

THE CENTER NEWS

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

Woodbury, Connecticut



JUNE 2025 - Engage!

Sign ups begin Wednesday, May 28 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**



CENTER CLOSED FOR HOLIDAY

The Center will be closed on **Thursday, June 19** for the **Juneteenth** holiday.

There will be no senior bus or medical transportation.

MEMBERSHIP UPDATE IN JUNE

Monday, June 16 through Monday, June 30

When you are in the building **June 16 - 30**, stop by the Membership Update table and check to make sure we have your **CURRENT** address, phone and email. Thank you!

LUNCH & LEARN:

STRATEGIES FOR HEALTHY LIVING

presented by **Melissa Garthwait** from **Hartford Health Care**

sponsored by the **Prince of Peace Parish Nurse Ministry**

Monday, June 23 from 12 to 2:30 p.m.



Melissa Garthwait is the Resource Coordinator for Healthy Living and will be discussing a variety of ways you can stay healthy as you age.

This educational session will take a holistic approach to wellness, covering key areas such as:

- Physical Fitness: Tips to keep your body active and strong.
- Healthy Eating: Guidance on nourishing your body the right way.
- Mental and Social Engagement: Ways to stay sharp and connected.
- Medical Screenings: The importance of staying on top of checkups and screenings.

Please sign up. The program is limited to 60.



SENIOR BUS TRIP:

YARDGOATS GAME IN HARTFORD

Sunday, July 20

10:30 a.m. to 5 p.m.

We will be taking a bus trip to Hartford to see the Yardgoats play against Somerset. The game begins at 1:10 p.m. with the gates opening at 11:30 a.m. Our seats include use of the Yuengling Party Deck during the game. The party deck is a climate-controlled area that includes 2.5 hour all-you-can-eat buffet with soft drinks and bar service and is available until the end of 7th inning. The buffet includes: burgers, hot dogs, baked beans, mac & cheese, corn on the cob, garden salad, chips, cookies and soft drinks.

Price: \$60 per person - includes transportation, ticket to game, 2 ½ hour buffet and access to climate-controlled Party Deck.

Woodbury seniors only.

Limited to 12.

Sign up before all tickets are gone!



EXERCISE CLASSES

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

Tuesdays and/or Thursdays at 11 a.m.

June 3, 5, 10, 12, 17, 24 & 26 (no class 6/19)

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 June (7 classes) is \$28, Tuesdays (4 classes) is \$16, 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

Wednesdays and Fridays from 9 to 10 a.m.

June 4, 6, 11, 13, 18, 20, 25 & 27

Join Emperatriz for her unique, lively class! The cost for June (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.

June 4, 11, 18 & 25

The cost for the June session (4 classes) is \$20. 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.

June 2, 5, 9, 12, 16, 23, 26 (no class on 6/19 and 6/30)

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 June (7 classes) is \$21.

You must sign up for the full session.



Chair Yoga with Jenn - Free Trial Class

Tuesday, June 17 from 9:30 to 10:30 a.m.

Jenn Worhle has five different yoga certifications and has been a Vinyasa/Yin and Chair Yoga Teacher instructor for the past seven years. Now a Woodbury resident, Jenn is excited to bring her love and joy of Yoga to our Senior Center. She will be offering a FREE trial chair yoga class for anyone interested. 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 the chair. Chair yoga can improve flexibility, strength, balance, and promote relaxation through breath. Please wear comfortable clothes. Please sign up. Limit to 20.

Balance with Loryn or Diana

Mondays, Wednesdays & Fridays at 11 a.m.

June 2, 4, 9, 11, 13, 16, 18, 20, 25, 27 & 30 (no class on 6/6 & 6/23)

Tuesdays at 9:30 a.m.

June 3, 10 & 24 (no class on 6/17)

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.



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

Be sure to bring a water bottle to your exercise classes!

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!

Member of the Month - Penny Hartzell



Meet Penny Hartzell! "Exercising at the Sr. Center 4 to 5 times a week since it opened in 2007 has been really important to me. The Center feels like a second home." Penny lived and worked in the fashion shoe

business in New York City for 30+ years before retiring to Woodbury in 1998. "Talk about a small market", Penny says. "My true passion, however, has been genealogy which I discovered in 1976 during the Bicentennial. Now I'm looking forward to celebrating the nation's bisesquicentennial (250th) in 2026. I also love traveling, theater and gardening." Nice to meet you, Penny!

