

THE CENTER NEWS

WOODBURY SENIOR CENTER

May 2026

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 May programs will begin on Wednesday, April 22 at 9 a.m.

CENTER CLOSED

The Center will be closed on **Monday, May 25** for the **Memorial Day** Holiday. There will be no senior bus or medical bus transportation.

BUDGET REFERENDUM

Tuesday, May 5 from 6 a.m. to 8 p.m. at the Senior Center

The Town of Woodbury's Town Budget and Region 14's School Budget Referendum will be taking place at the Center. Please check the newsletter to see if any of your program and class schedules are affected by the referendum.



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
Paul Sagnella
Dave Deakin
Michael Cintron
Rich Lamothe
Jerry Simmons
Nancy Gubbiotti

-Custodians
John White
Mike Duggan
Jacob Firlings

-Senior Nutrition Services
Donna Cole



Older Americans Month Theme is "Championing Your Health" focusing on prevention, wellness and taking an active role in personal health management. Look for programs tied into this theme marked in this newsletter with a:



Mother's Day Event sponsored by

The Lutheran Home of Southbury
Monday, May 11 from 10 to 11 a.m.



Come join us as we celebrate all the mothers who have touched our lives.

Whether you're a mother, grandmother, or simply wish to honor a special woman in your life, we invite you to spend a lovely morning planting flowers for our Center. The Lutheran Home of Southbury will provide flowers and plants while supplies last and you're welcome to bring your own garden gloves and spade. Fair weather only. Please sign up!



Swap It Day! Spring Fashion Accessories and Home Decor

Friday, May 1 from 10 a.m. to 2 p.m.

Bring in your spring accessories (purses, belts, scarves, jewelry, etc.) and home decor that you are ready to pass on to someone else. We will set them up on the pool table. Feel free to take something home that is new to you. Anything remaining after 2 p.m. will be donated to St. Vincent DePaul. Please sign up.

PROGRAMS



Technology Bar - Apple Products with Jim Wednesdays, May 13 & 27 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 device work better for you. Limited to 5. Please sign up.

Technology with Clyde Wednesday, May 6 & 20 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.



Blossoming Friendships: A Special Luncheon Event sponsored by the Junior Women's Club of Woodbury Friday, May 1 from 12 to 2:30 p.m.



Join us for a warm and welcoming luncheon designed especially for people looking to build friendships and community. Finding new friends can be challenging at any age. Here you can connect with others in a relaxed, creative setting as we explore the art of flower arranging together. Whether you're a seasoned florist or a complete beginner, this event is a chance to unwind, meet new people and create something beautiful as well as enjoy lunch. Come for the flowers, stay for the friendships! We can't wait to see you there. Please sign up. Limited to 30.

How do I Report a Bear Sighting to DEEP? If a bear appears to be aggressive toward people, or for other immediate public safety concerns involving a bear, residents can contact DEEP's Environmental Conservation Police by calling DEEP's 24-hour emergency dispatch line at 860-424-3333.



MUNICIPAL AGENT/SOCIAL SERVICES

Heather Zuckerman, Social Services/Municipal Agent

Phone: 203-263-4117 Fax: 203-266-4310 Email: hzuckerman@woodburyct.org
By appointment only.

Important Notes from Heather:

The State of Connecticut "Renter's Rebate" Program

Eligible Woodbury residents who are at least 65 years of age or disabled with an annual income not exceeding \$46,300 for an unmarried person and \$56,500 for a married couple.

Call the Woodbury Social Services Office at 203-263-4117 for more details.

The program ends September 30, 2026.

Last call for CT Energy Assistance Program (CEAP)

PROGRAM ENDS MAY 29, 2026

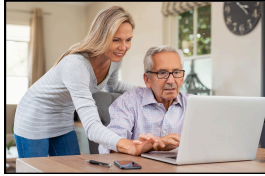
Did you struggle with heating bills this winter? You may qualify for help.

Call for more information: 203-253-4117

Heather can help Woodbury residents of all ages with applications and other services and benefits. Please take a look at Heather's bulletin board in the main hallway for up-to-date information on benefits and services.

Be informed! Contact Heather with any questions.

PROGRAMS



DIGITAL LITERACY INITIATIVE (DLI)

DLI Office Hours

Tuesdays, May 5, 12, 19 & 26 from 9 to 11 a.m.

To set up an appointment for learning and coaching on your device, call the Center and ask about Digital Literacy office hours, or stop in during posted DLI office hours. Other times are available by appointment.

DLI Basics Course: Online Modules Learning Together

Thursday, May 7 from 1 to 2:30 p.m.

Let's explore the DLI online modules together! From how to use a QR code safely to creating and maintaining healthy online relationships (and avoiding scams) to learning how to recognize and avoid sharing misinformation, this class will explore some of the free online education included with our DLI grant from National Council on Aging and AT&T.



