

Be sure to visit our website at:
woodburyseniorct.org
 for the newsletter, calendar, and more.

APRIL 2019

Celebrating
 Volunteer
 Appreciation
 Month!



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| Weekly - 8:30-3:30 Fitness Room Open 8:30-9:30 Cardio Dance 9:30-10:30 Fitness Fury 1:00 Women's Bridge | Weekly - 9-4 BUS IN WOODBURY 8:30-3:30 Fitness Room Open 10-10:45 Exercise for Balance 11:00 Indoor Walking Class 12:00 Hot Lunch (by reservation) 1:00 Mah Jongg 1-2 Strength Training 1:30-3 Purls & Chains | Weekly - 8:30-3:30 Fitness Room Open 8:30-9:30 Cardio Dance 9:30-10:30 Fitness Fury 9:30 Bridge 12:30 Canasta 2:15-3:45 Table Tennis | Weekly - 9-4 BUS IN WOODBURY 8:30-3:30 Fitness Room Open 8:30-9:30 NEW! Mat Pilates 10-10:45 Exercise for Balance 11:00 Indoor Walking Class 12:00 Hot Lunch (by reservation) 1-2 Strength Training 1:00 Bridge | 9:Weekly - 8:30-3:30 Fitness Room Open 8:30-9:30 Cardio Dance 9:30-10:30 Fitness Fury 9:30 Mah Jongg 9:30-11:30 Stitches of Love 10:00 BUS TO SOUTHURY 12:00 Duplicate Bridge |
| April 1 - 10:00 BUS TO NAUGATUCK 11:00 Essential Oils 101 1-2 Tai Chi 2-3 Pilobolus: Connecting with Balance <hr/> April 8 - 10:00 BUS TO TORRINGTON 1-2 Tai Chi 2-3 Pilobolus: Connecting with Balance <hr/> April 15 - 10:00 BUS TO MERIDEN MALL 10:30-1:30 Cooking with Marianne 1-2 Tai Chi 2-3 Pilobolus: Connecting with Balance <hr/> April 22 - 10:00 BUS TO DANBURY 10-2 Haircuts with Jamie (by appt) 1-2 Tai Chi 2-3 Pilobolus: Connecting with Balance <hr/> April 29 - 10:00 BUS TO MYSTERY SHOPPING TRIP 1-2 Tai Chi 2-3 Pilobolus: Connecting with Balance | April 2 - 8:30-9:30 No Yoga Today 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic 2-3:30 The Aging Mastery Program <hr/> April 9 - 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 10-12 Pomperaug Valley Garden Club: Matthew Sanford "Made in the Shade" 2-3:30 The Aging Mastery Program <hr/> April 16 - 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic 2-3:30 The Aging Mastery Program <hr/> April 23 - 8:30-9:30 No Yoga Today 9:15-11 Techie Tuesday (by appt) 2-3:30 The Aging Mastery Program <hr/> April 30 - 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 2-3:30 The Aging Mastery Program | April 3 - SENIOR BUS TRIP: Riverview Cinema in Southbury 10 -12 Current Events with Penny 1-2 Tai Chi 2:30-3:30 Bingo <hr/> April 10 - 9-4 BUS IN WOODBURY 10-3 Massages with Andrea (by appt) 10-12 Current Events with Penny 1-2 Tai Chi 2:30-3:30 Bingo <p style="text-align: center;">Getaway Tours Trip- The Culinary Institute of America</p> <hr/> April 17 - SENIOR BUS TRIP: Hidden Valley Eatery in Washington 10-12 Current Events with Penny 12-3 Foot Care Clinic (by appt) 1-2 Tai Chi <p style="text-align: center;">Getaway Tours Trip- MGM Springfield Casino</p> <hr/> April 24 - 9-4 BUS IN WOODBURY 10-12 Current Events with Penny 10-3 Massages with Andrea (by appt) 10:30-12 Journey Through Grief Support Group 11:30-12:30 WMS Book Presentation Celebration at WMS 1-2 Tai Chi | April 4 - 8:30-9:30 Yoga 12:30-4:30 Nonnewaug High School presents the Region 14 Senior Citizen "Spring Luncheon and Musical" (by reservation only) 1-2:30 Bi Fit Series: An Overview of the Brain <hr/> April 11 - 8:30-9:30 Yoga <hr/> April 18 - 8:30-9:30 Yoga 11-12:30 Writing Class 1-2:30 Bi Fit Series: Cognitive Engagement <hr/> April 25 - 8:30-9:30 No Yoga Today 11-12:30 Writing Class | April 5 - 10:30 Journey Through Grief Bereavement Support Group 1:30-2:30 Gadgets & Gizmos to Make Your Life Easier 7:00 Woodbury Ukulele Band <hr/> April 12 - 10-1 Massages with Mary (by appt) 10:30 Journey Through Grief Bereavement Support Group 12:30-3:30 Lunch & Learn: Aging in Place <hr/> April 19 - <p style="text-align: center;">Center Closed for the Good Friday Holiday</p> <hr/> April 26 - 10-1 Massages with Mary (by appt) 10:30 Journey Through Grief Bereavement Support Group 12:00 Lunch & Laughter Comedy Event featuring Kareem Blue |