Volunteer of the Month - Donna Fleming

Your first impression of Donna may be that she's quiet, maybe even shy, but then you get to know her and you realize she's really just very smart, funny and observant. She's also very giving and organized. Donna is our clothing donations liaison with the shelter system in Waterbury; she picks up your donations at the Center and delivers them to Waterbury where they are sorted and shared. In addition to volunteering, Donna enjoys some of our senior hikes through the Center as well as concerts and lectures. When younger Donna studied as an opera singer and the year she and her husband prepared to move away from Manhattan they saw 14 operas! Donna and her husband enjoy extensive travels and singing together in their church choir.



IMAGERY JOURNALING

Wednesdays, June 4, 11, 18 & 25 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.



JUNE CONGREGATE MEAL MENU

You must sign up by Monday morning the previous week.

TUESDAY

- June 3 -**
(sign up by May 23)
Berry Salad
Old Bay Baked Chicken
Whipped Sweet Potatoes
Sweet Corn
Seasonal Fruit Salad

- June 10 -**
(sign up by June 2)
Vegetable Salad
Turkey Meatloaf
Rainbow Grain Pilaf
Vegetable Medley
Chocolate Cookie

- June 17 -**
(sign up by June 9)
Garden House Salad
Tuscan Pasta Bolognese
Vegetable Medley
Brownie

- June 24 -**
(sign up by June 16)
House Salad
Chicken Milanese
Herb Pasta
Vegetable Medley
Crumb Cake

THURSDAY

- June 5 -**
(sign up by May 23)
Chicken Rice Soup
Chicken Piccata
Rice Pilaf
Vegetable Medley
Applesauce

- June 12 -**
(sign up by June 2)
Cream of Broccoli Soup
Tuscan Chicken
Herbed Roasted Potatoes
Vegetable Medley
Fruit Cocktail

June 19 - Center Closed for the Juneteeth Holiday

- June 26 -**
(sign up by June 16)
Caesar Salad
Chicken Cacciatore
Red Bliss Mashed Potatoes
Vegetable Medley
Peaches



Reservations are required. **Congregate lunches are available to Woodbury residents only.** Chef-On-Site meals are provided by The Art of Yum through New Opportunities, Inc. and is funded by Western CT Area Agency on Aging, CT Community Foundation & 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, June 2, 9, 16 & 23 (no massages 6/30)
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

60 minute massage - \$60

BRASS CITY HARVEST COOKING CLASS

with **Nichole Texiera, Nutritionist**

**Wednesdays, June 4 & 18
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. Due to the abundance of fresh vegetables during the summer months, class will be held twice a month in June, July and August - different recipes in each class.

Class will be followed by a nutrition talk.

Class size is limited to 15. Please sign up.

FRIDAY MOVIES

Come enjoy seeing a movie with friends on a Friday afternoon. Movies begin at 12:15 p.m. in the Activity Room. Snacks included!

Friday, June 6: *Conclave*



After the unexpected death of a beloved Pope, Cardinal Lawrence (Ralph Fiennes) is tasked with overseeing the Conclave, the process of electing a new Pope. As the cardinals gather from around the world and are locked within the Vatican, Lawrence uncovers a trail of deep secrets left by the deceased Pope, secrets that could shake the very foundations of the Church. Run Time: 2 hrs. (120 minutes) Rated PG. 2024

Friday, June 20: *Hidden Figures*

The historic drama *Hidden Figures* tells the true story of three Black women mathematicians at NASA who



played a crucial role in the Space Race. The film follows the lives of Katherine Johnson, Mary Jackson, and Dorothy Vaughan as they work as "human computers" and face challenges of racism and sexism in the workplace. Running Time: 2 hrs., 7 minutes (127 minutes) Rated: PG. 2016

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

**Wednesday, June 25 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.

**KNOW YOUR ELECTRIC BILL
WITH ART MARCELYNAS**

Thursday, June 5 from 1 to 2 p.m.



Eversource electric supply rates will change on July 1, 2025. 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 July 1st 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, an electric bill and any questions you have about Connecticut's electric rates and policies.

DIME BINGO

Tuesdays, June 3 & 17 at 1:15 p.m.

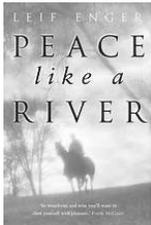
10¢ per card, per game.

Please sign up.



