

THE CENTER NEWS

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

Woodbury, Connecticut



JULY 2025 - Engage!

Sign ups begin Wednesday, June 25 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
Friday, July 4 for the
Independence Day holiday.
There will be no senior bus or
medical transportation.

DINO'S BACK!

TRIBUTE TO THE DEAN MARTIN SHOW

performed by Jack Lynn

Sunday, July 13 from 2 to 3 p.m.



Enjoy an afternoon with Jack!
His "Dino" style and sound will take
you back to the "Swingin' Rat Pack
Years" of the late 40's, 50's and 60's,
as he sings all the great tunes made
famous by Dean Martin. Remember

*Amore, Return to Me, I Have But One Heart, Sway,
Memories Are Made of This, Everybody Loves
Somebody* and all the other great Dino hits?

Enjoy traveling back with Jack to a time when
things were a bit more relaxed, maybe a bit easier
going...just like the days when the "King of Cool"
himself was at the top of the music charts. This
concert is brought to you in collaboration with the
Friends of Woodbury Senior Community Center.

Please sign up.

DIME BINGO

Tuesdays, July 1 & 15 at 1:15 p.m.

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



HOT DOG POTLUCK

Friday, July 11 from 12 to 1 p.m.

Cost: \$2

July is National Hot Dog and Picnic Month!
Come to the center and help us celebrate with a
hot dog potluck. We will provide the hot dogs.

YOU provide a side dish or dessert!

Please sign up. The event is limited to 30.

HEALTHY BRAIN SERIES

SESSION 1:

ACTIVITIES TO "CHALLENGE" YOUR MIND

Thursday, July 24 from 1:30 to 2:30 p.m.



Julianne Ramia, Dementia Care
Partner from Hartford Healthcare
will be presenting a 5-part Healthy
Brain Series. Session will occur once
a month and run from July through
November. For this first session Julianne will go
through a variety of ways you can challenge your
mind. Please sign up. Limited to 25.

BLUEBERRY RECIPE TASTING

Friday, July 25 from 1 to 2 p.m.

July is National Blueberry Month!



Help us celebrate by bringing
your BEST Blueberry Dish to taste and share with
others. Let's see who has the BEST dish at the
Woodbury Senior Center. **Entrance fee is a
Blueberry Dish.** Please let the office know what
you are making for this event when you sign up!

EXERCISE CLASSES

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

Tuesdays and/or Thursdays at 11 a.m.

July 1, 3, 8, 10, 15, 17, 22, 24, 29 & 31

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 July (10 classes) is \$40, Tuesdays (5 classes) is \$20, Thursdays (5 classes) is \$20. 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.

July 2, 9, 11, 16, 18, 23 & 30 (no class 7/4 and 7/25)

Join Emperatriz for her unique, lively class! The cost for July (7 classes) is \$21.

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.

July 2, 9, 16, 23 & 30

The cost for the July 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.

July 7, 10, 14, 17, 21, 24, 28 & 31 (no class 7/3)

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 July (8 classes) is \$24.

You must sign up for the full session.



Chair Yoga with Jenn

Tuesdays, July 1, 8, 15, 22 & 29 from 9:30 to 10:30 a.m.

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. The cost for July (5 classes) is \$20.

You must register for the entire series. Limited to 20.

Balance with Loryn or Diana

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

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

- NEW! Mondays at 12 p.m.

July 7, 14, 21 & 28

NEW! Thursdays at 9:45 a.m.

July 3, 10, 17, 24 & 31

Join Loryn or Diana for a jump start on regaining your balance. **On Mondays, please choose one class only to attend.**

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 - Pat Barre

Pat Barre has been active at the Center for years. A retired nurse (she says "once a nurse always a nurse!"), she is very committed to her church and coordinates the Parish nurse ministry. This outreach brings two annual free lunch and learn sessions to the Center, centered around health topics. Pat loves her very large family; she is the mother of seven, with 23 grandchildren and 22 great grandchildren, and 3 more on the way! At the Center, she is learning to play mah jongg and enjoys having lunch with friends. Nice to meet you, Pat!

**Volunteer of the Month - KathySue Roberts**

When we asked KathySue what people should know about her, she said, "Well, I talk a lot, but you already know that." KathySue has apparently been chatty since childhood and has a family reputation for making friends everywhere she goes. We know that it is certainly true here. KathySue volunteers in the Fitness Room, and recently coordinated the Afghan Project. She is always willing to pitch in anywhere she's needed, and is now coordinating a Walking Group which meets to take gentle walks in the local cemetery's beautiful surroundings. "Come and join us," she says. "Come as you are, and walk a little or a lot. We leave no one behind, and it's a great way to get to know people. Thank you, Kathy Sue!