Serving the Towns of Bethlehem and Woodbury

17th Annual Region 14 Senior Citizen Spring Luncheon Drive Through Event
Tuesday, May 5 from 11 a.m. to 12 p.m.

For those of you who are currently signed up. Please let us know if you need your meal picked up or delivered.

Region 14 Community Hot Dog Roast

and Home Sports Game Day

Tuesday, May 5



Region 14 will be offering a Hot Dog Roast on the sports fields at Nonnewaug High School. All NHS sports teams are scheduled for a home game after school that day. This is a great way to support NHS sports and see some friends. Bethlehem Elementary, Mitchell and Woodbury Middle Schools will host similar events that day as well.

HISTORY CLASSES



America's Founding Fathers Alexander Hamilton's Republic and James Madison's Conference Monday, May 4 from 10 to 11 a.m.



In honor of America 250 we will be showing America's Founding Fathers from Great Courses throughout 2026. Historian and Professor Allen C. Guelzo reveals how America's Founding Fathers played their own unique roles in shaping the grand story of the U.S. Constitution. Each viewing will showcase two lectures in this series. This series is sure to open all our eyes to the history of the making of our country! Please sign up.



Leon DiMartino Presents: The Life & Times of Benedict Arnold Part II: The Revolutionary War Years & Beyond Monday, May 11 from 1 to 2:30 p.m.



In the beginning of The American Revolutionary War, Arnold would fight for the Patriots' cause, fighting most of the early major battles of the war and was a favorite of General George Washington. Romance with a Loyalist lady and failure of the Continental Congress to recognize his contributions to the American cause of independence will lead to his becoming a traitor and joining up with the British in 1780. Leon will discuss Arnold's military career and his years after the Revolutionary War. Limited to 25. Please sign up!

FOOD AND NUTRITION

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

TUESDAY

May 5

(sign up by April 27)
Vegetable Salad
Chicken Florentine
Herb Pasta
Vegetable Medley
Chocolate Cookie

May 12

(sign up by May 4)
Garden House Salad
Spinach & Mushroom
Pork Loin
Roasted Potatoes
Vegetable Medley
Brownie

May 19

(sign up by May 11)
Garden Salad
Chicken Milanese
Herb Pasta
Vegetable Medley
Crumb Cake

May 26

(sign up by May 18)
Caesar Salad
Chicken Cacciatore
Red Bliss Mashed
Potatoes
Vegetable Medley
Peaches



THURSDAY

May 7

(sign up by April 27)
Minestrone Soup
Chicken Saltimbocca
Creamy Whipped
Mashed Potatoes
Vegetable Medley
Fruit Cocktail

May 14

(sign up by May 4)
Cream of Broccoli
Chicken Marsala
Buttered Noodles
Vegetable Medley
Cake

May 21

(sign up by May 11)
Cucumber Tomato
Salad
Swedish Meatballs
Rice Pilaf
Vegetable Medley
Fresh Fruit

May 28

(sign up by May 18)
Spring Vegetable Salad
Eggplant Rollatini
Pasta Pomodoro
Vegetable Medley
Applesauce

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, The Town of Woodbury & your donation. Please make your check out to "Senior Nutrition Services." Cash is also accepted; no credit cards. A suggested donation is \$3.50 - \$5 per meal.

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



Cooking Club with Stephen Anderson Wednesdays, May 13 & 27

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

The class will cook, eat together and have leftovers for you to enjoy at home. Limited to 10. Cost \$5 per class OR \$16 for the full session.



Nutrition Talk: Carbohydrates Tuesday, May 12 from 11 a.m. to 12 p.m.

Nichole from Brass City Harvest will be leading a nutritional talk on carbohydrates in your diet. Please sign up.



Brass City Harvest Cooking Class with Nichole Wednesdays, May 6 & 20 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.

PROGRAMS

Walking Club with Lynn or KathySue
Lynn: Wednesdays, May 13 & 27 at 1 p.m.
KathySue: Friday, May 1 & 15 at 9:30 a.m.



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 that you are coming to join us. Walk as much or as little as you like. There are benches for rest breaks too.

Outdoor Games - Connecting to Physical Wellbeing
Wednesdays, 1 - 2:30 p.m. or later as you wish

Have fun and meet people playing outdoor games like bocce, ladder ball, cornhole and pavement pickleball under the leadership of retired PE instructor Debbie Glaberman. We'll provide all equipment, cold water and chairs- you bring the fun! Meet Debbie on May 6 and help develop this program that will run through May and June.



