

# THE CENTER NEWS

What's happening at the Center of it all here in

Woodbury, Connecticut



## APRIL 2025 - Engage!

Sign ups begin Wednesday, March 26 at 9 a.m.

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

**Hours of Operation:** Monday through Friday, 8 a.m. to 4 p.m. You can reach us at: **203-263-2828**

### LUNCH AND LEARN: HOME CARE AND ALTERNATIVE LIVING OPTIONS FOR NOW AND THE FUTURE

sponsored by SYNERGY HomeCare  
Wednesday, April 23 from 12 to 1 p.m.

Come and join us for lunch and a panel discussion that will be hosted by Kay Schrieber from SYNERGY HomeCare. Panel members include:

**Peter Crossett**, Owner, SYNERGY HomeCare, will discuss what home care entails and the services that SYNERGY HomeCare provides.

**Danielle Ramos**, marketing National Health Care (Village Crest in New Milford and Bethel Healthcare), will talk about National Health Care and their area facilities and the care they provide.

**Jonathan Rivera**, marketing Village at Brookfield Common, will describe The Village at Brookfield Common and what their facility provides to residents and the programs offered.

**Joshua Sevell** from TLC Senior Living Services, provides free guidance and support for families navigating through senior resources, facilities and home care.

Please sign up. Limited to 35.

### AARP VOLUNTEER TAX ASSISTANCE PROGRAM

Mondays and Fridays from 12 to 4 p.m.

Tax preparation continues through April 7 for those who currently have appointments.

Appointments are full.

### SHOPPING AND LUNCH: BOSCOV'S AND ILLIANO'S RESTAURANT

Monday April 14 from 9:30 a.m. to 3 p.m.

Come and join us for an outing to Meriden! We will start our adventure shopping at Boscov's and then out to lunch at nearby Illiano's Restaurant!

If the weather cooperates, we will take a drive through Hubbard Park to view their daffodils!

Please sign up. Seating is limited to 12.

*Boscov's*

*Illiano's*  
Ristorante & Pizzeria

### EARTH DAY CELEBRATION AT HOLLOW PARK

Sunday April 27 from 12 to 2 p.m.

Woodbury Earth Day 2025 is right around the corner, and we're excited to bring our community together for a day of environmental awareness, fun and celebration! Join us on at Hollow Park for a variety of activities, vendors and entertainment focused on sustainability and community spirit.

Our senior bus will be available for anyone that needs a ride or who would like to get shuttled from the Senior Center to Hollow Park. Please let us know if you'd like a ride.



Closed on  
**GOOD  
FRIDAY**

The Center will be closed on **Friday, April 18** for the **Good Friday** holiday.

There will be no senior bus or medical transportation.

## EXERCISE CLASSES

### ***Stretch, Strength and Core with Susan - in person or on Zoom***

**Tuesdays and/or Thursdays at 11 a.m.**

**April 1, 3, 8, 10, 15, 17, 22, 24 & 29**

This class 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 April (9 classes) is \$36, Tuesdays (5 classes) is \$20, Thursdays (4 classes) is \$16. 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***

**Wednesdays and Fridays from 9 to 10 a.m.**

**April 2, 4, 9, 11, 16, 23, 25 & 30 (no class 4/18)**

Join Emperatriz for her unique, lively class! The cost for April (8 classes) is \$24. You must sign up for the full session. Please sign up.

### ***Tai Chi with Susan B. - in person or on Zoom***

**Wednesdays from 1:30 to 2:30 p.m.**

**April 2, 9, 16, 23 & 30**

The cost for the April session (5 classes) is \$25. Please call the Center to sign up and let us know if you opt to take the class virtually so we can send you the link.



### ***Morning Deep Stretch and Meditation Class with Jennifer***

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

**April 3, 7, 10, 14, 17, 21, 24 & 28**

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



### ***Balance with Loryn or Diana***

**Mondays, Wednesdays & Fridays at 11 a.m.**

**April 2, 4, 7, 9, 11, 14, 16, 21, 23, 25, 28 & 30 (no class 4/18)**

**Tuesdays at 9:30 a.m.**

**April 1, 8, 15, 22 & 29**

Join Loryn or Diana for a jump start on regaining your balance. Free, but you must sign up if you want to be notified if weather or other issues cancels a class.

**On Wednesday, April 9 join Loryn following class for a falls prevention refresher!**



### ***Pilobolus: Connecting with Balance***

**The 8 week series runs through May 15 on Thursdays at 1:30 p.m. (for those currently enrolled)**

**P I L  
O B O  
L U S**

Crafted to improve balance and reduce the risk of falls, Connecting with Balance is an exercise class focused on building strength, stability, and mobility for older adults. In this workshop, Pilobolus Teaching Artists guide participants through exercises that reconnect seniors to their bodies and build confidence in daily movement. Open to all levels of ability, the class offers modifications and intensifications to meet the unique needs of each participant. No previous experience or special equipment required.