IMAGERY JOURNALING

Wednesdays, July 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.

JULY CONGREGATE MEAL MENU

You must sign up by Monday morning the previous week.

TUESDAY**July 1 -**

(sign up by June 23)

Summer Salad
BBQ Chicken
Whipped Sweet Potatoes
Corn Medley
Watermelon

July 8 -

(sign up by June 30)

Vegetable Salad
Chicken Florentine
Herb Pasta
Vegetable Medley
Chocolate Cookie

July 15 -

(sign up by July 7)

Garden House Salad
Spinach & Mushroom Pork Loin
Roasted Potatoes
Vegetable Medley Brownie

July 22 -

(sign up by July 14)

Garden Salad
Chicken Milanese
Herb Pasta
Vegetable Medley
Crumb Cake

July 29 -

(sign up by July 21)

Caesar Salad
Chicken Cacciatore
Red Bliss Mashed Potatoes
Vegetable Medley
Peaches

THURSDAY**July 3 -**

(sign up by June 23)

Potato Leek Soup
Eggplant Rollatini
Vegetable Medley
Applesauce

July 10 -

(sign up by June 30)

Minestrone Soup
Chicken Saltimbocca
Whipped Mashed Potatoes
Vegetable Medley
Fruit Cocktail

July 17 -

(sign up by July 7)

Cream of Broccoli Soup
Chicken Marsala
Buttered Noodles
Vegetable Medley
Cake

July 24 -

(sign up by July 14)

Cucumber Tomato Salad
Swedish Meatballs
Rice Pilaf
Vegetable Medley
Fresh Fruit

July 31 -

(sign up by July 21)

Spring Vegetable Salad
Chicken Florentine
Herb Pasta
Vegetable Medley
Chocolate Cookie



NEW OPPORTUNITIES
Building Relationships to End Poverty



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, July 14, 21 & 28****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, July 2 & 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. Due to the abundance of fresh vegetables during the summer months, class will be held twice a month in June, July and August.

Class will be followed by a nutrition talk.

Class size is limited to 15. Please sign up.

BLOSSOMING FRIENDSHIPS:**A SPECIAL LUNCHEON EVENT****For New Members and Shy People****sponsored by the Woodbury Junior****Women's Club****Friday, August 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. 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 a nice lunch. Come for the flowers, stay for the friendships! We can't wait to see you there.

Please sign up. Limited to 30.

**PERSONALIZED MINI FACIALS WITH LAURA,
LICENSED AESTHETICIAN****Wednesday, July 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.

**HOW TO HELP SOMEONE IN YOUR LIFE WITH A
MENTAL HEALTH CRISIS****presented by the Mobile Crisis Unit****Tuesday, July 22 from 1:30-2:30**

When a friend or loved one has a Mental Health Crisis, it is difficult to know what to do or where to turn. Join members of the Mobile Crisis Team (MCT) for an informative presentation on what a Mental Health Crisis can look like, who to reach out to and steps to help. This is a presentation that is NOT to be missed. Please sign up.

Limit to 25.

ARTIFICIAL INTELLIGENCE (AI) PRESENTATION**with Richard Wilson****Thursday, July 17****1:30 to 2:30 p.m.**

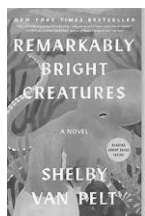
Join us for an enlightening hour-long session on Artificial Intelligence (AI) with Richard Wilson, CEO of a Woodbury-based AI company. Richard will demystify AI, showing its societal and daily life impacts through live demos of free AI tools.

Learn how to use AI for enhanced information gathering and interactive

learning. He'll also discuss the darker side of AI, including scams and how to stay safe.

Please sign up.



**BOOK CLUB****Tuesday, July 22 at 10 a.m.**

This month we are reading **Remarkably Bright Creatures** by Shelby Van Pelt.

Tova works nights at the Sowell Bay Aquarium after the death of her husband and the disappearance of her 18 year old son from a boat 30 years ago. Through her work Tova becomes acquainted with Marcellus, a giant Pacific octopus living at the aquarium. Marcellus, is extremely intelligent but uninterested in the affairs of the people around him until he forms a remarkable friendship with Tova. Ever the detective, Marcellus deduces what happened the night Tova's son disappeared. And now Marcellus must use every trick his old invertebrate body can muster to unearth the truth for her before it's too late. (Amazon books). Please sign up.