***Waking Ned Devine* - Friday, May 8 at 12 p.m.** **FRIDAY MOVIES** ***Calendar Girls* - Friday, May 22 at 12 p.m.**

When two best friends discover someone in their small Irish village has won the lottery, they immediately set off to see if the winner is in a sharing mood. They pay a visit to the lucky man Ned Devine only to find him dead from shock. Since Devine is the only one who can claim the prize, the townsfolk band together to convince the claim inspector that one of them is really Devine and split the cash. 1998. Rated PG. Running Time 1hr. 31min. Please sign up.



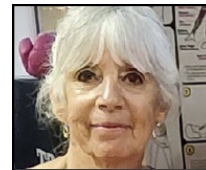
After the death of her best friend's husband from cancer, spirited Yorkshire housewife Chris Harper hatches a scheme to raise money for a memorial to him. Chris encourages her friends to create a calendar -- with the novel detail of using the middle-aged women of their village as nude models. The idea stuns the husbands and a wary young photographer. 2003. Rated: PG-13. Running Time: 1hr. 48min. Please sign up.

EXERCISE CLASSES

STRETCH, STRENGTH AND CORE WITH SUSAN K.

Tuesdays and Thursdays at 11 a.m. - May 7, 12, 14, 19, 21, 26 & 28 (no class 5/5)

In-person class is limited to the first 25 Woodbury seniors who register and pay. Those members of the Center who live in other areas, as well as Woodbury residents who are not among those who are in the first 25 registered, will be welcome to participate in the class virtually on Zoom. Please let us know at sign up if you require the Zoom link to be emailed to you. The cost for May (7 classes) is \$28. You must sign up for the full session.



ZUMBA GOLD WITH EMPERATRIZ

Wednesdays and Fridays from 9 to 10 a.m. - May 1, 6, 8, 13, 15, 20, 22, 27 & 29

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

TAI CHI WITH SUSAN B.

Wednesdays from 1:30 to 2:30 p.m. - May 6, 13, 20 & 27

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



DEEP STRETCH AND MEDITATION CLASS WITH JENNIFER

Mondays and Thursdays from 8:30 to 9:30 a.m. - May 4, 7, 11, 14, 18, 21 & 28 (no class 5/25)

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 May (7 classes) is \$21.

CHAIR YOGA WITH JENN

Tuesdays from 9:30 to 10:30 a.m. - May 12, 19 & 26 (no class 5/5)

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 May (3 classes) is \$12. You must register for the entire series. Limited to 20.



BALANCE WITH LORYN OR DIANA

Mondays at 10:30 a.m. - May 4, 11 & 18

Mondays at 11:30 a.m. - May 4, 11 & 18

Wednesdays at 10:30 a.m. - May 6, 13, 20 & 27

Thursdays at 9:45 a.m. - May 7, 14, 21 & 28

Fridays at 10:30 a.m. - May 8, 15 & 22 (no class 5/1 & 29)

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. Please note class times have changed this month to better accommodate your schedule.

PLEASE NOTE NEW TIMES FOR BALANCE CLASSES

PROGRAMS



Lunch and Learn Planning for the Next Chapter: A Practical Guide for Families Navigating Senior Living Transitions Friday, May 29 from 12 to 1:30 p.m.

Understanding senior living can feel overwhelming - especially when you're trying to make the right decisions for yourself or a loved one. This free lunch and seminar brings together experts from five key fields so you can see the whole picture in one place. Limited to 40. Please sign up.

Panelists include:

Tracey Fiasconaro: Realtor, Berkshire Hathaway, HomeServices
Matthew Fortney: Partner, Calderon Fortney, Financial Group
Randi Bellemare: Senior Director, The Villiage at East Farms
Michael Trella: Elder Law Attorney, Talcott Law Group
Tracy Weiss: Owner and President, Right at Home

Genealogy - Beyond Basics with Genealogist Penny Hartzell

Thursday, May 14
2 to 3:30 p.m.

This month Penny will do a review of 10 free websites to use in your research and a review of the popular sources to use for 20th-21st century genealogical research. Please sign up.

TRANSPORTATION OPTIONS



GREATER WATERBURY TRANSIT DISTRICT (GWTD) DIAL-A-RIDE

Dial-A-Ride offers rides to anywhere in Woodbury, Watertown, Middlebury, Waterbury, Prospect, Cheshire, Naugatuck or Wolcott on Wednesdays. Call Dial-A-Ride at **203-756-5550 for ride reservations**. If this is your FIRST time making a Dial-A-Ride reservation, call the Center first to register as a rider and get your Ride ID . You'll need the ID to make your ride reservations with Dial-A-Ride.

SENIOR BUS SHOPPING TRIPS

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

**Naugatuck - Monday, May 4
(leaving Woodbury at 10:30 a.m.)**

**Torrington - Monday, May 18
(leaving Woodbury at 10:30 a.m.)**

**Southbury - Wednesdays, May 13 & 27
Fridays, May 1, 8, 15, 22 & 29
(leaving Woodbury at 11 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).