**Please remember your payment for exercise classes is due by the first class of each session. Thank you.**

**PEOPLE OF THE MONTH**

This column features members of the senior center and volunteers; each month we'll feature two people you will want to know better!

**Members of the Month - Vinnie & Dottie Russo**



Dottie and Vinnie grew up about a mile apart in Boston, but didn't meet until they were teens.

They married young and they just celebrated their 65<sup>th</sup> wedding

anniversary in February! Vinnie is often found working out in the Fitness Room and conversing with others he meets here. He's retired from

Uniroyal Chemical, where he was worldwide director of purchasing. His travels took him all over the world, often with Dottie by his side. He's also a collector, broker and author of books about antique toy soldiers. Dottie is a retired teacher and guidance counselor who enjoys Balance class, art projects and who is the past Chair of the Commission for Seniors. Together, Vinnie and Dottie raised a family and say family life is the center of their lives now. When asked about their lives, each of them told mostly of each other's attributes and gifts; what a testament to a great lifelong partnership! They'd recommend that new members to the Center try many programs and read the newsletter well, so they find a place to begin in a warm welcoming environment.

**Volunteer of the Month - Lynn Parks**

Lynn is a retired HR professional who believes in volunteering; who better to serve as our volunteer coordinator? In that role, she helps people find meaningful ways to contribute to our community



life. This spring, she is also coordinating Walking Club with husband Jim. Lynn enjoys the social aspect of being part of the Center, and regularly takes the Stretch, Strength and Core classes. Originally from Wisconsin, Lynn lived in Georgia for 30 years prior to moving to Woodbury to be closer to grandchildren. Thank you Lynn!

**CROCHET CORNER**

This class will be on hiatus until September.



**APRIL CONGREGATE MEAL MENU**

You must sign up by Monday morning the previous week.

**TUESDAY**

**April 1 -**

- (sign up by March 24)
- Italian Manicotti
- Dinner Roll
- Spring Vegetable Medley
- Berry Bread Pudding

**April 8 -**

- (sign up by March 31)
- Vegetable Salad
- Chicken Florentine
- Herb Pasta
- Vegetable Medley
- Chocolate Cookie

**April 15 -**

- (sign up by April 7)
- Garden House Salad
- Spinach Mushroom
- Pork Loin
- Roasted Potatoes
- Vegetable Medley
- Brownie

**April 22 -**

- (sign up by April 14)
- House Salad
- Chicken Milanese
- Herb Pasta
- Vegetable Medley
- Crumb Cake

**April 29 -**

- (sign up by April 21)
- Caesar Salad
- Chicken Cacciatore
- Red Bliss
- Mashed Potatoes
- Vegetable Medley
- Peaches

**THURSDAY**

**April 3 -**

- (sign up by March 24)
- Chicken Rice Soup
- Chicken Picatta
- Rice Pilaf
- Vegetable Medley
- Applesauce

**April 10 -**

- (sign up by March 31)
- Minestrone
- Chicken Saltimbocca
- Creamy Whipped
- Mashed Potatoes
- Vegetable Medley
- Fruit Cocktail

**April 17 -**

- (sign up by April 7)
- Easter Celebration!**
- Glazed Ham
- Sweet Potato Casserole
- Vegetable Medley
- Fresh Fruit

**April 24 -**

- (sign up by April 14)
- Mediterranean Salad
- Greek Velouté Chicken
- Rice Pilaf
- Vegetable Medley
- Fresh Fruit



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

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

**THERAPEUTIC MASSAGE APPOINTMENTS  
with Lea Ricard, LMT**

**Mondays, April 7, 14 & 28**

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

Lea has more than 13 years experience as a massage therapist and currently also works with Dr. Levy at Woodbury Chiropractic Center.



Give yourself or someone you love the gift of relaxation through a 30-minute or 1-hour massage. Call 203-263-2828 to make your appointment.

30 minute massage - \$35

60 minute massage - \$60

**BRASS CITY HARVEST COOKING CLASS**

**with Nichole Texiera, Nutritionist**

**Wednesday, April 9**

**from 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.



**PERSONALIZED MINI FACIALS WITH LAURA,  
CERTIFIED AESTHETICIAN**

**Wednesday, April 30 from 11 a.m. to 2 p.m.**

**by appointment only**



Experience a skin analysis followed by a customized mini facial with our certified aesthetician. Treating yourself with care is always a good idea, and healthy skin goes a long way toward feeling well. Facials help hydrate, plump and protect your skin through every season.

Try it now, or treat someone special.

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.

**TECHNOLOGY BAR - APPLE PRODUCTS**

**Wednesday, April 23 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 people.

Please sign up.

**FRIDAY MOVIES ARE BACK!**

Come enjoy seeing a movie with friends on a Friday afternoon. Movies begin at noon in the Activity Room. Snacks included!

