

WOODBURY SENIOR CENTER REPORTER

Sponsored by
Munson-Lovetere Funeral Homes and Cremation Services, Inc.
Stone Family Cremation Services, Inc.
Pet Passages - The Pet Loss Professionals



MARCH 2019

MISSION STATEMENT

Volume 39, Issue 3

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.

Sign ups for Senior Center sponsored bus trips can be done starting on Friday, March 1 to allow everyone an equal opportunity to peruse the newsletter, as our bus only accommodates 12 people for these trips. You can sign up for all other programming once the newsletter has been published.

AARP DRIVE SMART CLASS

Monday, March 11 from 8:30 a.m. to 12:30 p.m.

\$15 AARP members - \$20 non-AARP members

This class could save you money on your auto insurance. Contact your auto insurance company to find out. A check made out to AARP is required. Please sign up.



FINANCIAL FRAUD PRESENTATION & BINGO

A Fun Way to Learn to Avoid Banking Scams and Fraud
Friday, March 15 12:30 to 3 p.m.

At 12:30 p.m. AARP presents a look at the psychology behind ID theft, fraud and scams through actual footage of scammers, insights and advice. Participants will walk away armed with tools they need to keep themselves and their families safe. Take a break for refreshments, and then enjoy a game of Financial Fraud Bingo presented by Kathleen Tibworth, Banking Outreach Coordinator CT Department of Banking. You'll be amazed at what you didn't know you need to know! Please sign up for this informative program.

TRUSTS: MYTHS, MISCONCEPTIONS AND MISTAKES

Friday, March 1 from 2 to 3 p.m.

presented by Probate Judge Domenick Calabrese

This seminar examines trusts. A trust is created when a person (settlor) gives property to another person (trustee) to hold for the benefit of a third person (beneficiary). A trust is a legal way to hold and protect your assets for the future. It sets out who the beneficiaries are, who the trustees are and how the trust will be administered. Judge Calabrese will also answer questions from the audience. Please sign up.

THE AGING MASTERY PROGRAM® (AMP)

A New Session Begins

Tuesdays, March 26 - May 28
from 2 to 3:30 p.m.

The Woodbury Senior Center is helping older adults master aging. This evidence-based program developed by the National Council on Aging (NCOA) has been successful at helping older adults build their own playbook for aging well. Our Center was one of 9 organizations in CT selected to offer AMP in its initial round and continues to lead the way in



Aging Mastery Program
National Council on Aging

AMP education
for older adults.
Please sign up.

AMERICAN SIGN LANGUAGE FOR BEGINNERS


with Laura Hughes

Mondays, March 4, 11, 18 & 25
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's good to understand the different aspects of the language. This includes basic signs and techniques. Included in the 4 session class will be emergency sign, the alphabet, basic sign communication and numbers. The cost for the course is \$20 (\$25 out of town). Please sign up.



Tuesdays, March 5, 12, 29 & 26
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.

GENEALOGY SPECIAL INTEREST GROUP (SIG)
Monday, March 25 from 2 to 3:30 p.m.
 Genealogy enthusiasts - join Penny Hartzell, Professional Genealogist to analyze your research, discuss problems, learn what's new on the Internet and take your family history to the next level. Please sign up.


NEW ADVENTURES IN COOKING WITH CHEF MARIANNE DESILVA
Mardi Gras Celebration
Monday, March 18
10:30 a.m. to 1:30 p.m.
 Learn how to create a delicious New Orleans classic dish - Chicken and Andouille Sausage Gumbo and a scrumptious Cajun sheet cake with pineapple and topped with brown sugar, coconut and pecans. The cost is \$20/\$25 out of town. Please sign up.

REGION 14 SUPERINTENDENT PRESENTATION OF THE SCHOOL BUDGET
Tuesday, March 19 2:30 to 3:30 p.m.
 Join Region 14 Superintendent Dr. Joseph Olzacki, Ed.D. as he presents the Region 14 school budget. Bring your questions. Please sign up.