Call (203) 263-2828 for WSC Senior Bus transportation. 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. and 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



Writing Unbound with Lin Northrup continues Wednesdays, May 6, 13 & 20 10 to 11:30 a.m.



Senior Hikes



Advanced Hike - Hidden Valley Preserve, Washington, CT Thursday, May 7 at 9:30 a.m.

This hike will provide a range of conditions, from flat open trails to some rocky areas and some short inclines and one large set of stairs. We will see a variety of habitats including a marsh, hardwoods, and a pond. Wear comfortable clothes, and good walking shoes or hiking boots. This hike will be 2.5 miles or so. Bring water!

1-Mile Hike - Flanders Nature Center Accessible Trail Friday, May 22 at 10:30 a.m.

Join us for a walk on the new accessible trail at Flanders Nature Center. One loop equals ½ mile and we hope to do 2 laps, although walkers are welcome to stop after one lap if they prefer. This new community trail is level, travels around a lovely pond and will eventually have benches and more to make it easy to use on your own. For today, come join a supported group hike on the new path.

More details will be emailed to you after sign up.

Table Tennis

Mondays, May 11 & 18 (not on 5/4) and Fridays, May 1, 8, 15, 22 & 29 from 1:30 to 3:30 p.m.



Please bring a paddle, if you have one, and join the fun.

Mah Jongg

Tuesdays, May 5, 12, 19, 26
12:30 to 3:30 p.m.
Every Wednesday, 1 to 3 p.m.
Every Thursday, 12:30 to 3:30 p.m.
Every Friday, 9:30 to 11:30 a.m.



Plant Swap Week Tuesday, May 26 through Friday, May 29 8 a.m. to 4 p.m. each day

Do you have perennials or houseplants you are dividing? Did you buy a pack of 6 seedlings when you only needed 3? Bring your extras to the Center and leave on our plant swap table located on our patio. Extra pots are also welcome. If you are planning a garden and need a few new plants, stop by and take what you need. Enjoy planting!



CTAW Presents: *Exit Laughing* Sunday, May 17 at 2 p.m.

Enjoy an afternoon of wit as the Community Theater at Woodbury (CTAW) brings *Exit Laughing* to life! This comedy by Paul Elliott is about three Southern women from Birmingham whose long-standing weekly bridge game is interrupted when one of their foursome dies. To cope, they "borrow" their friend's ashes from the funeral home for one last wild night, resulting in a police raid, a stripper and a new outlook on life. Cost: \$18 per person (cash or check made out to CTAW). Senior Bus transportation is available.

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.

CARDS ANYONE?

ALL ARE WELCOME HERE
Woodbury Senior Center respects the diversity of our participants. You will find a warm welcome here, regardless of race, ethnicity, national origin, range of abilities, sexual orientation, gender identity, financial means, education and political perspective.

CREATIVE CORNER



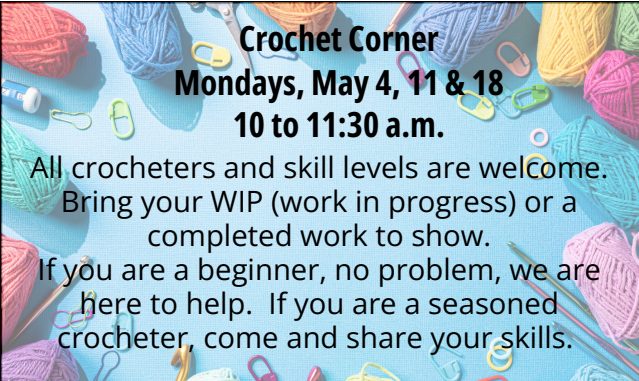
Stitches of Love Thursdays, May 7 & 21 1 to 2:30 p.m.

Whether you enjoy crocheting or knitting, this group is for you. Let us know if you are interested in joining the group that meets twice per month. All skill levels are welcome.



Imagery Journaling Wednesdays, May 6, 13, 20 & 27 at 1 p.m.

Discover a meaningful way to explore your thoughts, memories and personal vision. In this class, you'll collect, reflect and create with words, pictures and art. Through both individual and group themes, Imagery Journaling offers a supportive space for self-expression, inspiration, and connection. Come join us!



Crochet Corner Mondays, May 4, 11 & 18 10 to 11:30 a.m.

All crocheters and skill levels are welcome. Bring your WIP (work in progress) or a completed work to show. If you are a beginner, no problem, we are here to help. If you are a seasoned crocheter, come and share your skills.

April Showers Bring Spring Flowers with Amy from Bloom Where Planted Monday, May 18 from 1 to 2 p.m.



Explore the colorful world of flowers as we delve into why flowers are colorful and why they have certain shapes. We will learn how to press flowers and create beautiful rainbow suncatchers using real pressed flowers. Cost \$8. Sign up. Limited to 16.

