

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

MAY 2019

May is Older
 Americans
 Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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</p>	<p>Weekly - 9-4 BUS IN WOODBURY 8:30-3:30 Fitness Room Open 8:30-9:30 Mat Pilates (starting 5/14) 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</p>	<p>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</p>	<p>Weekly - 9-4 BUS IN WOODBURY 8:30-3:30 Fitness Room Open 8:30-9:30 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</p>	<p>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</p>
<p>May 6 - 10:00 BUS TO NAUGATUCK 12-2 Free Vision Screening (by appt) 1-2 Tai Chi at the Firehouse 2-3 Pilobolus: Connecting with Balance at the old Town Hall</p> <hr/> <p>May 13 - 10:00 BUS TO TORRINGTON 11-1 Free Blood Pressure and Blood Sugar Screening Clinic 1-2 Tai Chi 2-3 Pilobolus: Connecting with Balance</p> <hr/> <p>May 20 - 10:00 BUS TO MERIDEN MALL 10-2 Haircuts with Jamie (by appt) 1-2 Tai Chi 2-3 Pilobolus: Connecting with Balance</p> <hr/> <p>May 27 - Center Closed for the Memorial Day Holiday</p>	<p>May 7 - 6am-8pm Region 14 School Budget Referendum 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic 2-3:30 The Aging Mastery Program</p> <hr/> <p>No Exercise for Balance No Indoor Walking Strength Training at the Firehouse</p> <hr/> <p>May 14 - 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 2-3:30 The Aging Mastery Program</p> <hr/> <p>May 21 - 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic 2-3:30 The Aging Mastery Program</p> <hr/> <p>May 28 - 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 2-3:30 The Aging Mastery Program</p> <p>Strength Training at the Firehouse</p>	<p>May 1 - 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 1-2 Tai Chi</p> <hr/> <p>May 8 - 9-4 BUS IN WOODBURY 10-3 Massages with Andrea (by appt) 10-12 Current Events with Penny 10:30-12 Journey Through Grief Support Group 1-2 Tai Chi</p> <hr/> <p>May 15 - SENIOR BUS TRIP: New Britain Museum of American Art & Staropolska Restaurant 10-12 Current Events with Penny 10:30-12 Journey Through Grief Support Group 12-3 Foot Care Clinic (by appt) 12:30-2:30 Bingo! 1-2 Tai Chi</p> <hr/> <p>May 22 - SENIOR BUS TRIP: Old Sawmill Mini Golf and Rich Farm in Oxford 10-12 Current Events with Penny 10-3 Massages with Andrea (by appt) 10:30-12 Journey Through Grief Support Group 1-2 Tai Chi</p> <hr/> <p>May 29 - 6am-8pm Town Budget Referendum 9-4 BUS IN WOODBURY 10-3 Massages with Andrea (by appt) 10:30-12 Journey Through Grief Support Group Cardio Dance, Fitness Fury and Tai Chi at the old Town Hall</p>	<p>May 2 - 8:30-9:30 Yoga 11-12:30 Writing Class 1-2:30 Bi Fit Series: Physical Activity</p> <hr/> <p>May 9 - 8:30-9:30 Yoga 11-12:30 Writing Class</p> <hr/> <p>May 16 - 8:30-9:30 Yoga 11-12:30 Writing Class 1-2:30 Bi Fit Series: Nutrition and Diet</p> <hr/> <p>May 23 - 8:30-9:30 Yoga 11-12:30 Writing Class (last class of session)</p> <hr/> <p>May 30 - 8:30-9:30 Yoga 1-2:30 Bi Fit Series: Stress Management</p>	<p>May 3 - 1-2:30 The History of the Kentucky Derby 7:00 Woodbury Ukulele Band</p> <hr/> <p>May 10 - 10-1 Massages with Mary (by appt)</p> <hr/> <p>May 17 - 10-11:30 French Toast Brunch</p> <hr/> <p>May 24 - 10-1 Massages with Mary (by appt)</p> <hr/> <p>May 31 -</p>

PLEASE NOTE -
 ALL PROGRAMS ARE
 SUBJECT TO CHANGE!

Weekend Senior Bus Trip
 Sunday, May 19
 The Dixie Swim Club
 at the old Town Hall at 2 p.m.
 Please call the Center if you'd like to reserve a bus ride to the show.

UPCOMING EVENTS

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 (please save for future reference)

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.

The Woodbury Senior Center extends our sincerest thanks to Tracy Brady from Visiting Angels for putting together a comprehensive overview of the needs surrounding all aspects of aging in place.

We will use this information to tailor future guest speakers to further delve into the topics covered. The Woodbury Senior Center would also like to graciously thank Julie Brown from Bethel Health Care for providing a delicious lunch for our first Aging in Place session.

ART OF YUM MEAL MENU

TUESDAYS

May 7 -

French Onion Soup
Italian Meat Lasagna
Balsamic Roasted Brussel Sprouts
Cheesy Garlic Bread
Marble Pound Cake
Pineapple Juice

May 14 -

Garden House Salad
Stuffed Spinach & Roasted Red
Pepper Portobello Mushroom
Dirty Rice Pilaf
Roasted Eggplant
Watermelon & Blueberries

May 21 -

Creamy Tomato Soup
Turkey Lentil Meatloaf
Roasted Potatoes
Herbed Green Beans
Fresh Cherries

May 28 -

Carrot Cumin Soup
Dijon Crusted Whiting Fish
Jasmine Rice
Pickled Vegetables
Fresh Strawberries & Mascarpone

CONGREGATE MEAL LUNCHES

Please remember to sign up at least 3 days in advance to enjoy the *Art of Yum* lunches on Tuesdays and Thursdays at noon. The lunch day is considered FULL once the meal counts have been received by New Opportunities. The suggested donation for lunch is \$3.50.

THURSDAYS

May 2 -

Minestrone Soup
Lemon Herbed Marinated
Chicken Quarters
Caramelized Onion Rice Pilaf
Broccoli & Carrot Medley
Applesauce

May 9 -

Caesar Salad
Herb Crusted Cod
Toasted Barley
Roasted Tomato, Pepper & Onion
Fresh Fruit Salad

May 16 -

Potato Leek Soup
Traditional Stuffed Pepper
With Pomodoro Sauce
Baked Ziti
Roasted Zucchini
Banana Pudding

May 23-

Mediterranean Salad
Chili Lime Roasted Pork Loin
Organic Quinoa Rice Blend
Broccoli
Birthday Cake
Cranberry Sauce

May 30 -

Cobb Salad
Honey Chicken Breast
Toasted Orzo Pilaf
Roasted Cauliflower Medley
Homemade Brownies
Fruit Juice