**Friday, May 2: *Chocolat* (2002) Rated PG-13.**

Romance-comedy. Starring Johnny Depp and Juliette Binoche, Judi Dench. Single mother

Vianne Rocher and her young daughter arrive in a rural French town in the winter of 1959, and open an unusual chocolate shop that disrupts the moral fiber of the strictly Catholic townsfolk and mayor.

Run time 2 hours.

**May 23: *Thelma* (2024) Rated PG-13. Comedy.**

Starring June Squib. Thelma is a woman who falls for a phone scam and sets out to find the perpetrators with the help of her grandson.

Run time 98 min.

**SUPPER CLUB: CARLITO'S IN WOODBURY**

**Wednesday, April 9 at 4:30 p.m.**

Enjoy an early bird dinner with some friends at Carlito's Restaurant in Woodbury for their early week special: **\$25: Pick one of each (on your own)**

**Appetizer:** Bruschetta, Fried Zucchini, Stuffed Long Hot Pepper, Eggplant Rollatini, Onion Rings, Shrimp Tempura

**Soup or Salad:** House salad, Pasta Fagioli, Minestrone (add \$1 for Caesar salad or Tortellini soup)

**Dinner:** Manicotti, Lasagna, Lobster Ravioli, Veal Marsala/Piccata, Chicken Francese/Marsala, Shrimp Scampi/Fradiavolo, Filet of Sole, Pork Tenderloin, 8 oz. NY Steak, Salmon, Mini Zuppa de Pesce

You are welcome to drive yourself or take our bus to the restaurant (12 riders). Cash is recommended, as separate checks are not always available at the restaurant.

**Please note: There is a \$3 admin fee (non-refundable) to sign up for the Supper Club, due when you sign up. We have learned that requiring this fee reduces cancellations and no-shows. We want our participating restaurants to continue working with us, which means we reserve the date and then the correct number of diners attend. Thank you for understanding.**


**DIME BINGO**

**Tuesdays, April 1 & 15 at 1:30 p.m.**



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




**BOOK CLUB**  
**Tuesday, April 22 at 10 a.m.**  
 This month's title is **West with Giraffes** by Lynda Rutledge. This is an exuberant and emotional novel based on a true story. In Depression-era America, two giraffes miraculously survive a hurricane while being moved across the ocean. The cross-country road trip to their new home at the San Diego Zoo includes colorful characters, a moving story and the real-life fascination of Americans everywhere as they traced – and became part of – the giraffes' travels. Please sign up.  
 Regular and large print copies are available at Woodbury Public Library. Please sign up.



**PLAY READING WITH COMMUNITY THEATER AT WOODBURY (CTAW)**  
**Tuesday, May 6 at 1:30 p.m.**  
 Enjoy the world of theater by joining Maureen Denver of CTAW for some play reading fun. Table reads are the standard way a cast and crew first learn a script and what makes a play come alive. If you've always wanted to be onstage, or if you've ever wanted to laugh more than is usually possible, join this lively and fun table read afternoon with no performance and no stage fright! Please sign up.  
 Limited to 15 people.

**SPRING BULBS**  
**with Amy from Bloom Where Planted**  
**Friday April 4 from 1 to 2 p.m.**  
 Explore the world of bulbs that bloom in early spring. We will go through several types of flowers and learn to plant and force bulbs indoors for some early spring color! Everyone will take home a bulb to grow.  
**Cost: \$8** - due at sign up. Limited to 16.




**STITCHES OF LOVE**  
**Thursdays, April 3 & 17**  
**1 – 2:30 p.m.**  
 Whether you enjoy crocheting or knitting, this group is for you. Please let us know if you are interested.




**HAIRCUTS WITH LUCY**  
**Make your appointment today!**  
**Friday, April 11**  
**10 a.m. to 1:30 p.m.**  
 Lucy has 36 years experience as a hairdresser and is now offering this service at the Senior Center.  
 Men - \$10      Women - \$15  
 Call the Center to make your appointment.




**A CAN OF CHICKPEAS AND YOU...WHAT TO DO!**  
**Monday, April 21 at 1 p.m.**  
 This one-time cooking demo and tasting is all about celebrating the humble chickpea- so versatile, tasty and nutritious that they have their own holiday every April. Join Loryn in making and tasting some delicious chickpea dishes, including a few that might just surprise you. Wake up your thinking about chickpeas! **Cost: \$2** Limit: 15 Please sign up.



**BLOOD PRESSURE CLINIC**  
**First and Third Tuesdays of the month**  
**April 1 & 15 from 10 a.m. to 12 p.m.**  
 Get your blood pressure checked twice per month by a registered nurse from the Housatonic Valley Health Department in the Health Office. This is a FREE service.



**FAIRY HAIR**  
**with Judy Ryan**  
**Get Your Sparkle On!**  
**Thursday, April 10 from 10 a.m. to 12 p.m.**  
 Fairy hair is fine filaments that attach to your own hair. It's painless, adds a touch of glitter and glamour to your look and remains in place as long as you wish. Your \$2 suggested donation will be donated to the Senior Center by Judy. Join in the fairy hair fun! Please sign up.