The **Afghan Project** has officially ended. We recently completed our final Afghan, created with squares lovingly crocheted by CeeCee - who teaches crochet on Mondays - using leftover yarn she gathered for us. Thank you, CeeCee, for your generosity and creativity. Throughout the project we enjoyed wonderful camaraderie, strengthened our skills, and shared many meaningful moments together. It has truly been a rewarding and enjoyable service project.

— Vicki, Anne, Marilyn, Nancy, Sue & KathySue



PROGRAMS

Lower your Electric Bill with Art Marcelynas Thursday, May 28 from 1 to 2 p.m.

EVERSOURCE

Eversource electric supply rates will change on July 1. 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 supply rate or choosing an electric supplier, can lower your bill. Art, a former state regulator at 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.

A Presentation on Speech-Language Pathology Role in Dementia with Stefanie Guglielmo Tuesday, May 19 from 1 to 2 p.m.



Speech Pathologist Stefanie Guglielmo from Nuvance Health will lead an engaging and informative presentation on how speech therapists support individuals living with dementia. She will discuss how speech therapy helps maintain communication, cognitive skills, and safe swallowing, as well as strategies that reduce frustration and strengthen meaningful connections. Stefanie will also offer guidance for caregivers on how to best support their loved ones throughout the progression of the disease. Please sign up!

BUS TRIPS

A "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

Goodspeed presents: Jesus Christ Superstar and Lunch at Gelston House - Wednesday, May 20 from 10 a.m. to 4:30 p.m.

For those who are currently signed up. Level 2

FRIENDSHIP TOURS TRIPS



Taste of New York - Saturday, May 2 from 8:30 a.m. to 7:30 p.m.

For those signed up: Depart: 8:30 a.m. Hollow Park. Estimated Return: 7:30 p.m. Hollow Park. Level 2



Pearls of Newport - Saturday, June 20 from 7:30 a.m. to 7 p.m.

The magnificent Rosecliff Mansion provides a delightful backdrop for the **Newport Flower Show**. Stroll through the first floor of the mansion filled with incredible floral arrangements, continue out onto the spacious lawn to enjoy beautiful displays. Explore the Shopper's Marketplace with incredible views! Free time in the afternoon to explore downtown Newport on your own. Depart: 7:30 a.m. Hollow Park. Estimated Return: 7 p.m. Hollow Park. Cost: \$136 pp (checks only, payable to Friendship Tours).



Limited to 20. **Sign up by May 1.** Level 3.



Hudson River Cruise on the Rip Van Winkle - Tuesday, July 21 from 10 a.m. to 6 p.m.

All aboard the Rip Van Winkle departing from Kingston, NY heading south to Hyde Park and return. Our narrated cruise will take us by beautiful views of Hudson River lighthouses, waterfront mansions and other amazing sites as we lazily glide along the water. Enjoy a plated lunch at The Cornell Restaurant on the Kingston waterfront. Choose from: Shaved Prime Rib Sandwich, Thanksgiving Sandwich or Fish and Chips. Entrée selection in advance. Depart: 10:00am Hollow Park Est. Return: 6:00pm Woodbury. Cost: \$163 pp (checks only, payable to Friendship Tours).

Sign up by June 12. Limited to 24. Level 2.



Ellis Island and Liberty Island - Saturday, September 26 from 7 a.m. to 7:15 p.m.



ELLIS ISLAND: From 1892 to 1954, millions of immigrants began their American dream here: The Great Hall, where the immigrants were processed, the four rooms where immigrants were detained. **LIBERTY ISLAND*** Is the home of the Statue of Liberty, one of the most iconic and recognizable figures around the globe.

*Entry to the Statue of Liberty (Crown & Pedestal) not included. Reserved ferry tickets include entry to the Ellis Island Immigration Museum, the Statue of Liberty Museum (Plus audio guides for both Islands). Ferry departs from Liberty Park, NJ and stops at Ellis Island and Statue of Liberty Island. Lunch is on your own at the cafes located at each destination. Note: Boarding the ferry requires walking about 1/3 mile over mixed surfaces, with a security screening stop along the way. Guests should be comfortable walking and standing for short periods. Cost: \$122 pp (checks only, payable to Friendship Tours) Depart: 7 a.m. Hollow Park. Estimated Return: 7:15 p.m. Hollow Park. **Sign up by August 3.** Limited to 25. Level 3.



Boston Symphony Orchestra with Yo-Yo Ma at Tanglewood - Sunday, August 9 from 10:30 a.m. to 7 p.m.



