

WOODBURY SENIOR CENTER REPORTER

Sponsored by
Sullivan's Jewelers



JUNE 2019

MISSION STATEMENT

Volume 39, Issue 6

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.

LUNCH & LEARN:

CHRONIC PAIN MANAGEMENT

sponsored by Prince of Peace Parish Nurses
and presented by Robin Lucas and Lisa Trupp from
the Pomperaug District Department of Health

Monday, June 3

12 to 2 p.m.

Enjoy an informative presentation on chronic pain management. A free delicious lunch is included.
Please sign up.

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.



IT'S REFERENDUM SEASON

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



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.) canceled

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

AGING MASTERY PROGRAM (AMP) GRADUATION PARTY

Tuesday, June 4 from 2 to 4 p.m.

Celebrate the completion of the Aging Mastery Program. All former AMP alumni are also welcome to attend to encourage the new graduates. Please sign up.



**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.




PIZZA & MOVIE

Thursday, June 20 from 4:30 to 7 p.m.


Enjoy a free pizza dinner and movie combo provided by the Center and The Lutheran Home of Southbury. The movie will be *On the Basis of Sex* - the true story of Ruth Bader Ginsburg, her struggles for equal rights and the early cases of a historic career that led to her nomination and confirmation as U.S. Supreme Court Associate Justice.

Sign ups are a must! Seating is limited to 30. Also, if you're a Woodbury resident, please let us know if you need the senior bus for transportation to and from the movie.




Tuesdays, June 4, 11, 18 & 25
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.

"BI FIT" INTERVENTIONS FOR BRAIN HEALTH
 presented by **Theresa Cutillo-Schmitter**
1 to 2:30 p.m.
Thursday, June 13 - The Importance of Sleep
Thursday, June 27 - Benefits of Using Compensatory Strategies and Assistive Technologies



CONSUMER ADVOCACY ASSISTANCE
 with **Cheryl DiRollo**
Problem Solver/Mediator/Negotiator
Tuesday, June 4 & June 18
2 to 2:45 p.m. or 3 to 3:45 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.



AARP DRIVE SMART CLASS
Monday, July 15
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.

LUNCH & LEARN:
HEARING AIDS & TECHNOLOGY FINALLY MEET
 presented by **Carol Maksimow**,
Founder/Director of Hearing Aid Specialists of CT
Friday, June 14 from 11 a.m. to 12:30 p.m.
 Are your loved ones telling you to "fix your hearing"? What should you do? Do you really need a hearing device? What is the recipe to successfully "fix your hearing"? Come to listen and learn both the facts and our industry secrets so you can make the right decision for YOU! A free lunch will be served. Please sign up.



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.
 June Session: 6/4 - 6/27
 \$32 for 8 classes (\$37 out of town)



Tai Chi with Susan
 Mondays and Wednesdays, 1 to 2 p.m.
 The current session will end on June 17.
 Next Session: June 19 - July 29
 \$48 for 12 classes (\$53 out of town)



Classic Cardio Dance with Andrea
 Mondays, Wednesdays and Fridays
 8:30 - 9:30 a.m.
 June Session: 6/3 - 6/28 (no class on 6/14)
 \$33 for 11 classes (\$38 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.
 June Session: 6/4 - 6/27
 \$40 for 8 classes (\$45 out of town)



Senior Mat Pilates with Jennifer
 Tuesdays and Thursdays
 8:30 to 9:30 a.m.
 June Session: 6/4 - 6/27
 \$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, June 17

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



JUNE IS ELDER ABUSE AWARENESS MONTH

NO EXCUSE FOR ELDER ABUSE

We all deserve to lead happy and healthy lives free from abuse as we age, yet older people are mistreated more often than we think. If you suspect mistreatment, neglect or abuse of an older adult, take action. Call the State of Connecticut Protective Services for the Elderly for a confidential referral at 888-385-4335.

