

# WOODBURY SENIOR CENTER REPORTER

Sponsored by

James S. Bauer, D.M.D.



MAY 2019

MISSION STATEMENT

Volume 39, Issue 5

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.

**Senior Center hours are Monday through Friday, 8 a.m. to 4 p.m.**



The Center will be closed on **Monday, May 27** for the **Memorial Day** Holiday. There will be no senior bus transportation or Meals on Wheels deliveries.

**FRENCH TOAST BRUNCH**  
with Flander's Nature Center Syrup  
Friday, May 17  
10 to 11:30 a.m.



Join us for a free French Toast brunch.  
Sign ups are a must!

**THE HISTORY OF THE KENTUCKY DERBY**  
presented by Sue Marchese

Friday, May 3 from 1 to 2:30 p.m.

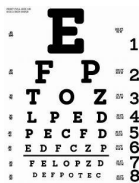
Sit back and enjoy beautiful photos and stories of outstanding thoroughbred race horses from 1975 to the present. See if you can pick this year's winner. This is a **MUST** see! Please sign up.



**FREE VISION SCREENING**

sponsored by Pomperaug District Department of Health and the Lions Club of CT in cooperation with Dr. William J. Filchak and generously funded by the CT Community Foundation Earl and Shirley Herbst Eye Research Fund

Monday, May 6 - 12 p.m. to 2 p.m.  
at the Woodbury Senior Center



Please call Pomperaug Health District at 203-264-9616, Ext. 0, to make your appointment for a free non-invasive eye health screening for visual acuity, macular degeneration, retinopathy, cataracts and glaucoma. Pre-registration is required.



**IT'S REFERENDUM SEASON**

Please check the schedules carefully for time changes to programs and any program cancellations.

**Region 14 School Budget Referendum**  
**Tuesday, May 7 from 6 a.m. to 8 p.m.**

**Monday, May 6**

Tai Chi at the Firehouse (1-2 p.m.)  
Pilobolus at the old Town Hall (2-3 p.m.)

**Tuesday, May 7**

No Exercise for Balance (10-10:45 a.m.)  
No Indoor Walking (11-11:30 a.m.)  
Strength Training at the Firehouse (1-2 p.m.)

**Town Budget Referendum**  
**Wednesday, May 29 from 6 a.m. to 8 p.m.**

**Tuesday, May 28**

Strength Training at the Firehouse (1-2 p.m.)

**Wednesday, May 29**

Cardio Dance (8:30-9:30 a.m.)  
Fitness Fury (9:30-10:30 a.m.)  
Tai Chi (1-2 p.m.)  
all at the old Town Hall


**Board of Education Elections**  
**Thursday, June 6 from 6 a.m. to 8 p.m.**

**Wednesday, June 5**

Table Tennis (2:15-3:45 p.m.) cancelled


**Thursday, June 6**

No Indoor Walking (11-11:30 a.m.)  
Exercise for Balance (10-10:45 a.m.)  
Strength Training (1-2 p.m.)  
both at the Firehouse




**Tuesdays, May 7, 14, 21, 28**  
**9:30 a.m. or 10:15 a.m. (by appointment)**  
 Volunteer Michael Huhn, a very knowledgeable techie, will be here at the Center to assist you and troubleshoot issues with various technology problems and questions on your iPads, phones, computers, etc. Please sign up for your 45 minute appointment.

**FREE BLOOD PRESSURE AND BLOOD SUGAR SCREENING CLINIC**  
 sponsored by TLC Homecare  
**Monday, May 13 - 11 a.m. to 1 p.m.**  
 Stop in to have your blood pressure and blood sugar checked by a TLC Homecare nurse. They will offer complimentary refreshments and you can enter to win a Dunkin Donuts gift card.