Travel to the beautiful grounds of Tanglewood in Lenox, MA to enjoy reserved shed seats for a delightful Sunday Matinee at the summer home of the Boston Symphony Orchestra. The performance will feature Yo-Yo Ma, Arooj Aftab, Karen Ouzounian, and Christine Lee as they perform Tavener, Kalhor, and Golijov. Time prior to show to enjoy the grounds - bring your own picnic supplies or purchase foods in the cafe. Cost: \$135 pp (checks only, payable to Friendship Tours) Depart: 10:30 a.m. Hollow Park. Estimated Return: 7 p.m. Hollow Park. **Please sign up by July 1.** Limited to 25. Level 2.

PROGRAMS

Trivia & Cake

with Kay Schrieber from Synergy HomeCare
Friday, May 15 from 1 to 2 p.m.



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

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.

Fall Prevention

with Mary McGrath, Physical Therapist from the Lutheran Home of Southbury
Thursday, May 21 from 1:30 to 2:30 p.m.



Join us for an informative presentation by Mary McGrath from the Lutheran Home of Southbury. This educational session will focus on fall prevention, offering practical tips, safety strategies, and insights to help older adults maintain independence and reduce the risk of falls. Please sign up.

Dementia Screenings (by appointment)

Thursday, May 7
12 to 3 p.m.



Julie Ramia (Gerontologist, CDP, Dementia Specialist) from Hartford Healthcare, will be offering free 20-minute dementia screenings at the Woodbury Senior Center. These confidential screenings are designed to identify early signs of memory or cognitive changes and can help determine whether further evaluation may be helpful. Please note that a screening is not a diagnosis. Appointments are limited. Sign up!

Coffee Chat with Loryn
Monday, May 4 at 1 p.m.



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

Dime Bingo!
Tuesdays, May 12 & 26 at 1:15 p.m.

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



Two Evening Pizza & Dime Bingo Opportunities

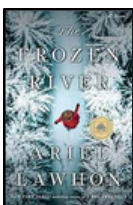
- Friday, May 8 from 4 to 6:30 p.m. sponsored by Chris Spagnoletti from SCORE Physical Therapy
- Friday, June 5 from 4 to 6:30 p.m. sponsored by Abby Road Family Care



Enjoy an evening of pizza and dime bingo! Come for pizza and stay for an evening of Dime Bingo. You must stay for both the pizza and bingo. Limited to 40. Please sign up.

Book Club

Tuesday, May 26 at 10 a.m.



This month we are reading **The Frozen River** by Ariel Lawhorn. - Maine, 1789. Martha Ballard is a midwife and healer who knows better than most what happens in the various homes in her town. "Months earlier, Martha documented the details of an alleged rape committed by two of the town's most respected gentlemen - one of whom has now been found dead in the ice. But when a local physician undermines her conclusion, declaring the death to be an accident, Martha is forced to investigate the shocking murder on her own." (Amazon Books) Please sign up. Copies are at the Woodbury Public Library.

Member of the Month: Dale White



As a nurse, Dale knows staying active is key to positive aging. She enjoys classes, programs and the congregate lunch. She previously served on the Commission for Seniors. As a nurse, her favorite job was with Connecticut Community Care, where Dale served as a case manager helping older adults manage life at home. Dale and her husband were avid travelers, and having two sons didn't slow them down a bit. She's crossed the U.S. five times with kids in tow, has been in every state except Alaska and traveled through Europe and to China. In a family that has more boys than girls, Dale was the first girl born on her father's side of the family in 75 years! She grew to have two sons herself, and they had sons too! Dale is excited to share that at last - she has a 2 month old great grandchild - a girl!

Instructor of the Month: Jennifer Worhle

Jennifer Worhle is a vibrant, heart-centered Certified Yoga Teacher who has been guiding students since 2018. Yoga is her second career, complementing her full-time work in Human Resources as a Project Lead and Workforce Development Partner with Trinity Health. She is a Reiki Practitioner with experience in Qigong, Meditation, Vinyasa, Yin, Trauma-informed Yoga and All-Levels Chair Yoga. Her teaching style is uplifting, accessible, and supportive for students of all abilities. Each class is designed to cultivate physical ease, emotional balance and a deeper sense of well-being.



Jennifer has been part of the Woodbury Senior Center community since June 2025. She also teaches in assisted living communities, virtual platforms and in home private sessions. Jennifer offers mindful, adaptive movement for aging adults, caregivers, service members and veterans. She brings grounded, fun and compassionate energy to every class. Her approach helps students feel supported, engaged and at ease.

Join her for Chair Yoga every Tuesday from 9:30 to 10:30 a.m. at the Woodbury Senior Center.

SERVICES

Ask a Mental Health Professional Tuesdays, May 12 & 26

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 anyone who has questions on how to access mental health services in the community. Call the Center to make your half hour appointment with Ed.

Therapeutic Massage Appointments with Lea Ricard, LMT

Mondays, May 4, 11 & 18

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



HVHD Blood Pressure Clinic

Tuesdays, May 5 & 19 from 10 to 11 a.m.