POMPERAUG VALLEY GARDEN CLUB PRESENTS... TOVAH MARTIN: "THE GARDEN IN EVERY SENSE AND SEASON"
Tuesday, March 12 at 11 a.m.
 Your garden could be so fulfilling, if you plug in. Created to coincide with the publication of Tovah's new book, this lecture explores the garden on all levels by attuning your nose to the scents and training your ears to listen. Learn to garden with eyes wide open, ears to the ground and hands outstretched. "After this program your garden will be more savory, you will know its touch, smell the aromas, hear its voice and see it anew." This program is free to seniors who pre-register at the Center.

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.
 March Session: 3/5 - 3/28
 \$32 for 8 classes (\$37 out of town)
 Please note price increase



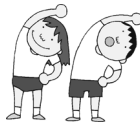
Tai Chi with Susan
 Mondays and Wednesdays, 1 to 2 p.m.
 Current Session through 3/11
 New Session will begin on 3/13
 \$48 for 12 classes (\$53 out of town)




Classic Cardio Dance with Andrea
 Mondays, Wednesdays and Fridays
 8:30 - 9:30 a.m.
 March Session: 3/1 - 3/29
 \$39 for 13 classes (\$34 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)
 Please note price increase




Yoga with Joann
 Tuesdays and Thursdays
 8:30 to 9:30 a.m.
 March Session: 3/5 - 3/28
 \$40 for 8 classes (\$45 out of town)



Senior Mat Pilates with Jennifer
 Thursdays
 8:30 to 9:30 a.m.
 March Session: 3/7 - 3/28
 \$16 for 4 classes (\$21 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, March 11 & 25
from 10 a.m. to 2 p.m.

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.

This free series of classes will consist of 7 sessions. It is critical to adopt habits that engage rather than engulf or exhaust our brain. Age can be an asset for brain gain. Our brain has potential to rewire by birthing new neurons and creating new neuro-pathways. Our brain can rebound from injury. This goal for these classes is that participants will learn information from the research presented in order to integrate healthy behavioral changes into their everyday lifestyle. Each session will cover a different area that influences brain health and fitness. You can come to all sessions or just those that may interest you.

Thursday, April 4 - An Overview of the Brain

Thursday, April 18 - Cognitive Engagement

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



WINTER WEATHER POLICY

The Woodbury Senior Center will handle winter weather schedule changes independently.

We are often open even when Region 14 schools are closed.

Please follow these instructions: Should inclement weather occur, watch and listen for announcements on the following television and radio stations: WFSB - Channel 3, WTNH - Channel 8, and NBC-30 - Channel 6, along with WTIC AM/FM radio.

You may also check our website for updated information. Most of all - use your best judgment when traveling on roads covered with ice and snow.

Family Owned and Operated

MUNSON-LOVETERE



FUNERAL HOMES & CREMATION SERVICES, INC.

WOODBURY: P.O. BOX 491, 2 SCHOOL STREET, WOODBURY, CONNECTICUT 06798
SOUTHURY: 235 MAIN STREET NORTH, SOUTHURY, CONNECTICUT 06488

(203) 263-2146

We can answer your questions, provide helpful literature and offer efficient simplicity in arranging:

- Cremation Services • Pre-arrangement Plans
 - Pre-payment plans • Funeral and Memorial Services
- www.munsonloveterefuneralhome.com



Their final goodbye is just as important.

We understand the death of your pet is like losing a family member. That is why we have our own facility, crematory and staff devoted strictly to the care of your pet. And unlike other pet cremations that only pick up once a week, we have immediate response and will return your pet's remains within 72 hours - guaranteed.

Secure tracking system to guarantee return of your pet's cremated remains
Dignified cremation with no co-mingling • Memorialization and private viewing options
Bereavement support groups • Paw print impression

(203) 263-2146

125 Bullet Hill Road North | Southbury, CT 06488
southbury.ct.petpassages.com



During National Craft Month we are calling all crafters to get creative. We will be combining skills together to bring ideas to life. As artisans we will set to work on designs and crafts in preparation to sell at The Woodbury Senior Center Holiday Craft Bazaar on December 7. Join Jennifer on **Thursday, March 28 from 1-3 p.m.** making beaded bracelets and earring sets. Make a set for yourself and one to put up for sale at the bazaar. The cost for the class will be \$7 for materials for YOUR jewelry set.