OPEN ART STUDIO**Thursday, July 3 from 1:30 to 2:30 p.m.**

Join us for a delightful afternoon of creativity and community at our Open Art Studio event. This is perfect for all skill levels, whether you're an experienced artist or just looking to try something new. Diana will set out a variety of art supplies and help get your creative juices going so your imagination can run wild! Please sign up.

**STITCHES OF LOVE****Thursdays, July 10 & 24
from 1 – 2:30 p.m.**

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

**A SUMMER WRITING WARM-UP****with Lin Northrup
Wednesday, July 30
10 to 11:30 a.m.****Cost: \$5**

Summer is a time of tilling the soil, planting and watching flowers blossom into being. In this class, we will plant new ideas and dig into the rich soil of our imaginations to open up new ways of seeing and growing.

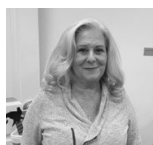
A gardener's tool is a spade. A writer's tool is a word. A single word can lead us to new perceptions and possibilities. A declarative sentence can lead us to questions that help us explore our humanity. Come and join us for a session of sharing our thoughts and insights with each other.

Please sign up. Class limited to 12 participants.

Lin Northrup is the author of *Leela* and *the Forest of Light*, teaches workshops on creative writing, Native American wisdom, and has a private practice (Sacred Circle Healing Arts).

HEALTHY CHATS WITH HEIDI: SUMMER SKIN AND HYDRATION**Friday, July 18 at 10 a.m.**

Join HVHD nurse Heidi to discuss topics on how to keep your skin safe and hydrated while enjoying the outdoors during the summer months. Please sign up.

**HAIRCUTS WITH LUCY****Make your appointment today!****Friday, July 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.

**GREAT COURSES: BASTILLE DAY****Monday, July 14 from 1 to 2 p.m.**

July 14 is Bastille Day. Come with us on a virtual journey to learn about this day and its significance in history. We will learn more about this day through Great Courses and have some special treats to help celebrate the day! **Please sign up. Limited to 25.**



ASK A MENTAL HEALTH PROFESSIONAL**Tuesday, July 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.

COFFEE CHAT WITH LORYN**Monday, July 14 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. 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:**

**White Memorial Conservation Center
in Litchfield**

Monday, July 21 at 10 a.m.

Meeting in the large parking lot at the

Museum, we will hike parts of the Windmill Hill, Lake, Ongley Pond and Ice House Ruins trails.

Sights along the way include varied forest and woods, the interesting ruins of the old ice cutting and storage works near Bantam Lake and an observation deck overlooking the quiet side of Bantam Lake. Total mileage will be about 2 miles with 100 feet of elevation gain by trails end.

Sign up! All registered people will receive details by email or pick up at the Center prior to the hike.

WALKING CLUB**Walking Club**

**Wednesdays, July 9 & 23 at 1 p.m.
with Lynn**

**Friday, July 18 at 9:30 a.m.
with KathySue**

Come walk with Lynn and 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!



**NEW SERIES! HOW TO BOIL WATER
with Stephen Anderson
Wednesday, July 16 & 30
August, 13 & 27
1 to 2:30 p.m.**

Are you newly living alone and navigating the kitchen seems daunting to you? Come and join member and former educator Stephen Anderson for this new educational and hands on series. This series is designed to not only give you simple recipes to make but the confidence and basic kitchen skills to continue to be independent in the kitchen. Limited to 8. You **MUST** register for entire series. Please sign up.

THE LIFE & TIMES OF LAUREL AND HARDY**presented by Leon DiMartino****Monday, July 28 from 1 to 2 p.m.**

Explore the history of this British-American comedy duo! Known for their slapstick comedy, explore their life and work ranging from their silent films to later "talkies". Limited to 25. Please sign up.

**DRY FLOWERS FOR ALL YEAR****with Amy from Bloom Where Planted****Friday, August 8 from 1 to 2 p.m.**

Enjoy the beauty of flowers all year long by preserving them through drying. Learn three ways to preserve your flowers and then use some already preserved flowers to create a beautiful craft. **Cost \$8.** Limited to 16. Please sign up.

