

WOODBURY SENIOR CENTER REPORTER

Sponsored by

New Morning Market &
Vitality Center



APRIL 2019

MISSION STATEMENT

Volume 39, Issue 4

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.



HAPPY EASTER!

The Center will be closed on **Friday, April 19** for the **Good Friday** Holiday.
There will be no senior bus transportation or Meals on Wheels deliveries.



LUNCH & LAUGHTER COMEDY EVENT FEATURING KAREEM BLUE

sponsored by Brandywine Living at Litchfield
Friday, April 26 at 12 p.m.

Kareem Blue is a former boxer turned comedian. He is an actor and producer of his own comedy shows and owner of Blue Boy Entertainment in Thomaston.

Kareem was also a runner up in the New England's Funniest Comic at Mohegan Sun's Cabaret Theater. He has established himself as a tried and true funny guy. Kareem will leave you laughing and exhausted from his show. Brandywine's goal is to provide us with a reason to laugh at whatever life throws our way...

at any age. It is their hope to improve and enhance the quality of our lives and "laughter is the best medicine."

A delicious lunch, including soup de jour, assorted sandwiches and dessert will be prepared by Brandywine's highly trained chefs. Sign ups are a must for this program.



THE AGING MASTERY PROGRAM® (AMP)

A New Session Begins
Tuesdays through May 28
from 2 to 3:30 p.m.



Aging Mastery Program
National Council on Aging

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 AMP education for older adults. Please sign up.

NONNEWAUG HIGH SCHOOL PRESENTS THE REGION 14 SENIOR CITIZEN "SPRING LUNCHEON & MUSICAL" Thursday, April 4

-12:30 p.m. Senior Bus arrival at Nonnewaug High School

-12:45 p.m. Luncheon in the NHS Culinary Room
Menu: NHS greenhouse spring salad with a basil balsamic vinaigrette, baked stuffed shells, garlic toast, fresh berries and cream trifle.

-2:30 to 4:30 p.m. Drama Club presents *INTO THE WOODS* at the Woodbury Middle School

All participants **MUST** ride our senior bus to and from this event. This event is for Woodbury seniors only and limited to 35.
Please sign up.

- TO OUR VOLUNTEERS - HAPPY VOLUNTEER APPRECIATION MONTH!



You monitor our Fitness Room and deliver meals; you plan programs & projects, help at lunch & make phone calls.

You're our welcoming committee, you work with the Friends to raise money to make the Center better and so much more. No matter what you do, volunteers are part of the magic that is the Center community.

We cannot do "what we do" without you.

Thank you from the bottom of our hearts,

Loryn, Jennifer S-T, Karen, Jennifer M.,

Tom, Bob, Nancy, John and Donna



Tuesdays, April 2, 9, 16, 23 & 30
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.

ESSENTIAL OILS 101 CLASS
with Jennifer Gates, Wellness Advocate
Monday, April 1 at 11 a.m.



What does it mean to be "well?" Learn how essential oils can assist the body to heal itself. Please sign up for this free class.

GADGETS & GIZMOS TO MAKE YOUR LIFE EASIER— You'll be Amazed!
Friday, April 5 from 1:30 to 2:30 p.m.
 The WCAA Assistive Technology Center will provide a free group demonstration of assistive devices such as magnifiers, phone amplifiers, Ipads, vibrating alarm clocks, smart pens and talking watches just to name a few. Please sign up.

ON THE ROAD AGAIN... SENIOR BUS TRIP TO SOUTHBURY'S RIVERVIEW CINEMA FOR TIM BURTON'S PRODUCTION OF "DUMBO"
Wednesday, April 3 (Time TBD)

From Disney and visionary director Tim Burton, the all-new grand live-action adventure expands on the beloved classic story where differences are celebrated, family is cherished and dreams take flight. Circus owner Max Medici (Danny DeVito) enlists former star Holt Farrier (Colin Farrell) and his children to care for a newborn elephant whose oversized ears make him a laughingstock in an already struggling circus. But when they discover that Dumbo can fly, the circus makes an incredible comeback, attracting persuasive entrepreneur V.A. Vandevere (Michael Keaton) who recruits the peculiar pachyderm for his newest, larger-than-life entertainment venture, Dreamland. Dumbo soars to new heights alongside a charming and spectacular aerial artist, until Holt learns that beneath its shiny veneer, Dreamland is full of dark secrets.



Bus seated is limited to 12. 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.
 April Session: 4/2 - 4/30
 \$36 for 9 classes (\$41 out of town)



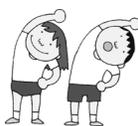
Tai Chi with Susan
 Mondays and Wednesdays, 1 to 2 p.m.
 Current Session through 4/29
 \$48 for 12 classes (\$53 out of town)



Classic Cardio Dance with Andrea
 Mondays, Wednesdays and Fridays
 8:30 - 9:30 a.m.
 April Session: 4/1 - 4/29
 \$36 for 12 classes (\$41 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.
 April Session: 4/4, 9, 11, 16, 18 & 30
 \$30 for 6 classes (\$45 out of town)



Senior Mat Pilates with Jennifer
 Thursdays
 8:30 to 9:30 a.m.
 April Session: 4/4, 11, 18 & 25
 \$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, April 22

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. Please sign up.