BOOK CLUB

Tuesday, June 24 at 10 a.m



This month we'll be reading a modern classic – *Peace Like a River* by Lieg Engman. Reuben Land understands that every day is a gift. When his brother kills two mauraders who have come to harm the family, he is jailed.

On the day of his sentencing, he escapes and the Lands set out in search of him. Their journey is touched with serendipity and the kindness of strangers, with references to many stories of old. Please sign up. Copies of the book are available at the library.

KRISTAL BELL REHEARSALS

Tuesdays, June 10 & 24 from 1:30 - 2:30 p.m.



Rehearsals for the Kristal Bells are held on the second and fourth Tuesdays of each month.

STITCHES OF LOVE

Thursdays, June 12 & 26 from 1 – 2:30 p.m.

Whether you enjoy crocheting or knitting, this group is for you.



HAIRCUTS WITH LUCY

**Make your appointment today!
Friday, June 13
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.



BLOOD PRESSURE CLINIC

**First and Third Tuesdays of the month
June 3 & 17 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, June 26 from 10 a.m. to 12 p.m.

\$5 for up to 5 strands

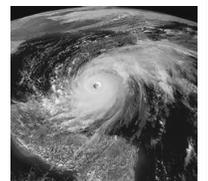
Fairy hair is fine filaments that attach to your own hair. It's painless, adds a touch of glitter and glamour to your look and remains in place as long as you wish. Your \$5 suggested donation will be donated to the Senior Center by Judy. Join in the fairy hair fun! Please sign up.

HURRICANE PREPARATION

with Amy Clark, Woodbury's Emergency Management Director

Monday, June 9 from 10 to 11 a.m.

Join Amy for a class on hurricane preparation. Make sure you are ready and have all up-to-date information for the upcoming hurricane season.



Please sign up.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Wednesday, June 25 from 12 to 1 p.m.

In this 60-minute presentation a member of our local chapter of the Alzheimer Association will be



here to guide you through the difference between Alzheimer's and dementia, risk factors and treatments. Please sign up.

DINNER AND GAME NIGHT

with the Woodbury Middle School Alliance Club

Friday June 6 from 6 to 7:30 p.m.

at the Senior Center

Come to the Center and enjoy an evening of dinner and games with members of the Woodbury Middle School Alliance Club. Students will be here to serve dinner, facilitate games and even bring prizes! Space is limited and this event

will sell out fast! Please sign up.

Senior bus transportation will be available.



ASK A MENTAL HEALTH PROFESSIONAL

Tuesday, June 10 & 24

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.

COFFEE CHAT WITH LORYN

Friday, June 13 at 12 p.m.



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

Please sign up.

SENIOR HIKE WITH LORYN: STEEP ROCK

RESERVATION IN WASHINGTON, CT

Friday, June 20 at 10 a.m.

We will be walking about half of Tunnel Road, with a stop to experience the incredible hand dug tunnel, then returning to the parking



area on Tunnel Road (not the main parking lot). This hike will feature the sights and sounds of the river, a unique bridge, the tunnel itself and a gorgeous wooded area with moderate inclines and a lovely river view. This is a hike for those able to

complete at least 3.5 miles of walking

on mildly changing elevations. Wear sturdy walking shoes, and bring water and bug spray if you like. Don't

forget your camera! Please sign up.



CHALK AND SNACKS

WITH MITCHELL ELEMENTARY SCHOOL



5TH GRADE STUDENTS

Monday, June 2 from 1 to 2:30 p.m.

(rain date Wednesday, June 4)

We will welcome 5th grade students from Mitchell Elementary at the Center to enjoy some outside chalk drawing and snacks together.

Students coming are part of the class that we have been pen pals with throughout the school year. Help us finish off the school year with this fun afternoon.



All are welcome to attend, whether you participated in the pen pal program or not! Please sign up.

SOLO AGING SESSION 5: MEET & MINGLE

Friday, June 13 from 1:30 to 2:30 p.m.

We will be closing out our Solo Aging Series with a group discussion. This is a way for us to come together and discuss things we have learned throughout the workshops and see if there is a desire to have more events focused on solo aging.

In addition to a group discussion, we will also welcome some of our presenters from the series for follow-up conversations. Snacks provided.

Please sign up. Limit to 25.

THE PHOTOGRAPHY OF ANSEL ADAMS

WITH ART GOTTLIEB

Tuesday, June 3

10 to 11 a.m.