**ASK AN ATTORNEY****with Attorney Alyson R. Marcucio**

Atty. Marcucio will be back in August.



WE TAKE CREDIT CARD PAYMENTS!

For your convenience we take credit card payments! Cash and checks are also accepted.



**PLEASE BE SURE TO MAKE ALL CHECKS
PAYABLE TO: "TOWN OF WOODBURY"
CHECKS CANNOT BE ACCEPTED MADE OUT
TO "WOODBURY SENIOR CENTER"**

**TABLE TENNIS**

**Mondays, July 7, 14, 21 & 28 and
Fridays, July 11, 18 & 25
1:30 to 3:30 p.m.**

Please bring your own paddle.
All are welcome.

**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.

SENIOR BUS SHOPPING TRIPS

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

Naugatuck - Monday, July 7 (leaves at 10 a.m.)

Torrington - Monday, July 21 (leaves at 10 a.m.)

**Southbury - Wednesdays, July 2 & 16 and
Fridays, July 11, 18 & 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 as soon as you can to ensure your place on the bus. Limit 8 shoppers per day on out of town trips.

Shoppers will receive two free shopping tote bags 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).

**BUS USE UPDATES - PLEASE READ**

Please make your bus ride appointments as far ahead as possible (we appreciate at least two days ahead). If we can accommodate a same day ride request, we will certainly do so.

Every ride needs to be confirmed by Karen in our office to ensure that our drivers have a correct and finalized list for the day. You will get a phone call from Karen if you leave a message with another staff member (with the exception of Karen being off from work on a particular day of your request). Once confirmed, you do not need to make a reminder or confirmation call.

Bus drivers have the responsibility to maintain a safe experience for all riders. Please comply with their directions at all times, including waiting times.

Kind and courteous behavior is expected of our riders at all times. Those who do not comply may have their riding privileges revoked.

**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 to 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.

Notes from Heather Zuckerman, Municipal Agent
203-263-4117



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.

FARMER'S MARKET DEBIT CARDS

The \$40 (preloaded) Farm's Market Debit Cards are available at the Woodbury Social Services office for Woodbury residents who are:

- Seniors over 60 meeting income guidelines.
- Disabled individuals meeting income and housing guidelines.

Income Guidelines:

Household of 1: \$28,953 annually, \$2,413 monthly

Household of 2: \$39,128 annually, \$3,261 monthly

Proof of income is required.

CRAFT CLASS: SEA GLASS SEASCAPE
with Danielle Ramos of Bethel Health Care
Monday, July 28 at 1 p.m.



Join this free class with Danielle and make an adorable seascape with sea glass.
Please sign up. Limited to 10.

BLOOD PRESSURE CLINIC

First and Third Tuesdays of the month
July 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.



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, Medicaid, nursing homes, respite care, day care, the Home Care Program (CCC) and other services and benefits for seniors.

Notes from Heather:

- Please see Page 8 in the newsletter for information on **Renter's Rebate** and **Farmer's Market Debit Cards**.

- 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.

FRIDAY MOVIE

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

Friday, July 18: *Second Hand Lions*

A shy adolescent boy, Walter (Haley Joel Osment), is taken by his greedy mother (Kyra Sedgwick) to spend the summer with his two hard-boiled great-uncles, Hub (Robert Duvall) and Garth (Michael Caine), who are rumored to possess a great fortune.

At first, the two old men, both set in their ways, find Walter's presence a nuisance, but they eventually warm up to the boy and regale him with tall tales from their past. In return, Walter helps reawaken their youthful spirit.

Run time 1 hr. 51 min. Rated PG. 2003

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.

TECHNOLOGY HELP WITH CLYDE**Wednesday, July 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.



Class size is limited to 8. Please sign up.

TECHNOLOGY BAR - APPLE PRODUCTS**Wednesday, July 9 & 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.

**GENEALOGY FOR BEGINNERS****with Penny Hartzell**

This class will be on hiatus for July and August. Be sure to look in the newsletter for Penny's September class.

**SOLO AGING SOCIAL CLUB****Wednesday, July 16 from 12 to 1 p.m.**

You spoke and we listened! We have carved out a meeting time for Solo Agers to come and meet in our Activity Room where we have set up your NEW Travel Board! Feel free to bring a snack or lunch and use this time to connect with other solo agers, discuss topics important to you and make plans together. If there is any other support we can give you, please reach out to the staff.

Please sign up!