Get your blood pressure checked twice per month by a registered nurse from the Housatonic Valley Health Department in the Center's Health Office. This is a free service.



Haircuts with Lucy

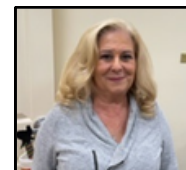
Friday, May 8 from 10 a.m. to 1:30 p.m.
by appointment only

Lucy has 36 years experience as a hairdresser.

Call the Center to make your appointment.

New Pricing:

Men and Women - \$15



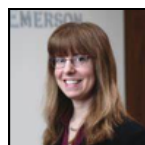
Ask About Our Foot Care and Dental Clinics

Both programs utilize grant funding and do have income guidelines. The Foot Care Clinic is provided by a Doctor of Podiatry. The Dental Clinic is provided by a Registered Dental Hygienist, working with oversight from a practicing local dentist.



Veteran's Group Coffee And... Tuesday, May 12 from 10 to 11 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.



Ask an Attorney with Attorney Alyson R. Marcucio Friday, May 29 from 2 to 3 p.m.

Attorney Marcucio offers 4 free individual 15-minute appointments each month. Her specialties are elder law, probate, wills, trusts, Power of Attorney and conservatorship. Please be prepared and bring your questions. Please sign up for your appointment.



Healthy Chats with Heidi: Mental Health Awareness

Friday, May 15 from 10 to 11 a.m.



Join Heidi, HVHD nurse, for Mental Health Awareness month. Become a gatekeeper for your community. During this special addition of Healthy Chats, Heidi will be leading a QPR (Question, Persuade and Refer) Certification Class. The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. We will discuss topics like mental health stigmas, recognizing warning signs of mental health issues and how to offer hope. You will receive a certificate after the program. Please sign up.

Medicare Counseling with CHOICES Counselor, Paul Hinckley Thursday, May 14 from 9 a.m. to 3 p.m.

Paul will be offering one-on-one Medicare Counseling on the second Thursday of each month. Please call the center to make your 1 hour appointment.