Join us for a fascinating and informative presentation on Ansel Adams (1902-1984) given by Art Gottlieb and sponsored by Synergy HomeCare. Adams was a famous American photographer known for his black-and-white images of the American West, especially Yosemite National Park. His sharp focus and rich tonal range were achieved through the Zone System, which he co-developed. Adams was also a passionate environmentalist, using his art to promote conservation and support the National Park system. Come and learn more about this interesting artist. Please sign up. Limited to 25.

WE NEED YOUR HELP



We are in need of gently used cell phones and chargers. Phones must be 2015 or newer and must have a charger. We have a drop off box at the Center. Thank you.

SENIOR BUS TRANSPORTATION TO THE PARKS & RECREATION SUMMER CONCERT SERIES
Wednesdays, July 9, 16, 23, 30 and August 6
at 6:30 p.m. at Hollow Park

Please let us know if you'd like bus transportation.



The poster of the bands that are performing is posted at the center.

TABLE TENNIS

Mondays, June 2, 9, 16 & 30 (no table tennis 6/23) and Fridays, June 6, 13, 20 & 27
1:30 to 3:30 p.m.



Please bring your own paddle. All are welcome.

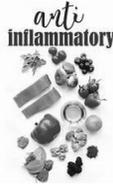


We'd like to thank the Friends of the Woodbury Senior Community Center for the donation of our much needed new refrigerator in our kitchen.

NUTRITION TALK WITH JUDY PRAGER:
TO INFLAME OR NOT TO INFLAME - THAT IS THE QUESTION

Tuesday, June 10 from 11 a.m. to 12 p.m.

Nutrition Consultant, Judy Prager, RDN, CDN, LDN from Well Fed Connecticut will be leading us in a nutritional talk on how your diet can cause and/or limit inflammation. Please sign up.



ART FROM FLOWERS

with Amy from Bloom Where Planted
Friday, June 27 from 1 to 2 p.m.

Flowers and plants have been used for centuries to make pigments and dyes for cloth and paper.

Explore two different ways to make art with the color of real fresh flowers and learn what flowers to grow to make an art garden! Leave with some beautiful floral artwork we create in class. Cost \$8 – due at sign up.



Limited to 16.

WALKING CLUB



Wednesdays, June 11 & 25 at 1 p.m.
with Lynn

Fridays, June 6 & 20 at 9:30 a.m.
with KathySue

Come walk with Lynn or KathySue at the **Woodbury Cemetery!** 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...

This group will be on hiatus for a few months. Please check back in future newsletters to see when the Veteran's Coffee Group will resume.



FIRE DRILL



A surprise fire drill will happen this spring. This is for us all to practice how to safely exit the building when an alarm is sounded. Please be prepared to leave the building immediately when an alarm is sounded and gather safely on the grassy area on the far side of the parking lot. Do NOT attempt to leave, as any approaching emergency vehicles will come up the driveway. Groups meeting at the Center will be reminded of this procedure.

TECHNOLOGY BAR - APPLE PRODUCTS

Wednesday, June 11 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.



DONATIONS WELCOME

We welcome your donations. Items that are always useful for the Center are paper goods including napkins, paper towels, plastic cutlery and sturdy paper plates. Other appreciated items include assorted teas, regular and decaf coffee, coffee stirrers and coffee station snacks such as cookies and other goodies.

TRANSPORTATION SCHEDULE FOR MEDICAL APPOINTMENTS

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

Mondays & Wednesdays - Waterbury, Middlebury & Watertown

Tuesday, Thursday & Fridays - Woodbury & Southbury



Please make your appointments accordingly. 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-two weeks ahead of time will be helpful. Once your ride is confirmed by the Senior Center office staff, you can rest 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.

SENIOR BUS SHOPPING TRIPS

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

Naugatuck - Monday, June 2 (leaves at 10 a.m.)

Torrington - Monday, June 16 (leaves at 10 a.m.)

Southbury - Wednesdays, June 11 & 25 and Fridays, June 6, 13, 20 & 27 (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 as soon as you can to ensure your place on the bus.

Limit 8 shoppers per day.

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 if you are a new shopper with the Senior Bus (limit 2 per person).



FLOWER ARRANGING

with Jen Hernandez from the Lutheran Home

Wednesday June 11

11 a.m. to 12 p.m.