**ASK A MENTAL HEALTH PROFESSIONAL**

**Tuesday, April 8 & 22  
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 or need information on how to access mental health services in the community. Call the Center to make your half hour appointment with Ed.

Ed is retired from working with the Mobile Crisis Team in Waterbury and has years of experience in providing clinical services and community mental health support. He is also our Friendly Visitor Program coordinator.



**CRAFT CLASS: DIY BIRTHDAY CARDS with Danielle Ramos of Bethel Health Care**

**Monday, April 28 at 1 p.m.**

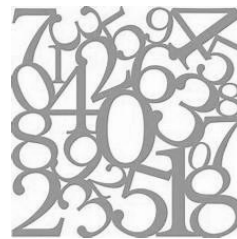
Make someone's birthday extra special with a heartfelt, homemade birthday card! Please sign up.

**LOGICAL FRAMEWORKS DRESSED IN STORY GARMENTS**

**presented by Lydia Novozhilova**

**Fridays, April 4, 11, 25 & May 2**

**from 10 to 11 a.m.**



Ignite your curiosity and keep your mind sharp with a series of entertaining and thought-provoking story problems. In this recreational mathematics course, you'll enjoy:

- **Engaging Exercises:** Challenge different cognitive skills, including logic, visual perception, and overall mental agility.
- **Fun Problem-Solving:** Dive into entertaining math puzzles that are as playful as they are stimulating.
- **Social Learning Experience:** Collaborate and connect with peers through shared intellectual adventures.

No advanced math knowledge is required - just bring your curiosity and a willingness to think outside the box! Please sign up.

**You must register for the entire series.**

**Limited to 4.**



**KRISTAL BELL OPEN HOUSE**

**Tuesday, April 8  
from 1:30-2:30**

Come and learn about The Kristal Bell Method at our Open House! The Kristal Bell Method is a totally original color handbell method using color-coded cards and fully orchestrated music. This method requires NO musical experience and easily enables everyone from young children to seniors to produce beautiful handbell music. After our Open House you are welcome to sign up for our first session. The first session on **Tuesday, April 22** will have rehearsals on the second and fourth Tuesdays of the month from 1:30-2:30 p.m. ending with a concert at the Senior Center in August! Please sign up!

**NEWS FROM THE FRIENDS OF THE WOODBURY SENIOR COMMUNITY CENTER**



FRIENDS OF WOODBURY SENIOR COMMUNITY CENTER, INC.

For 17+ years, the nonprofit Friends of Woodbury Senior Community Center, Inc. has raised funds to purchase needed items that exceed our Center's town-approved budget. Monies donated through the nonprofit "Friends" include providing 4 free quality concerts annually, purchasing needed Center items like furniture, computers, fitness equipment, a Smart TV, café acoustic materials, blinds and financial assistance for a new Community Room Audio-Visual system.

**On April 29 and April 30, go to [www.GiveLocalCCF.org](http://www.GiveLocalCCF.org) and donate to FRIENDS OF WOODBURY SENIOR COMMUNITY CENTER, INC. and help the "FRIENDS" continue their support of our wonderful Senior Center with the needed items that fall beyond our Center's town-approved budget. Thank you!**

Please find our monthly newsletter on our website: [woodburyseniorct.org](http://woodburyseniorct.org)

Copies are also available at the Senior Center while supplies last.

You can also connect with us on Facebook.

Find us at:  
<https://www.facebook.com/woodburyseniorcenter>



**TABLE TENNIS**

**Mondays, April 14, 21, 28 and  
 Fridays, April 11 & 25**

**1:30 to 3:30 p.m.**


Please bring your own paddle.  
 All are welcome.



**GENEALOGY: FROM BASICS TO MASTERY**  
 with Penny Hartzell, Genealogist

**Wednesday April 9 from 1:30-3:30 p.m.**

Please join us for this first seminar on what Genealogy is and how to investigate yours! This two-hour seminar will be broken up into two parts. The first hour will be an introduction to genealogy and will help you establish some basic skills when starting your own research. The second hour will delve deeper into complex research and how to address roadblocks. Participants are welcome to register for either one or both hours. Participants are encouraged to bring a tablet or laptop. The class is limited to 20. Please sign up.




**THE LIFE AND TIMES OF PETER SELLERS**  
 presented by Leon DiMartino

**Monday, April 7 from 1 to 2 p.m.**

From his early days as a child in English theatre Vaudeville performances, to his days as a British radio comedy performer, to his days in movies, Peter Sellers left his mark on the world of comedy. Learn the story of this interesting comedic talent and performer, as well as his historic place in the world of comedy.

Limit to 25. Please sign up.




**Walking Club**

**WALKING CLUB**  
 with Lynn Parks

**Wednesday, April 9 at 1 p.m. and  
 Friday, April 25 at 2 p.m.**

**at the Woodbury Cemetery**


Come walk with Lynn! Bring a bottle of water, wear comfy shoes and your smile. Be sure to sign up so we know you are coming to join us!