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

PILOBOLUS - CONNECTING WITH BALANCE

Mondays, April 1 through May 20

2 to 3 p.m.

\$40 for 6 week program or \$6 drop in fee

Connecting with balance is a 6 week program focusing on using movement and dance to maintain and improve dynamic balance. Participants will work with Pilobolus Teaching Artists on creating connections with their bodies, connections with others and connections with their own creativity.

**P I L
O B O
L U S**

This class is open to all levels of ability - event those who remain seated throughout. Bring just your body and an open mind. Please sign up.

GOOD MORNINGS

by **New Morning Market & Vitality Center**



SINCE 1971!

129 Main St. North, Woodbury CT | 203.263.4868 | [Facebook](#) [Instagram](#) [Twitter](#) @newmorningmarket

"JOURNEY THROUGH GRIEF" SUPPORT GROUP

Wednesdays, April 24 through May 29

10:30 a.m. to 12 p.m.

VITAS® Healthcare is offering a free 6 week bereavement support group.

The group explores the grief process through a variety of techniques while supporting each member individually in this safe, supportive



environment. Please extend the invitation to other grieving family members. There is no cost, but space is limited, so please sign up if you are interested.

The Friends of the Woodbury Senior Community Center, Inc.

is pleased to announce that our 501c3 non-profit organization is again participating in the CT Community Foundation, Inc. GIVE LOCAL online giving program scheduled for **April 23 and 24**. Funds raised through GIVE LOCAL will be used to address the acoustics issue in the Woodbury Senior Center's café, as well as identified items that the Center may need in the future.

So rev up your computer and plan to give on line April 23 and 24 to the Friends of the Woodbury Senior Community Center, Inc. The link to GIVE LOCAL online is www.GiveLocalCCF.org. Your contribution would be tax deductible. Thank you in advance.

HAPPY BIRTHDAY TO OUR MEMBERS BORN IN APRIL!

- | | | |
|-------------------|-------------------------|--------------------|
| Charlie White | Mary Jane Winnie | Christine Dretton |
| Carol Gregware | Jane Carmmilette | Terry Sussman |
| Ernest Farrow | Robert Boerstler | Karen Rumsey |
| Bill Wehrhahn | Sam Finley | Mary Ann Moccia |
| Tom Lumia | Chris Pearce | Elizabeth Schmidt |
| Steven Reinberg | Kathleen McMinn | Bonnie Mather |
| Gillian Farrell | Ann Cerna | Jean Van Loon |
| Maryanne Newcomb | Ronald Cooper | Donna Hurwitz |
| Jean Berechid | Paula Crean | Tim Coyne |
| Carol Alesi | Helga Weed | Carol Jeannin |
| Katheryn Basile | Jeanette Eberi | Rita Connolly |
| Marianne Dowling | Christina Gentile-Renda | Sue Jacobson |
| George Murdock | Lyn Hellwinkle | Michele Finn |
| Joan Karpowich | Alice Norwick | John LePage |
| Kate Jackson | Patricia Welinsky | Kenneth Spencer |
| Gladys Rimbochi | Tina Galvin | Hylda Buckley |
| Lucille Field | Lydia Blackwell | Elaine Semeraro |
| Eileen Holohin | Madeline Flynn | Hope Crutcher |
| Jim Phalon | Phil McGovern | Bette Gurry |
| Carol Assenza | Charles Ferguson | Carol Gereg |
| Leslie Lebl | Pat Sobocinski | Ethel Follett |
| Mary Madsen | Norma Taylor | Ferol Slekis |
| Donna Bliven | Lois Grechenko | Shirley Keip |
| David Pettinicchi | Patricia Cummings | Pat Field |
| Catherine Bolduc | Dorothy Kowalski | Claire Newman |
| Ken McCrohan | Joann Durkin | Dominique Martinet |
| Barry Burton | Rose Mallon | Jane Cooney |
| Winifred Connolly | Mary Kay Flaherty | Amelia Janaltka |
| Cathy McLaughlan | Anne Rogers | Nancy D'Andrea |
| Arline Cohen | Frankie Crookes | Arthur Graff |
| Susan Clark | Mary Jane Strong | Jerilyn Albanese |
| Fred Cogliati | Kelly Richardson | Cheryl DiRollo |
| Josephine Tolg | Ann Beckman | |
| Pam Slater | JoAnn Pease | |
| Molly Tate | Stephanie Wachman | |
| Maryann Daino | Joahn Manno | |
| Vida Miller | Susan Windesheim | |
| Guy Buccino | Carolyn Shay | |
| Mary Jane Johnson | Flora Cirello | |



Celebrate your **April** birthday with lunch and birthday cake on **Thursday, April 25** 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:

See Page 3 for Renter's Rebate Information.