**MONTHLY BINGO**  
**Wednesday, May 15**  
**from 12:30 to 2:30 p.m.**  
 sponsored by the Lutheran Home and VNA Northwest




Bingo is changing to a monthly format. Please join us every third Wednesday of the month for a fun filled afternoon with your friends and our new callers, Wendy Mutter from the Lutheran Home and Kathy Haven from Northwest VNA. The cost is 10¢ per card, 10¢ to the kitty per game, plus new prizes! Please sign up.

**"JOURNEY THROUGH GRIEF" SUPPORT GROUP**  
**Wednesdays through May 29**  
**10:30 a.m. to 12 p.m.**

**PILOBOLUS - CONNECTING WITH BALANCE**  
**MONDAYS THROUGH MAY 20 FROM 2 TO 3 P.M.**  
**\$6 drop in fee**


**THE AGING MASTERY PROGRAM® (AMP)**  
**Tuesdays through May 28**  
**2 to 3:30 p.m.**




**WRITING FROM THE INSIDE OUT**  
 with Lin Northrup, M.Ed., R.H.  
**Thursdays through May 23**  
**11 a.m. to 12:30 p.m.**

**EXERCISE CLASSES**  
 Class fees are posted below for each class offered. Payment is due by the start of each session. **Reminder: Out-of-town residents will pay an additional fee - \$5 more for full sessions, \$1 more for drop-ins.**


**Strength Training and Weights Class with Chris**  
 Tuesdays and Thursdays, 1-2 p.m.  
 May Session: 5/2 - 5/30  
 \$36 for 9 classes (\$41 out of town)



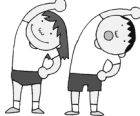
**Tai Chi with Susan**  
 Mondays and Wednesdays, 1 to 2 p.m.  
 New Session: starting May 6  
 \$48 for 12 classes (\$53 out of town)




**Classic Cardio Dance with Andrea**  
 Mondays, Wednesdays and Fridays  
 8:30 - 9:30 a.m.  
 May Session: 5/1 - 5/31  
 \$39 for 13 classes (\$44 out of town) or \$4 drop in fee (\$5 out of town)



**Fitness Fury - Strength, Flex & Condition with Susan**  
 Mondays, Wednesdays and Fridays  
 9:30 - 10:30 a.m.  
 \$4 per class at the door (\$5 out of town)



**Yoga with Joann**  
 Tuesdays and Thursdays  
 8:30 to 9:30 a.m.  
 May Session: 5/2 - 5/30  
 \$45 for 9 classes (\$50 out of town)




**Senior Mat Pilates with Jennifer**  
 Tuesdays (starting May 14) and Thursdays  
 8:30 to 9:30 a.m.  
 May Session: May 2, 9, 14, 16, 21, 23, 28 & 30  
 \$24 for 8 classes (\$29 out of town)

...and try these FREE classes:

**Exercise for Balance Class with Deborah**  
 Tuesdays and Thursdays  
 10 to 10:45 a.m.

**Indoor Walking**  
 Tuesdays and Thursdays at 11 a.m.  
 Follow Leslie Sansone DVD.



**HAIRCUTS FOR MEN AND WOMEN**



The Barber Shop/Salon is open on  
**Monday, May 20**

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

Hairstylist Jamie Blanchet is licensed to do hair for both men and women.

Make your appointment today!

- Basic man's haircut: \$10
- Basic woman's haircut: \$12

**"BI FIT" INTERVENTIONS FOR BRAIN HEALTH**

presented by Theresa Cutillo-Schmitter

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

**Thursday, May 2 - Physical Activity**

**Thursday, May 16 - Nutrition and Diet**

**Thursday, May 30 - Stress Management**

**Thursday, June 13 - The Importance of Sleep**

**Thursday, June 27 - Benefits of Using**

Compensatory Strategies and Assistive Technologies



**UPCOMING GETAWAY TOURS TRIPS**

Stop by the Center for an itinerary

**Lobster Feast and The Great American Swing Band at The Log Cabin in Holyoke, MA**

**Thursday, June 13**

**\$111** - includes transportation, complete luncheon and show and driver's gratuity. Payment due by May 13.

**The Boston Pops at Tanglewood:**

**Across the Stars: Music of John Williams**

**Sunday, July 7**

**\$144** - includes transportation, complete luncheon at Cork N' Hearth or The Red Lion Inn, reserved seat in the music shed for the concert and driver's gratuity. Payment is due by June 7.