**VETERANS GROUP COFFEE AND...**

**Tuesday, April 8 at 10 a.m.**


All veterans are invited to enjoy coffee, snacks and camaraderie at this monthly meeting headed by Brian Naylor, MSgt USAF retired and Veterans Advocate for Independence Northwest, Inc. Brian can also answer your VA questions and help with support. Please let us know if you would like to attend.



**COFFEE CHAT WITH LORYN**

**Thursday, April 3 at 9:30 a.m.**

You're cordially invited to join Loryn for a Coffee Chat where we can talk about what's on your mind at the Center. Bring your questions and ideas for a chance to hear answers and enjoy participating in the life of our Center community.



**Searching for experts that want to share for our NEW "Learn from Others" Program!**

Are you an expert in something: cooking, sewing, art, quilting, musical instruments, knitting, crocheting, embroidery, composting, starting a windowsill herb garden, sharpening a knife, money saving strategies...etc!

We are looking to build a database of members that are willing to share their expertise one-on-one with members that would like to learn.

This would be an informal meeting where the apprentice and expert connect and create together! This can be a one-time meeting or a meeting that may need multiple meetings. If you are interested in sharing YOUR talents, please see Diana in the office.



**IMAGERY JOURNALING**

**Wednesdays, April 2, 9, 16, 23 & 30 at 1 p.m.**

**\$3 for materials at your first session**

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



**ASK AN ATTORNEY**

**with Attorney Alyson R. Marcucio**

**Friday, April 25 from 1 to 3 p.m.**

Attorney Marcucio will offer 8 free individual 15-minute appointments this month. Please be prepared and bring your questions. Call the Center to make your appointment.



**TECHNOLOGY HELP WITH CLYDE**

**Wednesdays, April 2 & 16 at 1 p.m.**

Are you having technology problems? Bring in your phone, laptop or tablet with your questions and let Clyde help you. He is here the first and third Wednesday of each month. Class size is limited to 8. Please sign up.



**SOLO AGING SESSION 3:**

**PLANNING FOR THE LATER YEARS**

**with Lois Nelson of Nelson Senior Consulting Services, LLC**

**Wednesday, April 16**

**1 to 2 p.m.**

Come and join us for our third session in our Solo Aging Series.

"Everyone is Unique" with their own individual situation. With this thought in mind, Lois will lead us in a discussion on the overall planning process for the later years. This will include discussions about legal and financial support and living options. Lois has a wealth of knowledge and will help you start and/or continue your planning process with a focus on what is best for YOU!



Please sign up.

**NEW SENIOR BUS DELAYED**

The new senior bus, which was previously predicted to arrive in May of this year, has been delayed due to freezes in the federal funding stream. No further information is available at this time. In the meantime, we are grateful for the senior buses we do have and will keep the 2013 bus running as well as possible to meet your needs.

**SENIOR BUS SHOPPING TRIPS**

**Tuesdays & Thursdays - Woodbury (9 - 3)**

**Naugatuck - Mon. April 7 (leaves at 10 a.m.)**

**Torrington - Mon. April 21 (leaves at 10 a.m.)**

**Southbury - Wednesdays, April 16 & 30 and**

**Fridays, April 4, 11 & 25 (leaves at 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.

Limit 8 shoppers per day.

**NEW!!** Shoppers will receive two free shopping totes on their first shopping trip. All your purchases must fit into these totes (it's okay to put them in another bag first).

Be sure to ask for your free totes when shopping with the Senior Bus (limit 2 per person).



**HIKING WITH LORYN**

**Tuesday, April 29 at 9 a.m.**



Love the outdoors? Join Loryn for this easy hike at Johnson Farm Preserve, 37 West Mountain Road #2, Washington, CT 06793. This pristine property showcases several agricultural fields as well as a mix of sunny meadows and shady open woodlands. 1.25 miles of hiking trails are there for the exploration. Bring a water bottle and a snack (or something warm in a thermos!) for a gathering at the picnic table on the property. Wear sturdy shoes; be sure to dress for the weather conditions. Rain cancels! Sign-ups are a must to receive updates.



**Heather Zuckerman**

**Social Services Director/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.**

Heather can help **Woodbury residents** with all their applications - Medicare Savings Program, SNAP (food stamps), Medicaid, MedicaP, nursing homes, respite care, day care, the Home Care Program (CCC) and other services and benefits for seniors.

**THINGS TO KNOW BEFORE YOUR DOCTOR APPOINTMENT**

**with Susan Coates, RN**

**Wednesday April 2 from 10 to 11 a.m.**

Susan Coates will lead a discussion on "Things to know BEFORE your Doctor appointment". This presentation is designed to give you insight and information in how to effectively prepare for your doctor's appointment. Come and take part in this informative presentation. Please Sign up!