Learn more and raise awareness toward prevention of this important social justice issue at:

eldermistreatment.usc.edu

Sullivan's Jewelers

High Quality Expert Service

SELL UNWANTED JEWELRY

DIAMONDS, GOLD, STERLING SILVER. COINS

ESTATE JEWELRY, STERLING SILVER FLATWARE

JEWELRY REPAIR DONE ON PREMISES

APPRAISALS

MOST WATCH BATTERIES \$4.00+tax

Tues, Wed, & Friday 9:30AM-6PM

Thurs. 9:30AM-7:00PM Sat. 9:30AM-4PM

403 Middlebury Rd. Middlebury

10 minutes from Woodbury

203-598-3305 www.sullivanjewelry.com

LUNCH & LEARN: VASCULAR DISEASE

sponsored by Brandywine Living at Litchfield

presented by Dr. Bing Shue

of The Vascular Experts in Southbury

Monday, June 10 at 12 p.m.

Learn about vascular disease with Dr. Shue. You will learn what symptoms to look for, how your doctor diagnoses it and some of the newest treatments available. A FREE ultrasound screening for vascular disease will be offered following the presentation. A complimentary lunch will be provided. Please sign up.

HOT DOG POT LUCK, ICE CREAM SOCIAL AND

YANKEE DOODLE DANDY MOVIE

Friday, July 5 from 11 a.m. to 4 p.m.

\$1 - and you must bring a dish or item to share

The Center will provide grilled hot dogs and ice cream. Please bring your favorite dish or item to share. Sign ups are required.



WATERCOLOR WITH JEN

Tuesdays, July 2, 9, 16, 23 & 30 from 1 to 3 p.m.

Learn to paint with watercolor. Jen, with the power of YouTube tutorials, will guide and assist you to identify with your inner artist.

The cost will be \$5 for supplies for whole session. Please sign up.



UPCOMING GETAWAY TOURS TRIPS

Stop by the Center for an itinerary

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.

HAPPY BIRTHDAY TO OUR MEMBERS BORN IN JUNE!

- | | | |
|--------------------|-------------------|--------------------|
| Joan Verilli | Anne Brown | Betty Albert |
| Mary Dodge | Ann Carlotzi | Louise Pawloski |
| Bob Clarke | Jeff Oetjen | Lorraine Traver |
| Cheryl Smith | Sarah Horn | Carolyn Kiley |
| Elizabeth Barry | Lionel Schwartz | Judith Kindley |
| Terri Sherkus | George Raczkowski | Tom Schulz |
| Robert Busher | Nadine Burns | June Petrolle |
| Fran Martin | Daniel Kraut | Gregg Welch |
| Anne Peterson | Lenore Sturm | Richard Atkins |
| Cecily Hunt-Davis | Linda Nielson | Maureen Denver |
| Judy Lamontagne | Patty Linthicum | Don Spohrer |
| Paul Andrash | Arthur Pepperman | Melvin Selsky |
| Perry Morell | Evelyn Perelli | Joe Nori |
| Carl Rosa | Alice Velky | Susan Benenson |
| Don James | Patrick Downes | Lisbeth Castillo |
| Diana Steiner | Barbara Mare | Dorothy West |
| Patricia Gee | Tim Shea | Jack Brockman |
| Vicki Davis | Linda Thayer | Bobby Curtis |
| Elsie McTiernan | James Hughes | JoAnn Noonan |
| Isabel Ostermayer | Lynn Van Buren | Mark Vaghi |
| Lisa Fenton | Linda Jenks | Michael Pinevich |
| Alfred Dreher | Joseph Reed | Dolores Salerno |
| Allen Krivicky | Alan Root | Donna Brown |
| Elizabeth Ward | Barbara Maxwell | Anita Sansone |
| Rina Cuomo | Maida Olson | Andrew Wysowski |
| Joanne Milo | Anne Delo | Terrance Hill |
| Jeff Leavenworth | Luz Buhain | Sandra Barnes |
| Barbara Morley | Sary Ritchie | Milton Feldman |
| Barbara Perkinson | Kathleen Hubbard | Sue Patrick |
| Michael McCormack | Betty Rickey | Irene Miller |
| Barbara Gardella | Adriane Ruggiero | Jocelyn Lane |
| Lynn Cullen | Bernadette Rutte | Dolores Somerville |
| Leila Edwards | Lori DeFelice | Eve Caldron |
| Linda Ratzenberger | Peter Kozenieski | Catherine Gay |
| Michael Fasano | Gladys Sheehan | |
| Marilyn Aligata | Salvatore Abriola | |
| Gloria Albizu | Judy Gabriele | |
| Barbara Vensel | Bob Ritchie | |
| Kenneth Zagami | Janice Hollywood | |



Celebrate your **June** birthday with lunch and birthday cake on **Thursday, June 27** 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.