Jen Hernandez from The Lutheran Home will be here to lead a Flower Arranging class. The



Lutheran Home will provide all the flowers and you will leave the Center with a beautiful bouquet to take home and bring some color into your home.

Please sign up. Limited to 12.

Saturday Special!

WATERCOLOR WORKSHOP

with Artist and Instructor

ShawnaLee W. Kwashnak

Saturday, June 14 from 3 to 6 p.m.

Cost: \$5

Fine arts portraitist and author, ShawnaLee W. Kwashnak, creates exquisite lifelike works that blend the nuances of impressionism with selected focus of realism.

ShawnaLee is a recipient of numerous awards including

CSOPA's Susan Wakeen Fine Art Award, Richter Association for the Arts Award of Excellence, Arts Alliance of Woodbury's Grant and Best in Works on Paper Award.



Georgia O'Keefe once said "if you take a flower in your hand and really look at it, it's your world for a moment."

ShawnaLee will lead a watercolor workshop that will enhance each participants experience for creating beautiful flower paintings. After exercises in sketching and watercolor techniques, there will be flowers and printouts to select from for inspiration. Materials will be provided.

Participants are also welcome to bring their own supplies and flowers to be inspired by.

Light refreshments included. Please sign up.

Bus transportation will be available, please let us know at sign up.

Heather Zuckerman

Social Services Director/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.**

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.

Notes from Heather:

RENTER'S REBATE

The State of Connecticut "**Renter's Rebate**" program runs through **September 30, 2025**. Eligible Woodbury residents who are at least 65 years of age or disabled with an annual income not exceeding **\$45,200 for an unmarried person and \$55,100 for a married couple**. **Applicants must provide proof of all income received, rent and utilities paid in 2024.**

Documents required, but not limited to, are as follows:

- Rent payment history for 2024 from landlord or copies of all canceled checks paid to landlord.
- Eversource Statement History – Eversource will supply a statement history for all payments made in 2024 at your request – 1-800-286-2000
- Invoices, statements, or copies of all payments towards gas, water and fuel (including wood, coal, etc.)
- Social Security Form SSA-1099 (or TPQY) - 2024
- Income Tax Return (required if you filed a 2024 tax return)
- Unemployment Statement, Pension Form W-2, investment distributions or statements from any other income must also be supplied.
- If disabled, Social Security Administration disability certificate required.

Please be sure to gather all the required information listed above that pertains to you!

Appointments are required. Please contact Heather to complete your application.

Did you know there is a **Municipal Agent News** bulletin board located in the hallway at the Center with up-to-date information on benefits and services? Take a look regularly and be an informed consumer! Heather can answer any questions you may have after looking at the board.

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



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

Website: woodburyseniorct.org

Our newsletter is available on our website.

SUPPER CLUB:

The Painted Pony in Bethlehem
Wednesday, June 4 at 4:30 p.m.
For those currently signed up.



TECHNOLOGY HELP WITH CLYDE
Wednesday, June 18 at 1 p.m.

Are you having technology problems? Bring in your phone, laptop or tablet with your questions and let Clyde help you. Class size is limited to 8. Please sign up.



SHELTER VOLUNTEERS NEEDED
(Training will be provided)

Monday, June 16 from 12:30 to 3 p.m.

Are you good in emergencies? Would you enjoy helping your neighbors? The Center is looking for good people to be standby volunteers in case a shelter is opened in town after a weather or other emergencies. Shelter volunteers help in many ways - from registration to closing the shelter, many hands and hearts are needed. Please sign up to learn more and if you decide shelter volunteering is for you, stay for training. Limit: 10 people per session. If more people are interested, another session will be scheduled.



WESTERN CONNECTICUT AREA AGENCY ON AGING (WCAAA) "ALL ABOUT" PRESENTATION
Tuesday, July 8 from 1:30 - 2:30 p.m.

During the session representatives from WCAAA programs will provide a brief overview of their departments and services. This will be a great opportunity for all of us to learn more about the resources available. Please sign up.

THE LIFE AND TIMES OF GROUCHO MARX AND THE MARX BROTHERS
presented by Leon DiMartino

Wednesday, June 25 from 1:30 - 2:30 p.m.

Explore the history of Groucho Marx and his brothers, focusing on their contributions to American movie and television comedy in the first half of the 20th century and the enduring popularity of their comedy sketches. Please sign up.



Limit to 25.