**MAH JONGG CLASSES WITH KAREN & MARCIA**

**Mah Jongg Strategy Class**

**Wednesday, April 2 from 9:30 to 10:45 a.m.**

**Beginner Mah Jongg**

**Wednesdays, April 9, 23, 30, May 7 (and May 14, if needed) from 9:30 to 10:45 a.m.**

**Beginner Mah Jongg**

**Thursdays, April 10, 24, May 8, 22**

**(and June 5, if needed) from 1 to 2:30 p.m.**



**NATIONAL VOLUNTEER WEEK IS APRIL 21 TO 25**

Each year we celebrate National Volunteer Week to say THANK YOU to our wonderful volunteers. We are very fortunate to have wonderful volunteers at our Center who all help make our center an amazing place to be. Without these volunteers we would not be able to run all of the programs and services that we currently do. Everyone please say THANK YOU to a volunteer today! Volunteers, please stop in the office when you are here during **April 21-25** to receive a little token of thanks from all of us to you!

**THANK YOU, VOLUNTEERS!**

**WOODBURY SENIOR CENTER STAFF**



Loryn Ray  
Director of Senior Services



Diana Brandt  
Program Assistant



Karen Blanchet  
Office Manager



Heather Zuckerman  
Municipal Agent/  
Social Services Director



Paul Sagnella  
Senior Bus Driver



Nancy Gubiotti  
Senior Bus Driver



Dave Deakin  
Senior Bus Driver



Michael Cintron  
Senior Bus Driver



Please welcome  
Jerry Simmons  
Senior Bus Driver



John White  
Custodian



Donna Cole  
Senior Nutrition Services

281 Main Street South (mailing address)  
265 Main Street South (physical address)

Woodbury, CT 06798

Phone: 203-263-2828

Fax: 203-266-4308



Email: [SeniorCenter@woodburyct.org](mailto:SeniorCenter@woodburyct.org)

Website: [woodburyseniorct.org](http://woodburyseniorct.org)

**Our newsletter is available on our website.**

**NONNEWAUG HIGH SCHOOL MUSICAL  
GODSPELL AND MINISTRONE SOUP  
PICK UP**

**Wednesday, April 2  
1 to 3:30 p.m. (arrive at 12:30 p.m.)  
For those currently signed up.**





**16TH ANNUAL REGION 14 SENIOR  
CITIZEN SPRING LUNCHEON  
DRIVE-THROUGH EVENT**

**Thursday, April 10  
Pick up between 11 a.m. to 12 p.m.  
For those currently signed up.**

**RAGTIME AT THE GOODSPEED  
OPERA HOUSE**

**Wednesday, May 7  
(departing Woodbury at 10 a.m.)  
For those currently signed up:**




Itinerary:  
10 a.m. - Depart from the Center  
11:30 a.m. - Lunch at the Gelston House  
2 p.m. - *Ragtime* at the Goodspeed Opera House  
5:30 p.m. - approximate return to the Center

**HEALTHY CHATS WITH HEIDI: AMERICAN HEART  
ASSOCIATION WALKING DAY**

**Wednesday April 2 from 12 to 1 p.m.**

The American Heart Association's National Walking Day is celebrated on the first Wednesday of April. The day was created to encourage people to be more active and reduce stress. Come and join some HVHD nurses for an hour to talk and walk at our Senior Community Center. Please sign up.




American Heart Association.  
Heart Walk.

**SPRING FLOWER PAINTING WITH DIANA**

**Friday, April 11 from 1 to 2 p.m.**

Come and join Diana for an afternoon of painting! We will use acrylic paints to create some beautiful spring flower inspired cards that you can share with others. This is a great way to share the joy of spring with others. Please sign up. Limited to 10.




**CAROUSEL MUSEUM  
AT THE WOODBURY SENIOR CENTER**

**Saturday, April 26 from 10 to 11:30 a.m.**

Prepare to embark on a unique journey into the thrilling history of carousels. Uncover the surprising complexity of this seemingly simple ride, which transcends from amusement parks to fine art. Carousels are a world of unexpected wonders. Are you prepared to be fascinated? Please sign up. The senior bus will be available for transportation. Let us know if you need a ride. This event is sponsored by the Friends of the Woodbury Community Senior Center.

**WRITING FROM THE INSIDE OUT  
with Lin Northrup**

**Wednesdays, April 30 and  
May 7, 14, 21 & 28  
10 to 11:30 a.m.  
Cost: \$25**




To be a writer you have to fall in love with words, and when you do that you occupy a different space. You let words become a springboard to a wider, deeper view.

Our inner worlds are rich with thoughts, feelings, and the stories we live every day. Those stories live side by side with the outer world as we ask the global question, "What does it mean to be human?"

In this class we'll explore poetry, narrative, and descriptive writing to express our ideas in ways that are thoughtful and thought-provoking. Please sign up.

Lin Northrup, M.Ed was an adjunct professor at Naugatuck Valley Community College, and teaches workshops through her private practice. She is the author of *Leela and the Forest of Light*.