MASSAGES WITH ANDREA
Wednesdays, June 5, 12 & 26
10 a.m. to 3 p.m.
30 minutes is \$25 - 1 hour is \$45



MASSAGES WITH MARY
Fridays, June 7 & 21
9 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, June 5, 12, 19 & 26
2:15 to 3:45 p.m.
 All levels are welcome to play.



We are encouraging you to please bring in your own coffee mug. We will have a storage cabinet for your mugs. Please mark them with your name. We have been told by Town administrators that we can now only use environmentally friendly cups (no Styrofoam), which costs almost 3 times more. We are trying to avoid having to charge for cups in the future.



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.

ON THE ROAD AGAIN...

**Local Late Lunch at The Olive Tree Restaurant in Woodbury
Wednesday, June 12**



Enjoy a great lunch on your own right here in Woodbury. Our reservation is scheduled for 12 noon. Bus seating is limited to 12 - or you could meet the bus group at the restaurant and drive on your own. Please sign up starting June 1.

**The Music Man at Goodspeed Opera House and Lunch at The Gelston House
Wednesday, June 19**

You got trouble in River City! Professor Harold Hill and Marian the Librarian march into their first appearance at Goodspeed in a rousing new production of this great American musical. When huckster Harold promised to save an Iowa town by selling the dream of a boys' band, Marian is the only skeptic. Until she starts to buy his pitch. Fall in love all over again with "76 Trombones," "The Wells Fargo Wagon," "Trouble" and "Till There was You." A glorious classic



"The Wells Fargo Wagon," "Trouble" and "Till There was You." A glorious classic that will have you parading in the streets. Lunch will be served at The Gelston House at 11:30 a.m. followed by the 2 1/2 hour musical at 2 p.m. **The cost is \$90 and payable at sign up anytime by Monday, June 10!** Sign-ups are limited to 12 people.

**Meigs Point Nature Walk at Hammonasset State Park and Lunch at Lenny & Joe's Fish Tale
Wednesday, June 26**



Start the day with a refreshing Meigs Point Nature Walk at 10:30 a.m. followed by a delicious seafood lunch on your own at Lenny & Joe's Fish Tale. The bus will leave Woodbury at 9 a.m. and return by 3 p.m. Seating is limited to 12. Please sign up starting June 1.

**The Rose Garden at Elizabeth Park and The Pond House Café for Lunch
Wednesday, July 3**



The Rose Garden is the oldest municipally operated rose garden in the country. There are lovely perennial, shade and annual gardens in the park to enjoy. Peter Winne will lead you on an 11:30 a.m. tour. Lunch will follow at 12:30 p.m. at the Pond House located on the garden grounds (we will have a menu available upon request in the office). The cost is \$16 for the tour plus the cost of lunch on your own. You can sign up for this trip starting on June 1. Space is limited to 12 people.



**Sedona Taphouse and Lockwood-Mathews Mansion Museum in Norwalk
Wednesday, July 10**

Our first stop will be for lunch on your own at the Sedona Taphouse, known for its delicious food and craft beers. After lunch our group will proceed to the Lockwood-Mathews Mansion Museum for a 45 minute docent-led tour at 1:30 p.m. The mansion is regarded as one of the earliest and



most significant Second Empire Style country houses in the U.S. Built by renowned financier and railroad tycoon LeGrand Lockwood the mansion illustrates the beauty and splendor of the Victorian Era. The cost for the tour is \$6, payable in cash at sign up. You can sign up for this trip starting on June 1. Space is limited to 12 people.