**Coins & Claws: Lobster at Abbott's Lobster in the Rough and Mohegan Sun Casino**

**Thursday, July 11**

**\$77** - includes transportation, lunch at Abbott's (choice of steamed lobster or herb roasted chicken), casino bonus package and driver's gratuity. Payment due by June 11.

**Westchester Broadway Theatre in Elmsford, NY presents "Mambo Italiano"**

**Thursday, August 29**

**\$105** - includes transportation, lunch and show and driver's gratuity. Payment due by July 29.

**Comprehensive Dental Care for Children & Adults**

**JAMES S. BAUER, D.M.D.**

**drjamesbauer.com**

**Accepting New Patients  
Emergency Service Available**

**Office Hours by Appointment  
Evenings and Saturdays**

**203-263-4402**

**40 North Main Street  
Woodbury, CT**

**ON THE ROAD AGAIN...**

**New Britain Museum of American Art and**

**Lunch at Staropolska**

**Wednesday, May 15**



Visit the museum for a self-guided tour of the special Georgia O'Keeffe exhibit, entitled "The Beyond: Georgia O'Keeffe and Contemporary Art" celebrating the artist's work and her legacy. The admission, including this special exhibit is \$13 (cash only please at sign up). After the museum enjoy a Polish cuisine lunch on your own at Staropolska. The bus will leave Woodbury around 10 a.m. Space is limited to 12 people. Sign ups for this trip begins on May 1.

**Miniature Golf at Oxford's Olde Sawmill**

**and Ice Cream at Rich Farm**

**Wednesday, May 22**



Enjoy an afternoon of miniature golf at Oxford's Olde Sawmill followed by a sweet ice cream treat at Rich's Farm. The senior rate for a round of golf is \$7 payable at the Olde Sawmill. The bus will leave Woodbury at 11 a.m. Space is limited to 12 people. Sign ups for this trip begins on May 1.



**HAPPY BIRTHDAY TO OUR MEMBERS BORN IN MAY!**

- |                    |                     |                      |
|--------------------|---------------------|----------------------|
| Mary Kevit         | John Dasher         | Janet Congdon        |
| Laurie Robinson    | Peg Daniels         | Silvia Pena          |
| Robert Campbell    | Tom O'Hara          | Tom Cannavaro        |
| Ruth Schiff        | Paul HincKley       | Jonathan Kapstein    |
| John Moriarty      | Bonnie Brent        | Neil Yarhouse        |
| Kim Pogorzelski    | Edward Picanso      | Edna Dufresne        |
| Charles Bartlett   | Wayne McCormack     | Robert Traver        |
| Sybil Goodkin      | Peter Setaro        | Elvira Aguzzi        |
| Phyllis Kelleher   | Liesbeth Millspaugh | Christine Domareck   |
| Penny Holibaugh    | Elaine Barnes       | Frank Daly           |
| Dorothea Palladino | Mary O'Donnell      | Eric Johnson         |
| Anna Gelfand       | Trudy Druan         | Akim Zuehlke         |
| Lorraine Veranneau | Geraldine Carey     | Joel McCorkle        |
| Arthur Johnson     | Peggy Byers         | Rich Woolley         |
| Linda Heitman      | Catherine Boucher   | Mary Laychak         |
| Cheryl Carroll     | David Kalach        | Rosemary Brooks      |
| Angela Hambaugh    | Leo Pivetz          | Renee Laux           |
| Alice Volpe        | Charles Cronin      | Jackie Giusto        |
| Gay Parks          | Gloria Gallo        | Marlene Marcik       |
| Virginia Ray       | Eileen LePage       | Tony Mennone         |
| Michael McDonold   | Annette Williams    | Beth Bannister       |
| Robert Halgreen    | Elias Gaillard      | Nancy Daddona        |
| Tim Smith          | Mary Hart           | Dorothy Olmstead     |
| Nancy Cortese      | Barbara Lindemann   | Sal Gloria           |
| Fern Hungerford    | Barbara Caulkins    | Nancy Farber         |
| Elizabeth Hall     | Ed Davis            | Lorraine Thorne      |
| May Bernhard       | Marjorie Mitchell   | Dolores Guglielmetti |
| Pam Southworth     | Gerry Gail          | Edwin Hord           |
| Linnie York        | Marge Kabelka       | Mary Ann Neiger      |
| Dave Curtin        | Gracie Baldovi      | John Miller          |
| Francois Brunelle  | Deborah Soresino    | Tokiko Thorp         |
| Bonnie Johnson     | Margurite Lundin    | Judy Zhitomi         |
| Nancy Litzenberger | Susan Radocchio     | Susan Cizek          |
| Anita Gregorski    | Elaine Pekrul       | Joan Kuehn           |
| Steve Ryner        | Judy Ball           | Eleanor Watson       |
| Erma Florida       | Joan Terry          | Therese Txenis       |
| Annie Cronin       | Rita Grygus         | Margo Dudas          |
| Paul Rodia         | Joyce Chicarelli    | Marianne McGovern    |
| Robert Ryan        | Betty Kopp          | Nick Trusiewicz      |
| Dottie Cooper      | Sylvia Herbstritt   | Joyce Oldakowski     |
| Marion Lowman      | Joan Giese          | Penny Brophy         |
| Louise Ainsworth   | Howard Ryan         |                      |