**JEWELRY CLASS**

**Tuesday, April 8  
10:30 to 11:30 a.m.**

Jewelry class is BACK! Come and join Vanessa Lucewicz from FirstLight Home Care of Southbury. You'll create a stretchy cord necklace. Please sign up for this fun and creative program! Limited to 10.

## **FRIENDSHIP TOUR TRIPS 2025**

**Make your reservation at the Senior Center. Payment required at time of sign up.**

### **New York Botanical Garden (NYBG) & Arthur Avenue**

**Saturday, May 31**

NYBG becomes the canvas for the colorful brush strokes of one of the world's most revered artists during Van Gogh: Painting with Flowers, where you'll revel in the beauty of the flowers that inspired the Dutch master's iconic paintings. Find yourself immersed in botanical displays and large-scale art as you wander through a breathtaking lawn of monumental sunflowers, and see the expressive masterpieces bloom in recreations made of living flowers. All-Garden Pass admission includes access to the Garden's Outdoor Collections, the Tram Tour, the Conservatory, entry to the Mertz Library, and more. Time to enjoy lunch on your own in the café and the beautiful Garden Shop. After visiting NYBG, stop on Arthur Avenue to peruse the specialty food shops and pick up a treat for the ride home.

COST: \$134 pp based on 35-50 (Checks only - payable to Friendship Tours - Memo Line: NYBG)

Depart: 7:30 a.m. Hollow Park, Hollow Road, Woodbury

Estimated Return: 6:30 p.m. Woodbury

### **Narragansett Lighthouse Cruise**

**Sunday, September 14**

Come cruise aboard a beautiful catamaran! This multi-million-dollar vessel is state of the art: plush climate-controlled interior, outside sun deck, 3 viewing levels for great views! 90-minute narrated cruise of Narragansett Bay, Rhode Island sails from North Kingstown, RI & offers breathtaking sightseeing: 10 Famous Lighthouses along the coastline, 10 incredible Islands, sail under the Jamestown and Newport Bridges, view the Newport Naval Base and see the Aircraft Carriers, experience Newport Harbor and fascinating waterfront. This is a cruise you will really enjoy. Prior to the cruise enjoy a wonderful brunch at the Quonset 'O' Club. Following the cruise visit Olde Mistick Village, a delightful shopping experience with lots of options including a General Store for Fudge, Ice Cream Shoppe and more.

COST: \$158 pp based on 35-50 (Checks only - payable to Friendship Tours - Memo Line: Lighthouse Tour)

Depart: 7:45 a.m. Hollow Park, Hollow Road, Woodbury

Estimated Return: 7:15 p.m. Woodbury

### **Tanglewood: Boston Symphony Orchestra and the Tanglewood Festival Chorus**

**Sunday, August 24, 2025**

Travel to the beautiful grounds of TANGLEWOOD in Lenox, MA to enjoy reserved Shed Seats. We're in for a delightful Sunday Matinee at Tanglewood, the summer home of the Boston Symphony Orchestra. Today's performance will feature the Tanglewood Festival Orchestra with Federica Lombardi, a Metropolitan Opera leading soprano. The Boston Symphony orchestra will perform Beethoven Symphony #9. Time prior to the performance to grab a bite to eat at one of the cafes on the Tanglewood campus and wander the beautiful grounds.

COST: \$128 pp based on 35-50 (Make checks payable to Friendship Tours - Memo Line: Tanglewood)