Jennifer will also be teaching a wine bottle gnome making class (date TBD) and is looking for donations of light weight sweaters and felt. Thank you.

JOURNEY THROUGH GRIEF BEREAVEMENT SUPPORT GROUP

A six-week follow-up bereavement support group on **Fridays, March 1, 8, 15, 22, 29 and April 5 at 10:30 a.m.**

For those who have participated in the current session, this group will continue to explore the grief process through a variety of techniques while supporting each member individually in this safe, supportive environment.

A session for new participants will begin once this session is completed. Please check in the newsletter for dates.

HAPPY BIRTHDAY TO OUR MEMBERS BORN IN MARCH!

Barbara Matison
Marian Conklin
Linda Irving
Robert Tetro
Gary Lerner
Patti Jennings
Cathy Winter
Russell Newell
Patricia Wall
Suzanne Wells
Jacqueline Frodermann
Craig Bennett
Jane Kudasik
Ethel Van Arx
Francis Williams, Jr.
Joyce Lava
Margherita Clark
Steve Sant Andrea
Pat Lowe
Nancy Waitr
Susan Cebelenski
Bob Pabst
Gerald Byron
Marie Morelli
Frank Hamilton
Elizabeth Burton
Harry Esposito
Lynn Mastropietro
Leslie Derr
Kathy Moriarty
Roseann Krodel
Henry Strom
Barbara Etcheto
Judith Max
Peg Robinson
Patricia Boutdiller
Rena Bacchiocci
Jean Carnese
Jean Heitman
Richard Talbot
Judy Kelly
George Cvanciger
Frances Apicella
Patricia George
Jeannine Rancourt
Karen Selsky
Maria Lovallo

Andrew Donlin
Randi Hoffman
Rose Calli
David Mechler
Herman Rosenfeld
Rochelle Abrams
Barbara Fairbanks
Marcia Bartow
Madelyn Bernardt
Jose McGehee
Joan Anthony
Susan Satterlee
Sandi Larson
Ralph Holibaugh
Linda Leidel
Helen Reich
Patty Knowlton
Peggy Schirmer
Patricia Gormley
Kristina Maddocks
John Platt
Penny O'Connell
Paula Todd
Connie O'Brien
Thomas Burns
Don Giroux
Carol Godwin
Tom Noonan
Mary Ann LaCava
Mary Bynak
Matt Troiano
Holly Fitzsimmons
Toni Stroz
Alan Abrams
Mary Troiano
Judy Barbash
Barbara Paradis
Robert Dubois
Paul Luchetti
Susan Strand
Judy Poythress
Mary McKenney
Virginia Hart
John Mazzarella
Nancy Tanzer
Hilda Martin
George Davis

Fred Rubenstein
Stan Grayson
Ann Gardella
Patricia Lunn
Kathleen Sobolewski
William Colin
Al Martin
Marilyn Martin
Judith Melko
Luis Duke
Ducnan Irving
Angela Green
Carolyn Hogrefe
Barbara Ryner
Kathy Neves
Betty Burke
Sandra Vaughan
Norman Deslauriers
Estelle Zimmer
Jill St. John
Leonore Templeton
Judy Collins
Harry Gustafson
Pat Kazmierki
Lucille Maye
Linda Dineen
Susan Gismondi
Joy Eusebio
Donald Gray
Ina Borenzweig
John Dzidiak
Lorraine Marcantonio
Peter Kingman
William Bombard
Stephanie Berry
Paul Bender
Monie Munson
Pamila Pilch



Celebrate your **March** birthday with lunch and birthday cake on **Thursday, March 28** 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.

Woodbury residents in need of **Energy Assistance** for the year 2018-2019 may contact Jennifer for an appointment. Those who use deliverable fuel (oil & gas) are urged to apply early. Several forms of documentation will be required.

MASSAGES WITH ANDREA
Wednesdays, March 6, 13 & 27
10 a.m. to 3 p.m.
30 minutes is \$25 - 1 hour is \$45



MASSAGES WITH MARY
Fridays, March 1 & 15
10 a.m. to 12 p.m.
30 minutes is \$25 - 1 hour is \$45

Call the Center to make an appointment.