ASK AN ATTORNEY

with Attorney Alyson R. Marcucio
Atty. Marcucio will be on hiatus in June and July.



HEALTHY CHATS WITH HEIDI:
NATIONAL SAFETY MONTH

Friday, June 20 from 10 to 11 a.m.

June is National Safety month. Heidi will be doing a chat on how to be safe as we age, which will include fall prevention, medication management and technology safety. Please sign up.



GENEALOGY FOR BEGINNERS
with Penny Hartzell

Wednesday, June 11 from 2 to 3 p.m.

This class is for beginners. Penny will help guide you to more understanding with uncovering your genealogy. Limited to 20. Please sign up.



CRAFT CLASS: SEASHELL FRAME

with Danielle Ramos of Bethel Health Care
Monday, June 23 from 9:30 - 10:30 a.m.

This month Danielle will be helping you create a Seashell Frame. Please note the change of time for this month's craft class. Please sign up. Limited to 10.



JEWELRY MAKING CLASS: FUN SUMMER JEWELRY
Tuesday, June 17

10:30 to 11:30 a.m.

Come and join Vanessa Lucewicz from FirstLight Home Care of Southbury. Make a fun summer jewelry project. Please sign up for this creative program! Limited to 10.





FRIENDSHIP TOURS
THE SHIP SHOP

FRIENDSHIP TOUR TRIPS 2025

Make your reservation at the Senior Center. Payment required at time of sign up. Full itineraries are available in the office.

Narragansett Lighthouse Cruise: Sunday, September 14

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

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

SENIOR BUS TRIPS

TRADER JOE'S AND LUNCH AT TUSCANERO'S RESTAURANT IN DANBURY

Monday, June 9

9:30 a.m. to 2:30 p.m.



Come and join us for a bus trip to Trader Joe's in Danbury for some shopping and then lunch at Tuscanero's. Please bring a cooler bag with you if you plan to purchase items that need to be chilled. Woodbury seniors only. Please sign up. Limited to 12.



NEW BRITAIN MUSEUM OF AMERICAN ART AND LUNCH AT J. TIMOTHY'S TAVERN IN PLAINVILLE

Wednesday, June 18

9:30 a.m. to 2:30 p.m.

Cost: \$13 for museum entrance fee. Lunch on your own at J. Timothy's.

Join us for a self-guided tour of the New Britain Museum of Art. Spend the morning guiding yourselves through the museum and experience all their current exhibits. After the museum, head to J. Timothy's Tavern for delicious lunch. Open to Woodbury Seniors. Limit to 12. Please sign up.



ICE CREAM OUTING TO RICH FARM ICE CREAM IN OXFORD

Tuesday, June 24 from 1:30 to 3:30 p.m.

Take an afternoon bus trip to Rich Farm in Oxford for some freshly made ice cream and a visit on the farm! Open to Woodbury Seniors. Limit to 12. Please sign up.



ELIZABETH PARK AND LUNCH AT EFFIE'S PLACE IN WEST HARTFORD

Monday, June 30 from 9:30 a.m. to 2:30 p.m.

Come and join us for a ride to Elizabeth Park in Hartford to see all the beautiful roses at their peak bloom! After some time on your own walking through the gardens and taking in the beauty, we will head to nearby Effie's Place for a wonderful lunch. Open to Woodbury seniors only. Please sign up. Limit to 12.



THIMBLE ISLANDS TOUR AND LATE LUNCH

Wednesday, July 9 from 10:45 a.m. to 2:30 p.m.

Join us for a 12:15 p.m. tour of the Thimble Islands on the Seamist and a late lunch at Dockside. After our tour we will head to the local restaurant Dockside for a late lunch. The menu is available in the office. The cost is \$17 for the tour. CASH is recommended for your lunch. Woodbury seniors only. Limited to 12. Please sign up.