Depart: 10:30 a.m. Hollow Park, Hollow Road, Woodbury

Estimated Return: 7 p.m. Woodbury



FRIENDSHIP TOURS  
THE SHIP SHOP

# APRIL 2025

S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
		<b>1</b> <b>9-3 Bus in Woodbury</b> 9:30 Balance Class 10-12 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1-3 Board Games and Chat 1:30 Dime Bingo	<b>2</b> 9-3 Bus in Woodbury 9-10 Zumba Gold® 9:30-10:45 Mah Jongg Strategy Class 10-11 Things to Know Before your Doctor Appointment 11:00 Balance Class 12-1 Healthy Chats with Heidi: Amer. Heart Assoc. Walking Day 1-2 Imagery Journaling 12:30-3:30 NHS Musical and Minestrone Soup Pick Up (reservation only) 1:00 Technology with Clyde 1:30-2:30 Tai Chi	<b>3</b> 8:30 Stretch & Meditation <b>9-3 Bus in Woodbury</b> 9:30 Coffee Chat with Loryn 9:30-12 Ladies' Bridge 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Stitches of Love 1:30 Pilobolus	<b>4</b> 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10-11 Logical Frameworks Dressed in Story Garments 11:00 Balance 12-4 AARP Tax Aide (by appt) 1-2 Spring Bulbs	<b>5</b>
6	<b>7</b> 8:30 Stretch & Meditation 10:00 Bus to Naugatuck 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 12-4 AARP Tax Aide (last day of appointments) 1-2 The Life and Times of Peter Sellers	<b>8</b> <b>9-3 Bus in Woodbury</b> 9:30 Balance Class 10-11 Veteran's Group 10-11:30 Ask a Mental Health Professional (by appt) 10:30-11:30 Jewelry Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1-3 Board Game and Chat 1:30-2:30 Kristal Bell Open House	<b>9</b> 9-10 Zumba Gold® <b>9-3 Bus in Woodbury</b> 9:30-10:45 Beginner Mah Jongg Class 11:00 Balance Class (followed by Falls Prevention with Loryn) 12-1:30 Cooking Class 1-2 Imagery Journaling 1:00 Walking Club 1:30-2:30 Tai Chi 1:30-3:30 Genealogy: From Basics to Mastery 4:30: Supper Club: Carlito's	<b>10</b> 8:30 Stretch & Meditation <b>9-3 Bus in Woodbury</b> 9:30-12 Ladies' Bridge 10-12 Fairy Hair 11:00 Stretch, Strength & Core 11-12 Annual Region 14 Senior Citizen Spring Luncheon Drive-Through Event (reservation only) 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Beginner Mah Jongg Class 1:30 Commission for Seniors 1:30 Pilobolus	<b>11</b> 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10-11 Logical Frameworks Dressed in Story Garments 10-1:30 Haircuts with Lucy (by appt) 11:00 Balance Class 1-2 Spring Flower Painting with Diana 1:30-3:30 Table Tennis	<b>12</b>
13	<b>14</b> 8:30 Stretch & Meditation 9:30-3 Shopping and Lunch Trip: Boscov's and Illiano's Restaurant 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 1:30-3:30 Table Tennis	<b>15</b> <b>9-3 Bus in Woodbury</b> 9:30 Balance Class 10-12 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1-3 Board Games and Chat 1:30 Dime Bingo	<b>16</b> 9-10 Zumba Gold® 10:00 Bus to Southbury 11:00 Balance Class 12-2:30 Foot Care (by appt) 1-2 Imagery Journaling 1-2 Solo Aging Session 3: Planning for the Later Years 1:00 Technology with Clyde 1:30-2:30 Tai Chi	<b>17</b> 8:30-9:30 Stretch & Meditation <b>9-3 Bus in Woodbury</b> 9:30-12 Ladies' Bridge 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Stitches of Love 1:30 Pilobolus	<b>18</b> Center closed for the Good Friday Holiday	<b>19</b>
20	<b>21</b> 8:30 Stretch & Meditation 10:00 Bus to Torrington 10:30 Current Events (virtual) 10-2 Massages with Lea (by appt) 11:00 Balance Class 1:00 A Can of Chickpeas and You...What to Do 1:30-3:30 Table Tennis  VOLUNTEER WEEK April 21 - 25 Thank you to our volunteers!	<b>22</b> <b>9-3 Bus in Woodbury</b> 9:30 Balance Class 10-11:30 Ask a Mental Health Professional (by appt) 10:00 Book Club 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1-3 Board Games and Chat 1:30-2:30 Kristal Bells	<b>23</b> 9-10 Zumba Gold® <b>9-3 Bus in Woodbury</b> 9:30-10:45 Beginner Mah Jongg Class 11:00 Balance Class 12-1 Lunch & Learn: Home Care and Alternative Living Options for Now and the Future 1-2 Imagery Journaling 1:00 Technology Bar: Apple Products 1:30-2:30 Tai Chi	<b>24</b> 8:30-9:30 Stretch & Meditation <b>9-3 Bus in Woodbury</b> 9:30-12 Ladies' Bridge 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Beginner Mah Jongg Class 1:30 Pilobolus	<b>25</b> 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10-11 Logical Frameworks Dressed in Story Garments 11:00 Balance Class 1:30-3:30 Table Tennis 1-3 Ask an Attorney (by appt) 2:00 Walking Club	<b>26</b>
27	<b>28</b> 8:30 Stretch & Meditation <b>9-3 Bus in Woodbury</b> 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 1:00 Craft Class 1:30-3:30 Table Tennis	<b>29</b> 9:00 Hiking with Loryn: Johnson Farm Preserve in Washington <b>9-3 Bus in Woodbury</b> 9:30 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1-3 Board Games and Chat	<b>30</b> 9-10 Zumba Gold® 9:30-10:45 Beginner Mah Jongg Class 10:00 Bus to Southbury 10-11:30 Writing Class 11:00 Balance Class 11-2 Mini Facials (by appt) 1-2 Imagery Journaling 1:30-2:30 Tai Chi	<b>Carousel Museum at the Woodbury Senior Center</b> <b>Saturday, April 26</b> <b>10 to 11:30 a.m.</b>  <b>The Senior Bus will be available. Let us know if you'd like a ride to the program.</b>	<b>Earth Day Celebration at Hollow Park Sunday, April 27</b>  <b>Senior Bus transportation will be available from 12 to 2 p.m.</b>  <b>Let us know if you'd like a ride.</b>	