Celebrate your **May** birthday with lunch and birthday cake on **Thursday, May 23** at 12 p.m. Flowers will be given to birthday celebrants who notify us at least a week in advance. Sign up for lunch to reserve your place. Reservations are required to have lunch at the Center. The requested donation is \$3.50.

**A special thank you to Woodbury Floral Design for their donation of birthday flowers each month.**

If your name does not appear on our birthday list, please check to ensure you are registered and your correct information is on file.

**Jennifer Moshier - Municipal Agent**

**203-263-4117**

**203-266-4310 (fax)**

**Jennifer's Hours:**

**Monday, Tuesday, Thursday - 9 a.m. to 4 p.m.**

**Wednesday - 9 a.m. to 1 p.m.**

**Friday - 9 a.m. to 2 p.m.**

Jennifer can help with all your applications - Medicare Savings Program; Medicaid; Medigap; nursing homes; Respite Care; Day Care; the Home Care Program (CCCI) and other services and benefits for seniors.

**A Note from Jennifer:**

Applications for Renter's Rebate will be accepted through September 30, 2019.

Call Jennifer for an appointment.

**MASSAGES WITH ANDREA**

**Wednesdays, May 1, 8, 22 & 29**

**10 a.m. to 3 p.m.**

**30 minutes is \$25 - 1 hour is \$45**



**MASSAGES WITH MARY**

**Fridays, May 10 & 24**

**10 a.m. to 12 p.m.**

**30 minutes is \$25 - 1 hour is \$45**

Call the Center to make an appointment.



**POMPERAUG DISTRICT HEALTH NURSE BLOOD PRESSURE CLINIC**

**1st & 3rd Tuesdays of each month**

**10:00 to 11:00 a.m.**

**TABLE TENNIS**

**Wednesdays,**

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

**2:15 to 3:45 p.m.**

All levels are welcome to play.



**If there is a fee for a class or a trip, you will not be considered enrolled until your payment has been made. Thank you.**

**Woodbury Senior Center Staff**

Director of Senior Services: Loryn Ray

Program Assistant: Jennifer Skene-Tiso

Office Manager: Karen Blanchet

Municipal Agent: Jennifer Moshier

Senior Bus Drivers: Tom Davis, Bob Hughes

and Nancy Gubbiotti

Meal Site Manager: Donna Cole

Custodian: John White

Assisted by many volunteers

281 Main Street South

Woodbury, CT 06798

203-263-2828

203-266-4308 (fax)

Email: SeniorCenter@woodburyct.org

Website: woodburyseniorct.org

Our newsletter is available on our website.