JUNE 2025

S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
1	2 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 1-2:30 Chalk and Snacks with MES 5th Graders 1:30-3:30 Table Tennis	3 9-3 Bus in Woodbury 9:30 Balance Class 10-12 Blood Pressure Clinic 10-11 The Photography of Ansel Adams presented by Art Gottlieb 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1:15 Dime Bingo	4 9-10 Zumba Gold® 9-3 Bus in Woodbury 11:00 Balance Class 12-1:30 Cooking Class 1-2 Imagery Journaling 1:30-2:30 Tai Chi 4:30 Supper Club: Painted Pony in Bethlehem	5 8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies' Bridge 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2 Know Your Electric Bill 1:00 Beginner Mah Jongg	6 9-10 Zumba Gold® 9:30 Walking Club with KathySue 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10:00 Friends Meeting 11:00 NO Balance Class today 12:15 Movie: <i>Conclave</i> 1:30-3:30 Table Tennis 6-7:30 Dinner & Game Night	7
8	9 8:30 Stretch & Meditation 9:30-2:30 Senior Bus Trip: Trader Joe's/Tuscanero's Restaurant 10-11 Hurricane Preparation 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 1:30-3:30 Table Tennis	10 9-3 Bus in Woodbury 9:30 Balance Class 10-11:30 Ask a Mental Health Professional (by appt) 11:00 Stretch, Strength & Core 11-12 Nutrition Talk: To Inflamm or Not To Inflamm 12:00 Lunch in the Café 12-3:30 Canasta 1:30-2:30 Kristal Bell Rehearsal	11 9-10 Zumba Gold® 10:00 Bus to Southbury 11:00 Balance 11-12 Flower Arranging 1-2 Imagery Journaling 1:00 Walking Club with Lynn 1:00 Technology Bar: Apple Products 1:30-2:30 Tai Chi 2-3 Genealogy for Beginners with Penny Hartzell	12 8:30 Stretch & Meditation 9-3 Bus in Woodbury 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 Commission for Seniors	13 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10-1:30 Haircuts with Lucy (by appt) 11:00 Balance Class 12:00 Coffee Chat with Loryn 1:30-3:30 Table Tennis 1:30-2:30 Solo Aging - Sess. 5: Meet & Mingle	14 3-6 Water color Workshop
15	16 Membership Update Week 8:30 Stretch & Meditation 10:00 Bus to Torrington 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 12:30-3 Shelter Volunteer Program 1:30-3:30 Table Tennis	17 9-3 Bus in Woodbury 9:30 NO Balance Class today 9:30-10:30 Chair Yoga Demo 10-12 Blood Pressure Clinic 10:30-11:30 Jewelry Making Class: Fun Summer Jewelry 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1:15 Dime Bingo	18 9-10 Zumba Gold® 9:30-2:30 Senior Bus Trip: New Britain Museum of American Art/J. Timothy's Restaurant 11:00 Balance Class 12-1:30 Cooking Class 12-2:30 Foot Care (by appt) 1-2 Imagery Journaling 1:00 Technology with Clyde 1:30-2:30 Tai Chi	19 Center Closed for the Juneteenth Holiday	20 9-10 Zumba Gold® 9:30 Walking Club with KathySue 9:30-11:30 Mah Jongg 10:00 Senior Hike with Loryn: Steep Rock Reservation 10-11 Healthy Chats with Heidi: National Safety Month 10:00 Bus to Southbury 11:00 Balance Class 12:15 Movie: <i>Hidden Figures</i> 1:30-3:30 Table Tennis	21
22	23 8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-10:30 Craft Class: Seashell Frame 10-2 Massages with Lea (by appt) 10:30 NO Balance Class today 12-2:30 Lunch & Learn: Strategies for Healthy Living 1:30-3:30 NO Table Tennis today	24 9-3 Bus in Woodbury 9:30 Balance Class 10:00 Book Club 10-11:30 Ask a Mental Health Professional (by appt) 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1:30-2:30 Kristal Bell Rehearsal 1:30-3:30 Senior Bus Trip: Rich Farm in Oxford	25 9-10 Zumba Gold® 10:00 Bus to Southbury 11:00 Balance Class 11-2 Mini Facials (by appt) 12-1 Understanding Alzheimer's & Dementia 1-2 Imagery Journaling 1:00 Walking Club with Lynn 1:30-2:30 Tai Chi 1:30-2:30 The Life and Times of Groucho Marx & The Marx Brothers with Leon DiMartino	26 8:30-9:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies' Bridge 10-12 Fairy Hair 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Stitches of Love	27 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 11:00 Balance Class 1-2 Art From Flowers 1:30-3:30 Table Tennis	28
29	30 8:30 NO Stretch & Meditation today 9:30-2:30 Senior Bus Trip: Elizabeth Park/Effie's Place Restaurant 10-2 NO Massages with Lea today 10:30 Current Events (virtual) 11:00 Balance Class 1:30-3:30 Table Tennis					