ALL ARE WELCOME HERE

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

**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.

HEARING SCREENINGS BY HEARING LIFE**Thursday, July 24 from 10 a.m. to 12 p.m. (by appointment)**

These FREE screenings, conducted by Hearing Instrument Specialists Anne Catapano and Aida Vargas, provide an excellent opportunity to assess your

hearing health and detect any early signs of hearing loss. Whether you're experiencing hearing difficulties or simply want to stay proactive about your well-being, these screenings can help you take the next steps toward better hearing. We can also clean and check your current hearing aids to ensure they are functioning properly. Please sign up for your screening appointment.

**EMERGENCY ROOM QUESTIONS AND ANSWERS****with Krista Kohler, MD, MALS****Thursday, July 10 from 10:00-11:00**

Have you ever wondered when the right time is to go to the emergency room? What warrants the trip and what is something you can just go to Urgent Care for? Dr. Kohler, MD, MALS is a board-certified emergency medicine physician and works in the Danbury and New Milford Emergency Departments. She will be here to help guide you through these questions and help you understand what to expect when you are in the emergency room. This informative presentation is NOT to be missed!

Please sign up. Limited to 25.

JEWELRY MAKING CLASS: FUN SUMMER JEWELRY**Tuesday, July 15 from 10:30 to 11:30 a.m.**

Come and join Vanessa Lucewicz from FirstLight Home Care of Southbury.

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

THIMBLE ISLANDS TOUR AND LATE LUNCH

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

Join us for a tour of the Thimble Island's and a late lunch at Dockside. We will be leaving the center at 10:45 a.m. for our 12:15 p.m. tour on the Seamist. After our tour we will head to the local restaurant Dockside for a late lunch. The menu is available in the office. Cost \$17.00 for the tour. CASH is recommended for lunch.

Woodbury seniors only. Limited to 12. Please sign up.



YARD GOATS GAME IN HARTFORD

Sunday, July 20 from 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 and soft drinks, and bar service available until 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!



FLORENCE GRISWOLD MUSEUM AND LUNCH AT CAFÉ FLO

Wednesday, July 23 from 9 a.m. to 5 p.m. (lunch at 12:30 p.m.)

Come and join us for a trip to the Florence Griswold Museum in Old Lyme, CT. The Museum's mission is to foster the understanding of American art, with emphasis on the art, history and landscape of CT. We will leave the center at 9 a.m. and head to the museum for a self-guided tour. After time in the museum, we will head to Café Flo for a wonderful lunch.

Please see Diana if you are interested in viewing the menu. The cost is \$16 for the museum entrance.

CASH is recommended for lunch. Woodbury residents only. Please sign up. Limited to 12.



FLORENCE GRISWOLD MUSEUM
Home of American Impressionism
OLD LYME, CONNECTICUT



POPEY'S ICE CREAM SHOP

Tuesday, July 29 from 1:30 to 3:30 p.m.

Come and help celebrate the warmer weather with an afternoon bus trip to Popey's Ice Cream Shop for some freshly made ice cream! Woodbury Residents Only. Limited to 12. Please sign up.

SENIOR BUS TRANSPORTATION TO THE PARKS & RECREATION SUMMER CONCERT SERIES

Wednesdays, July 9, 16, 23, 30 and August 6 - 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.