UPCOMING EVENTS

Friends of the Woodbury Senior Community Center, Inc.

Free Concerts

Sunday, April 7 at 2 p.m. - *An Afternoon with Mozart and Brahms* performed by Parnassus String Quartet of Yale School of Music with Vincent deLuise on clarinet.

Sunday, April 28 at 4 p.m. - The Doox of Yale. This group has performed previously at our concerts with the name "The Dukers Men of Yale" but now there are females in the group, so they changed their name.

Eye Health 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.

New York City Bus Trip

sponsored by the Washington Art Association
Thursday, May 16

Explore New York City museums on your own. The bus will drop you off at the Metropolitan Museum of Art on 5th Avenue. You are on your own to discover any museum you wish, including the Guggenheim Museum, NEuE Gallery, and the Frick Collection. Dining on your own options include the museum cafes, a hot dog on the steps of the MET, food vendors in Central Park or any area restaurant. Departure time from the Washington Art Association in Washington, CT is at 8:30 a.m. with an approximate arrival time at the MET at 11 a.m. The return trip departure time from NYC is at 3:30 p.m. The cost is \$50 for the bus. Admission to the museums is on your own. Call 860-868-2878 to make your reservation ASAP.

MEAL MENU

TUESDAYS

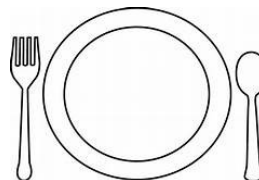
April 2 -
Clam Chowder
Baked Cracker Crumb Topped
Tilapia
Vegetable Medley
Wild Rice
Fruit Cocktail

April 9 -
Garden Salad
Pork Roast with Gravy
Applesauce
Cauliflower & Broccoli
Roasted Potato
Peaches

April 16 -
Tomato & Cucumber Salad
Chicken Piccata
Rolls Primavera Rice Pilaf
Orange & Grapefruit Sections

April 23 -
Cabbage Soup
Kielbasa
Honey Glazed Carrots
Pierogis & Sautéed Onions
Cheesecake with Berry Sauce

April 30 -
TBD



THURSDAYS

April 4 -
Garden Salad
BBQ Chicken
Baked Beans
Vegetable Medley
Pound Cake
Fruit Juice

April 11 -
Split Pea Soup
Cod Florentine
Carrots
Sweet Potato
Muffin Surprise
Fruit Juice

April 18 -
Tossed Salad
Baked Ziti
Meatballs
Green Beans
Cookies
Fruit Juice

April 25 -
TBD

CONGREGATE MEAL LUNCHESES

Please remember to sign up a week in advance to enjoy the Chef-On-Site lunches on Tuesdays and Thursdays at noon. The lunch day is considered FULL once the meal counts have been received by New Opportunities the week prior. The suggested donation for lunch is \$3.50.