MAY 2026 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please note the new times for Balance Classes and our shopping trips to Southbury, Naugatuck and Torrington</p>	<p>Friendship Tours Trip: Taste of New York Saturday, May 2 Depart: 8:30 a.m. from Hollow Park Estimated Return: 7:30 p.m. Hollow Park</p>	<p>CTAW Presents: Exit Laughing Sunday, May 17 at 2 p.m. at the old Town Hall</p> <p>Senior Bus transportation will be available. Please schedule a ride if needed.</p>		<p>1</p> <p>9-10 Zumba Gold 9:30-11:30 Mah Jongg 9:30 Walking Club with KathySue 10-2 Swap It Day! 10:30 NO Balance Class 11:00 Bus to Southbury 12-2:30 Blossoming Friendships: A Special Luncheon Event 1:30-3:30 Table Tennis</p>
<p>4</p> <p>8:30 Stretch & Meditation 9:30-11 Setback 10:30 Bus to Naugatuck 10-11 America's Founding Fathers: Hamilton's Republic and Madison's Conference 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 10:30 Balance Class 11:30 Balance Class 1:00 Coffee Chat 1:30-3:30 NO Table Tennis</p>	<p>5</p> <p>6 a.m. to 8 p.m. Town Budget and Region 14 Budget Referendum at the Center</p> <p>9-3 Bus in Woodbury 9-11 DLI Office Hours 9:30-10:30 NO Chair Yoga 10-11 Blood Pressure Clinic 11:00 NO Stretch, Strength & Core 11-12 NHS Spring Luncheon Pick Up 12:00 Lunch in the Cafe 12-3:30 Canasta 12:30-3:30 Mah Jongg</p>	<p>6</p> <p>9-10 Zumba Gold 9-3 Bus in Woodbury 10-11:30 Writing Unbound 10:30 Balance Class 12:00 Brass City Cooking Class 12-3:30 Pinochle 1-2 Imagery Journaling 1-3 Mah Jongg 1:00 Technology with Clyde 1-2:30 Outdoor Games 1:30 Tai Chi</p>	<p>7</p> <p>8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies Bridge 9:30 Advanced Hike: Hidden Valley Preserve, Washington 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3 Dementia Screenings (by appt) 12:30-3:30 Mah Jongg 1-2:30 Stitches of Love 1-2:30 DLI Basics Course: Online Modules Learning Together</p>	<p>8</p> <p>9-10 Zumba Gold 9:30-11:30 Mah Jongg 10-1:30 Haircuts (by appt) 10:30 Balance Class 11:00 Bus to Southbury 12:00 Movie: <i>Waking Ned Devine</i> 1:30-3:30 Table Tennis 4-6:30 Evening Pizza & Dime Bingo</p>
<p>11</p> <p>8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-11 Setback 10-11 Mother's Day Event 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 10:30 Balance Class 11:30 Balance Class 1-2:30 Life & Times of Benedict Arnold (Part 2) 1:30-3:30 Table Tennis</p>	<p>12</p> <p>9-3 Bus in Woodbury 9-11 DLI Office Hours 9:30-10:30 Chair Yoga 10-11 Veteran's Group 10-11:30 Ask a Mental Health Professional (by appt) 11:00 Stretch, Strength & Core 11-12 Nutrition Talk: Carbs 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 12-3:30 Canasta 1:15 Dime Bingo</p>	<p>13</p> <p>9-10 Zumba Gold 10-11:30 Writing Unbound 10:30 Balance Class 11:00 Bus to Southbury 12-3:30 Pinochle 1-2 Imagery Journaling 1-3 Mah Jongg 1:00 Walking Club with Lynn 1:00 Technology Bar with Jim 1:00-2:30 Cooking Club 1-2:30 Outdoor Games 1:30 Tai Chi</p>	<p>14</p> <p>8:30 Stretch & Meditation 9-3 Bus in Woodbury 9-3 CHOICES Medicare Counseling (by appt) 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 1:30 Commission Meeting 2-3:30 Genealogy with Penny</p>	<p>15</p> <p>9-10 Zumba Gold 9:30-11:30 Mah Jongg 9:30 Walking Club with KathySue 10-11 Healthy Chats with Heidi: Mental Health Awareness 11:00 Bus to Southbury 10:30 Balance Class 1-2 Trivia & Cake 1:30-3:30 Table Tennis</p>
<p>18</p> <p>8:30 Stretch & Meditation 9:30-11 Setback 10-11:30 Crochet Corner 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 10:30 Bus to Torrington 10:30 Balance Class 11:30 Balance Class 1-2 April Showers Bring Spring Flowers Class 1:30-3:30 Table Tennis</p>	<p>19</p> <p>9-3 Bus in Woodbury 9-11 DLI Office Hours 9:30-10:30 Chair Yoga 10-11 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 12:30-3:30 Mah Jongg 1-2 Speech Language Pathology Role in Dementia</p>	<p>20</p> <p>9-10 Zumba Gold 9-3 Bus in Woodbury (Bus 1) 10-4:30 Senior Bus Trip: Goodspeed Opera House (Bus 2) 10-11:30 Writing Unbound (last class of session) 10:30 Balance Class 12-3 Foot Care Clinic (by appt) 12-3:30 Pinochle 12:00 Brass City Cooking Class 1-3 Mah Jongg 1:00 Technology with Clyde 1-2 Imagery Journaling 1-2:30 Outdoor Games 1:30 Tai Chi</p>	<p>21</p> <p>8:30 Stretch & Meditation 8:30-1:30 Dental Clinic (by appt) 9-3 Bus in Woodbury 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 1-2:30 Stitches of Love 1:30-2:30 Fall Prevention</p>	<p>22</p> <p>9-10 Zumba Gold 9:30-11:30 Mah Jongg 10:30 1-Mile Hike: Flanders Nature Center Accessible Trail 10:30 Balance Class 11:00 Bus to Southbury 12:00 Movie: <i>Calendar Girls</i> 1:30-3:30 Table Tennis</p>
<p>25</p> <p>Center Closed for the Memorial Day Holiday</p> 	<p>26</p> <p>8-4 Plant Swap Week 9-3 Bus in Woodbury 9-11 DLI Office Hours 9:30-10:30 Chair Yoga 10:11:30 Ask a Mental Health Professional (by appt) 10:00 Book Club 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12-3:30 Canasta 12:30-3:30 Mah Jongg 1:15 Dime Bingo</p>	<p>27</p> <p>8-4 Plant Swap Week 9-10 Zumba Gold 10:30 Balance Class 11:00 Bus to Southbury 12-3:30 Pinochle 10:00 Walking Club with Lynn 1:00 Technology Bar with Jim 1-2:30 Cooking Club 1-3 Mah Jongg 1-2 Imagery Journaling 1-2:30 Outdoor Games 1:30 Tai Chi</p>	<p>28</p> <p>8-4 Plant Swap Week 8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Cafe 12:30-3:30 Mah Jongg 1-2 Lower Your Electric Bill</p>	<p>29</p> <p>8-4 Plant Swap Week 9-10 Zumba Gold 9:30-11:30 Mah Jongg 10:30 NO Balance Class 11:00 Bus to Southbury 12-1:30 Lunch and Learn: Planning for the Next Chapter: A Practical Guide for Families Navigating Senior Living Transitions 1:30-3:30 Table Tennis 2-3 Ask An Attorney (by appt)</p>