A special Happy Birthday to **ROSE CALLI** who is turning 100 on March 14!



POMPERAUG DISTRICT HEALTH NURSE BLOOD PRESSURE CLINIC
1st & 3rd Tuesdays of each month
10:00 to 11:00 a.m.

TABLE TENNIS
Wednesdays, March 6, 13, 20 & 27
2:15 to 3:45 p.m.
All levels are welcome to play.



ASK-A-NURSE
Tuesday, March 12 & 26
11 a.m. to 12 p.m.
Bring your questions and concerns for a confidential visit with our RN volunteer Ellen White. Look for Ellen in our Health Office.



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 staff 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.**

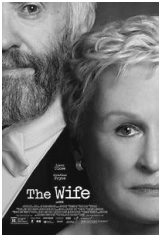
PIZZA & A MOVIE NIGHT

Thursday, March 21 from 4:30 to 7 p.m.

Enjoy a FREE pizza dinner, provided by The Lutheran Home of Southbury, before a screening of *The Wife* starring Glenn Close and Jonathan Pryce.



Behind any great man there's always a greater woman - and you're about to meet her. Joan Castleman, a highly intelligent and still-striking beauty - the perfect devoted wife. Forty years spent sacrificing her own talent, dreams and ambitions to fan the flames of her charismatic husband Joe and his skyrocketing literary career.



Sign ups are a MUST!

Please let us know if you are Woodbury resident in need of the senior bus for transportation to and from the movie.

On The Road Again...

WHITE MEMORIAL CONSERVATION CENTER

Pat Morris Exhibit

LUNCH AT DACAPO ITALIAN RISTORANTE

Wednesday, March 6

Enjoy the Pat Morris exhibit - a wildlife artist and CT native. Pat began her art career in the 1970's, focusing mainly on pet portraiture. By 1980 she was also painting wildlife, in particular the wolves that she had come to know as a wolf ambassador program in CT. She continued through the years enjoying the challenge of depicting animals, both wild and domestic, in her artwork. Pat also paints on feathers. The museum entry fee is \$6 (payable at the museum).

Arrive at White Memorial Conservation Center for an 11 a.m. self-guided tour of the exhibits.

At 12:30 p.m. enjoy a lunch reservation on your own at daCapo Italian Ristorante.

The office will take sign ups for this trip beginning March 1.

OATMEAL MONDAYS

Mondays through March 18

8:30 - 10 a.m (or until we run out)

Stop in for a free breakfast including hot homemade oatmeal, coffee and tea - available from 8:30 to 10 a.m. or until we run out. Make your cold weather Monday mornings better!



UPCOMING GETAWAY TOURS TRIPS

Stop by the Center for an itinerary

CREATIVE CUISINE AT THE CULINARY INSTITUTE OF AMERICA

Wednesday, April 10

Travel to Hyde Park, NY and dine at Caterina De'Medici Ristorante at The Culinary Institute of American - the final graduating course of the program. Enjoy a three course meal of risotto al pomodoro, pollo alla caldostana and profiterole allo zabaglione. (there are no menu substitutions). After the luncheon head to Millbrook Winery for a five-star wine tasting experience with an education tour. The cost is \$130 and includes transportation, complete luncheon at the Culinary Institute, tour and tasting at Millbrook Winery and driver's gratuity. Payment must be made by check to "Getaway Tours" by March 8.



CASINO TRIP TO MGM-SPRINGFIELD

Wednesday, April 17

MGM-Springfield is a hotel/casino complex situated in the heart of Metro Center in Springfield. The casino boasts 120 gaming tables, 2550 slot machines and a poker room. Enjoy a leisurely lunch at a variety of restaurants in the complex. Upon arrival you will receive a casino bonus package that includes a \$20 Free Slot Play and a \$10 Food Voucher. You will be able to enjoy lunch and a day of gaming at your own pace. The cost is \$37 and includes transportation, casino bonus and driver's gratuity. Payment must be made by check to "Getaway Tours" by March 15.