MASSAGES WITH ANDREA

Wednesdays, April 10 & 24

10 a.m. to 3 p.m.

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



MASSAGES WITH MARY

Fridays, April 12 & 26

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,

April 3, 10, 17, 24

2:15 to 3:45 p.m.

All levels are welcome to play.



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. 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.

**POMPERAUG VALLEY GARDEN CLUB PRESENTS
MATTHEW SANFORD "MADE IN THE SHADE"**

Tuesday, April 9 from 10 a.m. to 12 p.m.

The Garden Club is happy to welcome Watertown resident Matthew Sanford - plantsman and hybridizer. In his professional life, Mr. Sanford is a professional wetland scientist and certified soil scientist. Mr. Sanford is well known for his Hosta hybridization program and garden which has been featured in This Old House magazine. He has a passion for and expertise on a wide variety of shade tolerant plants. This program will focus on plants that are adapted to growing in partial shade to shade environments and will highlight the diverse plant assemblages available to gardeners. Some of the plants that will be discussed include Japanese maples, hostas, hellebores, epimediums, ferns, and sedges. The program is free for seniors who sign up through the Senior Center - otherwise guests will be charged \$5.



UPCOMING GETAWAY TOURS TRIPS

Stop by the Center for an itinerary

**Ace in the Hole Productions presents
"Everybody Loves Somebody - The Dean Martin
Tribute Show" at the Brownstone
Monday, May 20**

\$115 - includes transportation, luncheon and show and driver's gratuity. Payment due by April 19.

**Newport Playhouse & Cabaret Restaurant
featuring "Clothes Encounters"
Thursday, May 23**

\$114 - includes transportation, lunch buffet and show and driver's gratuity. Payment due by April 23.

**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.

LUNCH & LEARN: AGING IN PLACE

sponsored by Bethel Health Care & Visiting Angels
Friday, April 12 - 12:30 to 3:30 p.m.

Retirement, independent living and continuing care communities house thousands of seniors and older adults. But this option doesn't suit everyone - many people do not have the desire or financial flexibility to uproot and leave their homes.

"Aging in Place" tackles issues like staying mobile, home modification, finances and legal needs. Our goal is to help educate seniors so they may stay in their homes as they age, by providing their family members and caregivers the resources to make better decisions to help you and your loved ones plan and prepare everything you need to live a comfortable, happy life as you age. Please sign up.

ON THE ROAD AGAIN...

**SENIOR BUS TRIP TO HIDDEN VALLEY EATERY
IN WASHINGTON**

Wednesday, April 17 - 11:30 a.m. to 1:30 p.m.

Hidden Valley Eatery is an organic diner that caters to vegetarians and meat-lovers alike. Chef Drew Stichter says, "Everything is fresh from scratch.



We seem to have something for a wide range of people, which makes it sort of unique." Bus seating is limited to 12. Please sign up.

**A NOTE FROM JENNIFER MOSHIER,
MUNICIPAL AGENT**

"Renters Rebate" will start for the town of Woodbury on April 1, 2019 and run 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.

BINGO!

**Wednesdays, April 3 & 10 and
May 1, 8 & 22
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.

WRITING FROM THE INSIDE OUT

with Lin Northrup, M.Ed., R.H.

Thursdays, April 18 - May 23

11 a.m. to 12:30 p.m.

"Words are events. They do things, change things."

-Ursula K. LeGuin

The act of writing is a process of discovery. It opens a door and challenges you to find the words that reflect how you see the world. When you view life through the lens of a writer, it stretches your mind and awakens your inner eye. Whether you're a storyteller or a poet, all good writing is built on heart and the willingness to practice the craft. This class will encourage you to think creatively and develop your unique style through a variety of exercises and techniques. The cost is \$30 (\$35 out of town) for 6 session. Please sign up.

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!



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.

THE WOODBURY UKULELE BAND

Woodbury Ukulele Band's next meetup will be at the Woodbury Senior Community Center on **Friday, 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.



NEW ADVENTURES IN COOKING

WITH CHEF MARIANNE DESILVA

"TASTE OF THE SOUTH"

Monday, April 15 - 10:30 a.m. to 1:30 p.m.

Create flavorful and traditional Southern dishes with slightly updated variations. From the Pilot House in Wilmington, NC, learn to create Shrimp over Grits Cakes, Kickin' Collard Greens and an old-fashioned



Southern dessert, Classic Chess Pie.

The class is \$20 (\$25 out of town).

Please sign up.

The Fraud Prevention seminar was a great success. Look for another fraud seminar in the fall.



- PLEASE NOTE -

Sign ups for Senior Center sponsored bus trips can be done starting on **Monday, April 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.

TOWN CONVERSATION ON AGING RESULTS

Would you like to know more about the Town Conversation on Aging results? A full report is available at the Center. Let us know if you would like us to email you a copy. Paper copies will also be available for those without email.

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.



THE HISTORY OF THE KENTUCKY DERBY

presented by Sue Marchese

Friday, May 3 - 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.

Please sign up.