**Lavender Pond Farm and Lunch at The Copper Skillet in Killingworth
Thursday, July 11**

Enjoy 25 glorious acres of land with beautiful lavender fields. After the tour you can visit the gift shop before heading to a delicious lunch at The Copper Skillet. The cost for this trip is \$5 payable at sign up. Sign ups begin on June 1. Space is limited to 12 people.



**NOTES FROM JENNIFER MOSHIER,
MUNICIPAL AGENT**

"Renters Rebate" for the town of Woodbury runs through October 1, 2019. Eligible residents 65 years of age or disabled, with an annual income not exceeding \$36,000 for a single person and \$43,900 for a couple, are asked to contact Jennifer at 203-263-4117 to apply for Renter's Rebate for the year 2018. Residents of Spruce Bank Farm, Woodbury, may also apply with Jeff McKenna, Resident Services Coordinator, 203-263-4047.

Applicants must bring proof of all income received in 2018 and proof of expenses, i.e., all rent and utilities paid for the year 2018. (The electric company/Eversource will supply a summary of your account for the year at your request). A copy of Social Security benefits (a 1099 or TPQY), a copy of Income Tax Return and any other income such as pensions must also be supplied. Applications will be accepted through September 30, 2019.

**2019 Senior Farmer's Market Nutrition Program
Voucher Booklets**

The program officially starts on July 1, 2019.

Qualifying income guidelines are:

Household Size	Monthly Income	Yearly Income
1	\$1,926	\$23,107
2	\$2,607	\$31,284

You must be 60 years of age or older OR a disabled individual under the age of 60 living in housing facilities occupied primarily by older individuals where congregate nutrition services are provided. These vouchers can be utilized at Farmer's Markets throughout CT where they are authorized as a redemption location to purchase fruit, vegetables, fresh cut herbs and honey only. Signs will be posted at the market/stand. To see if you qualify please contact Jennifer at 203-263-4117.

**NEW ADVENTURES IN COOKING
WITH CHEF MARIANNE DESILVA**

**Raise the Salad Bar
Monday, June 17**

10:30 a.m. to 1:30 p.m.



What makes one salad better than the next? Marianne will enlighten you to many of the ingredients, tips and secrets that help "raise the salad bar." Create three healthy salads which employ a variety of seasonal greens such as arugula, baby kale, escarole and more, using healthy toppings like olives, fruit, roasted peppers and carrots. Also learn to make a variety of dressings. The cost is \$20 (\$25 out of town). Please sign up.

BINGO

**Wednesday, June 19
12:30 to 2:30 p.m.**



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 alternating callers - Wendy Mutter from the Lutheran Home and Kathy Haven from VNA Northwest. 10¢ per card, 10¢ to the kitty per game. Plus new prizes! Please sign up.

LUNCH & LEARN: AGING IN PLACE

A Lunch & Learn series to help you navigate the decisions ahead. All sessions are free and include a light lunch. Pre-registration is required. Sponsored by Connecticut Community Foundation as part of our Town Conversation on Aging.

Rightsizing Your Life

Monday, July 8 at 12:30 p.m.

To move or not to move? How do I downsize? What do I do with all my stuff? Learn what questions to ask yourself, how to make the decision that's right for you, how to deal with family ramifications of your decision and more.

Ask The Experts: A Panel Discussion

Monday, September 16 at 12:30 p.m.

Bring your specific questions and ask the Aging in Place experts. Panel members include specialists in home modifications for aging in place, a living transitions counselor, a home health care agency director, a resource and benefits specialist and more. This is sure to be an in-depth and valuable afternoon. Don't miss it.

Act III: Creating your Personal Aging in Place Plan

Monday, November 18 at 12:30 p.m.

At this session we will evaluate how you answer the questions in each of the six critical areas related to aging in place. Attendees will receive an Aging in Place Workbook to take home. This workshop will take all the information you've learned in the series and distill it to your own experience.

FLOWER ARRANGING

**with Julie Brown of The Cascades Assisted Living
Monday, July 1 from 12 to 2 p.m.**



Make a flower arrangement for yourself or for a gift for a friend. The class is free. Please sign up.