</b> Stretch, Strength & Core <b>12:00</b> Lunch in the Cafe <b>12-3:30</b> Canasta <b>1:15</b> Dime Bingo	<b>24</b> <b>9-10</b> Zumba Gold <b>9-3 Bus in Woodbury</b> <b>9:30-10:30</b> Afghan Project <b>11:00</b> Balance Class <b>12-3:30</b> Pinochle <b>1-2</b> Imagery Journaling <b>1:00-3:00</b> Mah Jongg <b>1-2:30</b> Cooking Club with Steven <b>1:00</b> Technology Bar <b>1:00</b> Walking Club with Lynn <b>1:30-2:30</b> Tai Chi	<b>25</b> <b>Center Closed for the Christmas Holiday</b> 	<b>26</b> <b>9-10</b> Zumba Gold <b>9:30-11:30</b> Mah Jongg <b>10:30 Bus to Southbury</b> <b>11:00</b> Balance Class <b>12:00 NO</b> Balance Class <b>12:15</b> <i>Movie: Julie &amp; Julia</i> <b>1:30-3:30</b> Table Tennis
<b>29</b> <b>8:30</b> Stretch & Meditation <b>10:30 Bus to Southbury</b> <b>9:30-11</b> Setback <b>10-11:30</b> Crochet Corner <b>10:30</b> Current Events (virtual) <b>11:00</b> Balance Class <b>12:00</b> Balance Class <b>1:30-3:30</b> Table Tennis	<b>30</b> <b>9-3 Bus in Woodbury</b> <b>9:30-10:30</b> Chair Yoga <b>11:00</b> Stretch, Strength & Core <b>12:00</b> Lunch in the Cafe <b>12-3:30</b> Canasta	<b>31</b> <b>9-10</b> Zumba Gold <b>9-3 Bus in Woodbury</b> <b>9:30-10:30</b> Afghan Project <b>11:00</b> Balance Class <b>12-3:30</b> Pinochle <b>1:00-3:00</b> Mah Jongg <b>1-2</b> Imagery Journaling <b>1:30-2:30</b> Tai Chi	<b>Weekend Events</b> <b>Sunday, December 7</b> <b>2 p.m. showtime</b> <b>CTAW presents "Once More at Christmas"</b> ----- <b>Sunday, December 7</b> <b>Friendship Tours Trip</b> <b>Lyndhurst Mansion</b> <b>Departing from Hollow Park at 9 a.m.</b>	<b>Sunday, December 14</b> <b>2 p.m. Matinee</b> <b>Thomaston Opera House</b> <b>"Miracle on 34<sup>th</sup> Street"</b>