And "Like" us on Facebook at

**Woodbury Senior Center.**



**AMERICAN SIGN LANGUAGE  
WITH LAURA HUGHES**  
Mondays, June 3, 10, 17 and 24  
12:30 to 2 p.m.

Learning sign language can be a fun experience and help you communicate with more people in the deaf and hard of hearing community. Whether you are a beginner or an experienced signer, it is good to understand the different aspects of the language. This includes the basic signs and techniques. The cost for the 4 session course is \$20, payable at sign up.

**Community Theatre at Woodbury presents  
THE DIXIE SWIM CLUB**

featuring our own Loryn Ray as Vernadette Simms  
Sunday, May 19 at 2 p.m. at the old Town Hall



This comedy is about five southern women with a friendship forged from their college swim team days, who set aside a long weekend every August to recharge those relationships.

Our senior bus will provide transportation to this 2 p.m. matinee performance.

Please let us know if you would like a ride.

The ticket price is \$16 for seniors. Tickets can be purchased at the Senior Center.

**PRACTICAL PROBATE: BEWARE!  
POA'S, TRUSTEES & LIABILITY**  
presented by Probate Judge Domenick Calabrese  
Friday, June 7 from 2 to 3:30 p.m.

This seminar examines the roles of fiduciary powers, serious personal liability inherent in serving as a fiduciary and mistakes that can lead to litigation, wills and trusts, conflicts of interest and much more. Judge Calabrese will also answer questions from the audience. Please sign up.



**CONSUMER ADVOCACY ASSISTANCE  
with Cheryl DiRollo**

**Problem Solver/Mediator/Negotiator**  
Tuesday, June 4 & June 18  
2 to 2:45 p.m. or 3 to 3:35 p.m.

Cheryl will offer two 45 minute appointments on each of these days.



Do you need help with a problem or having difficulty figuring out how to handle a problem with Customer Service, insurance issues, or a purchase on the internet and don't know what to do? Cheryl could help you.

Please sign up for your appointment.

**ENGAGE YOUR LEGISLATOR**

There is a proposal being put forth by Governor Lamont that would directly impact many of our senior community. Currently there are only income limits to qualify for all three levels of the Medicare Savings Program, as individuals and couples. The Governor is proposing to add an Asset Test to the program, at levels that would not allow many people currently using this program to be able to continue, as well as new enrollees to qualify for it at all. The Medicare Savings Program assists seniors in paying for the monthly Part B premiums, extra help in medication costs and Part D Plan Premiums and at the highest level will pick up the remaining 20% that Medicare doesn't cover.

Effective July 2020, individuals with \$7560 in their checking or savings accounts, stocks or bonds, would be excluded from the Department of Social Services program. Please make your voice and concerns heard by contacting your local and state legislators. Here is a list and their contact information:

-Ned Lamont (D) Connecticut Governor - 860-566-4840

-Eric Berthel (R), Senate District 32 - covering Bethlehem, Bridgewater, Middlebury, Oxford, Roxbury, Seymour, Southbury, Washington, Watertown and Woodbury - 860-240-8800

-Joe Poletta (R), House District 68 - covering Watertown and Woodbury - 860-240-8700

-David Wilson (R), House District 66 - 860-240-8700

-Richard Blumenthal (D), U.S. Senate - 860-258-6940, 203-330-0598, 202-224-2823 or blumenthal.senate.gov

-Christopher Murphy (D), U.S. Senate - 860-549-8463, 202-224-4041 or murphy.senate.gov

-John Larson (D-1), U.S. Senate - 860-278-8888, 202-225-2265 or larsen.house.gov

-Joe Courtney (D-2), U.S. House - 860-741-6011, 860-886-0139, 202-225-2076 or courtney.house.gov