CT SUN VS. NEW YORK LIBERTY WNBA BASKETBALL AND MOHEGAN SUN ARENA

Wednesday, July 24

Enjoy an 11:30 a.m. game featuring CT Sun's Morgan Tuck and NY Liberty's Tina Charles, Kia Nurse and Bria Hartley. After the game enjoy lunch and gaming before heading home. The cost is \$57 and includes transportation, ticket to basketball game, food voucher and casino bonus and driver's gratuity. Payment must be made by check to "Getaway Tours" by March 15.



BINGO!

Wednesdays, March 13, 20 & 27 from 2:30 to 3:30 p.m.



Join us for a fun-filled afternoon with your friends. 10¢ per card, 10¢ to the kitty per game. Please sign up.



Woodbury Middle School's National Junior Art Honors Society and Tech Ed Club have been working to give back to their community with the help of artist Joseph O'Brien crafting unique, one of a kind birdhouses. Under Mr. O'Brien's tutelage, 7th grade students crafted functional art pieces that will be displayed and sold at the Woodbury Senior Center March 4 through March 29. Each birdhouse is \$25, and all proceeds from the sale will be donated to the Woodbury Senior Center! The birdhouses will be numbered. Interested parties may contact the Senior Center office with their selection. Checks should be made payable to "Region 14." Stop in and see these works of art.

**WOODBURY MIDDLE SCHOOL
BOOK PRESENTATION
CELEBRATION**



**AT WOODBURY MIDDLE SCHOOL
Wednesday, April 24
11:30 a.m. to 12:30 p.m.**

Middle school students created books in which they wrote and illustrated. Woodbury seniors are invited to attend the students' presentation of their book creations. Encourage our youth by attending. Sign ups are a must!

ATTENTION SENIOR DINERS



Cash can no longer be accepted if you are registering for the Senior Dine Program or adding meals to your Senior Dine card. Only checks or credit cards (Master Card or Visa) can be accepted. If using a credit card, the transaction will be processed when the paperwork is received at the Senior Nutrition office. Please allow for 7-10 working days for either the check or credit card transactions to be processed and reflected on your account.



Cash, check, or credit cards will be accepted as payment if you sign up or add meals at the Senior Nutrition office located at 232 North Elm Street, 3rd Floor, Waterbury.

THE WOODBURY UKULELE BAND



Woodbury Ukulele Band's next meetups will be at the Woodbury Senior Community Center on **Friday, March 1 and April 5 at 7 p.m.**

Check it out at: woodburyukes.org
Questions? Call Loryn Ray at the Woodbury Senior Center at 203-263-2828.

SWEATER DONATIONS



We are looking for donations of lightweight sweaters to use to create these adorable wine bottle gnomes, which we will be selling at our Senior Center Craft Fair taking place during the 2019 Woodbury Christmas Festival.

We will be having several craft sessions throughout the year to create multiple items that will be for sale at the fair. Look in future newsletters for details and join us in crafting. Proceeds will be used to support Senior Center programs.

TOWN CONVERSATION ON AGING RESULTS

The Commission for Seniors and Department of Senior Services have been busy working on the data gathered at the Town Conversation on Aging (TCA) last fall. The TCA involved over 50 people with connections to aging in Woodbury - seniors, service providers, community leaders and the public. Sponsored by Connecticut Community Foundation, the TCA also provides funds to address one or more of the issues raised at the conference. The Commission for Seniors and the Department of Senior Services has decided the grant monies will be spent on two initiatives. First, an Aging in Place Series of programs to include the information people need when deciding to stay home as they age. Topics will include home repairs and modification, downsizing, asking for help, knowing when to move, transportation options and more. Look in our April newsletter for information on our first session to be held on April 12. The second initiative will be an electronic display center at the Center to help with communication. Look for this display to be set up this spring.

Want to know more about the Town Conversation on Aging and the results? A full report will be available at the Center after March 15. Let us know if you would like us to email you a copy!

Reminder from the Friends: Donations for Give Local to benefit the Friends of the Woodbury Senior Community can be made April 23-24. Details will follow.

PLEASE NOTE:

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