JULY 2025

S	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	S
		1 9-3 Bus in Woodbury 9:30-10:30 Chair Yoga 10-12 Blood Pressure Clinic 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1:15 Bingo	2 9 -10 Zumba Gold® 10:00 Bus to Southbury 11:00 Balance 12-1:30 Brass City Harvest Cooking Class 1-2 Imagery Journaling 1:00 Technology with Clyde 1:30-2:30 Tai Chi	3 8:30 NO Stretch & Meditation today 9-3 Bus in Woodbury 9:30-12 Ladies' Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1:00 Beginner Mah Jongg 1:30-2:30 Open Art Studio	4 Center Closed for the Independence Day Holiday	5
6	7 8:30 Stretch & Meditation 10:00 Bus to Naugatuck 10-2 NO Massages with Lea (by appt) today 10:30 Current Events (virtual) 11:00 Balance Class 12:00 Balance Class 1:30-3:30 Table Tennis	8 9-3 Bus in Woodbury 9:30-10:30 Chair Yoga 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 Western CT Area Agency on Aging "All About: Presentation	9 9 -10 Zumba Gold® 10:45-2:30 Senior Bus Trip: Thimble Islands 11:00 Balance 12-1:30 Brass City Harvest Cooking Class 1-2 Imagery Journaling 1:00 Walking Club with Lynn 1:00 Technology Bar - Apple Products 1:30-2:30 Tai Chi	10 8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies' Bridge 9:45 Balance Class 10:00 Emergency Room Presentation with Dr. Kohler 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	11 9-10 Zumba Gold® 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10:00 Friends Meeting 10-1:30 Haircuts with Lucy (by appt) 11:00 Balance Class 12-1 Hot Dog Potluck 1:30-3:30 Table Tennis	12
13 Dean Martin Tribute 2 to 3 pm	14 8:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30 Coffee Chat with Loryn 10-2 Massages with Lea (by appt) 10:30 Current Events (virtual) 11:00 Balance Class 12:00 Balance Class 1-2 Great Courses: Bastille Day 1:30-3:30 Table Tennis	15 9-3 Bus in Woodbury 9:30-10:30 Chair Yoga 10-12 Blood Pressure Clinic 10:30 Jewelry Making Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1:15 Bingo	16 9-10 Zumba Gold® 10:00 Bus to Southbury 11:00 Balance Class 12-1 Solo Aging Get Together: Social Club 12 -2:30 Foot Care (by appt) 1-2 Imagery Journaling 1-2:30 How to Boil Water Cooking Class Series: Part 1 1:00 Technology with Clyde 1:30-2:30 Tai Chi	17 8:30-9:30 Stretch & Meditation 8:30-1:30 Dental Clinic 9-3 Bus in Woodbury 9:30-12 Ladies' Bridge 9:45 Balance Class 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1:00 Beginner Mah Jongg 1:30-2:30 AI Presentation	18 9-10 Zumba Gold® 9:30 Walking Club with KathySue 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 10:00 Health Chats with Heidi: Sumer Skin & Hydration 11:00 Balance Class 12:15 Movie: <i>Second Hand Lions</i> 1:30-3:30 Table Tennis	19
20 Yard Goats game 10:30 to 5:00	21 8:30 Stretch & Meditation 10:00 Bus to Torrington 10-2 Massages with Lea (by appt) 10:00 Senior Hike with Loryn: White Memorial Conservation Center 10:30 Current Events (virtual) 11:00 Balance Class 12:00 Balance Class 1:30-3:30 Table Tennis	22 9-3 Bus in Woodbury 9:30-10:30 Chair Yoga 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 How to Help Someone in your Life with a Mental Health Crisis	23 9-10 Zumba Gold® 9-5 Senior Bus Trip: Florence Griswold Museum 11:00 Balance Class 1-2 Imagery Journaling 1:00 Walking Club with Lynn 1:00 Technology Bar - Apple Products 1:30-2:30 Tai Chi	24 8:30-9:30 Stretch & Meditation 9-3 Bus in Woodbury 9:30-12 Ladies' Bridge 9:45 Balance Class 10-12 Hearing Screenings (by appt) 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12:30-3:30 Mah Jongg 1-2:30 Stitches of Love 1:30-2:30 Healthy Brain Series Session 1: Activities to Challenge your Mind	25 9-10 NO Zumba Gold® today 9:30-11:30 Mah Jongg 10:00 Bus to Southbury 11:00 Balance Class 1-2 Blueberry Recipe Tasting 1:30-3:30 Table Tennis	26
27	28 8:30 Stretch & Meditation 9-3 Bus in Woodbury 10-2 Massages with Lea 10:30 Current Events (virtual) 11:00 Balance Class 12:00 Balance Class 1-2 The Life & Times of Laurel and Hardy 1:00 Craft Class: Sea Glass Seascape 1:30-3:30 Table Tennis	29 9-1:30 Bus in Woodbury 9:30-10:30 Chair Yoga 11:00 Stretch, Strength & Core 12:00 Lunch in the Café 12-3:30 Canasta 1:30-3:30 Senior Bus Trip: Popey's Ice Cream Shop	30 9-10 Zumba Gold® 9-3 Bus in Woodbury 10-11:30 A Summer Writing Warm Up 11:00 Balance Class 11-2 Mini Facials (by appt) 1-2 Imagery Journaling 1-2:30 How to Boil Water Cooking Class Series: Part 2 1:30-2:30 Tai Chi	31 8:30-9:30 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 Café 12:30-3:30 Mah Jongg 1:00 Beginner Mah Jongg		