-Rosa DeLauro (D-3), U.S. House - 203-562-3718, 202-225-3661 or delauro.house.gov

-Jim Himes (D-4), U.S. House - 203-333-6600, 203-353-9400, 202-225-5541 or himes.house.gov

Johana Hayes (D-5), U.S. House - 860-223-8412, 202-225-4476 or hayes.house.gov

-Susan Bysiewicz (D), Lieutenant Governor - 860-524-7384 or ltgovernor.bysiewicz@ct.gov

-Denise Merrill (D), Secretary of State - 860-509-6200 or denise.merrill@ct.gov

-Shawn Wooden (D), Treasurer - 860-702-3000 or state.treasurer@ct.gov

-Kevin Lembo (D), State Comptroller - 860-702-3300 or comptroller.lembo@ct.gov

-William Tong (D), Attorney General—860-808-5318 or attorney\_general@ct.gov

**A NOTE FROM THE LIONS CLUB OF WOODBURY**



The Lions Club of Woodbury offers assistance for low income seniors and families of Woodbury requiring aid in obtaining an eye exam and/or glasses.

Anyone interested and in need of same, please contact Jennifer Mosher, Social Services Director and Municipal Agent for further information and qualification guidelines at 203-263-4117. These services, as well as other sight and hearing related issues, are provided free of charge by our local Lions Club philanthropic endeavors.

**ARE YOU INTERESTED IN TAKING PART IN A CAREGIVER STUDY?**

Woodbury is participating in a caregiver study by the National Council on Aging. The Aging Mastery Program starter kit presents many of the practical tips and deep dives into resources and information we need to age in place without the commitment of attending classes. We are actively seeking mature caregivers who are interested in receiving a free AMP starter kit (valued at \$50) and who would be willing to complete a pre- and post-test on the program's ability to meet your needs. Please call the Center at 203-263-2828 if you are interested.

**PLEASE WELCOME THE ART OF YUM**

Please help us welcome **The Art of Yum** from Waterbury who will be preparing our congregate meals on Tuesdays and Thursdays through New Opportunities, Inc.

Award winning Chefs Donte Jones, James Thompson and Michone Denae Arrington know you'll love their creative and artistic works of yum. With 45 years of combined experience, they are dedicated to creating an unforgettable culinary experience for everyone they serve.

The meals will continue to be a \$3.50 suggested donation (\$7.50 for guests under 60) and served at 12 p.m. in the Woodbury Senior Center café. Lunch reservations are required, preferably 3 days in advance, by registering in the office or at our MySeniorCenter computer located in the hallway.



**LUNCH & LEARN**

(Topic TBD)

sponsored by Prince of Peace Parish Nurses

Monday, June 3

12 to 2 p.m.

A free delicious lunch is included. Please sign up.

**TRY THIS FABULOUS AND AFFORDABLE RECIPE**

**Eggroll in a Bowl**

**Ingredients:** Vegetable Spray, 1 clove or minced garlic, 1 tbsp. minced fresh ginger, 1 lb. boneless, skinless cubed chicken (or any protein you like), 1 package shredded cabbage and/or a combo of broccoli slaw, Brussel sprout slaw, shredded carrots, 1 tbsp. sesame oil, 1 tbsp. soy sauce (or Braggs Amino). Optional is 2 tbsp. Thai Peanut Sauce, thinly sliced green onion, toasted sesame seeds or crushed peanuts.

**Directions:** 1. In large oil sprayed skillet over medium heat add garlic and ginger and cook until fragrant (1-2 minutes). Add chicken and cook until no pink remains. 2. Push protein to the side (or remove) and add sesame oil. Sauté shredded veggies. Combine with meat. Add soy sauce or Braggs Amino. Cook 5-8 minutes. Toss with Tai Peanut Sauce if you like. Transfer mixture to a serving dish and add green onion, sesame seeds and nuts for garnish if you like. Enjoy!

