

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

JUNE 2019

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 8:30-9:30 Yoga 8:30-9:30 Mat Pilates 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 Mat Pilates 8:30-9:30 Yoga 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
June 3 - 10:00 BUS TO NAUGATUCK 12-2 Prince of Peace Parish Nurses Lunch & Learn Program: Chronic Pain Management 12:30-2 American Sign Language 1-2 Tai Chi	June 4 - 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic 2-4 Aging Mastery Program (AMP) Graduation Party 2-3:45 Consumer Advocacy Assistance (by appt)	June 5 - 9-4 BUS IN WOODBURY 10 -12 Current Events with Penny 10-3 Massages with Andrea (by appt) 1-2 Tai Chi at old Town Hall 2:15-3:45 No Table Tennis Today	June 6 - 6am-8pm Board of Education Elections -No Indoor Walking Class -Exercise for Balance and Strength Training at the Firehouse	June 7 - 10-1 Massages with Mary (by appt) 2-3:30 Practical Probate: Beware! POA's, Trustees & Liability 7:00 Woodbury Ukulele Band
June 10 - 10:00 BUS TO TORRINGTON 12:00 Lunch & Learn: Vascular Disease 12:30-2 American Sign Language 1-2 Tai Chi	June 11 - 9:15-11 Techie Tuesday (by appt)	June 12 - SENIOR BUS TRIP: Local Late Lunch at The Olive Tree Restaurant in Woodbury 10-3 Massages with Andrea (by appt) 10-12 Current Events with Penny 1-2 Tai Chi	June 13 - 1-2:30 Bi Fit Series: The Importance of Sleep	June 14 - Lunch & Learn: Hearing Aids & Technology Finally Meet No Bridge Today
June 17 - 10:00 BUS TO NEW MILFORD 10-2 Haircuts with Jamie (by appt) 10:30-1:30 Cooking with Marianne 12:30-2 American Sign Language 1-2 Tai Chi	June 18 - 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic	June 19 - SENIOR BUS TRIP: The Music Man at Goodspeed Opera House and Lunch at The Gelston House 10-12 Current Events with Penny 12-3 Foot Care Clinic (by appt) 12:30-2:30 BINGO 1-2 Tai Chi	June 20 - 4:30-7:00 Pizza & Movie Night	June 21 - 10-1 Massages with Mary (by appt)
June 24 - 10:00 BUS TO DANBURY 12:30-2 American Sign Language	June 25 - 9:15-11 Techie Tuesday (by appt)	June 26 - SENIOR BUS TRIP: Meigs Point Nature Walk at Hammonasset State Park and Lunch at Lenny and Joe's Fish Tale 10-12 Current Events with Penny 10-3 Massages with Andrea (by appt) 1-2 Tai Chi	June 27 - 1-2:30 Bi Fit Series: Benefits of Using Compensatory Strategies and Assistive Technology	June 28 -

PLEASE NOTE -
 ALL PROGRAMS ARE
 SUBJECT TO CHANGE!

JUNE IS NATIONAL SAFETY MONTH

Over half of all falls take place at home. There are many simple and inexpensive ways to make your home safer. Consider the following:

-Obstructed Pathways: Remove and relocate any items of clutter that would obstruct your pathways in your home. If you use a mobility device - walker, cane, wheelchair - allow for at least 36 inches of clearance.

-Steps & Handrails: Stairways, both interior and exterior, should have handrails for maximum stability.



-Area Rugs: Area rugs are a huge fall hazard because they move and fold. Remove throw rugs to maintain a smooth, even walking surface or choose rugs with heavy rubber underlays or use double-sided tape to hold down the rug.



-Lighting: Eyesight changes with age. Replace dim bulbs with brighter, more efficient bulbs, use motion sensor switches to detect movement and illuminate paths, balance light throughout the home to decrease light transitions and increase your task lighting areas where you work or read.

-Toilets: Changes in functional mobility as we age can impact the ability to transition from sitting to standing, such as using the toilet. Install a taller toilet, add a raised toilet seat, place a commode chair directly over the existing toilet or add grab bars near the toilet to assist with the motion of sitting to standing.



-Shower/Tub: A variety of factors may contribute to slips and falls within the shower/tub, including the need to bend, reach and pivot while bathing, standing for an extended period of time on a wet and soapy surface without support, warm water causing fatigue and poor lighting. Use a bath seat in the shower to sit for all or part of your shower, use a handheld showerhead to minimize reaching and to increase access to water, install grab bars near and within the shower/tub area, use a non-skid bathmat or bath strips in the tub, avoid using bath oils and lotions that can make surfaces slippery, wear wet shoes for more grip on the floor when stepping in or out of the shower/tub and use soap-on-a-rope or a wash mitt to decrease the chance of dropping the soap and having to bend and reach to pick it up.



ART OF YUM MEAL MENU

TUESDAYS

June 4 -
German Potato Soup
Shepard's Pie
Garden peas
Sliced Peaches

June 11 -
Strawberry Lemon Poppy Salad
Chicken Florentine
Buttered Noodles
Steamed Broccoli
Fruit Cocktail

June 18 -
Miso Soup
Shrimp Vegetable Stir Fry
Jasmine Rice
Ginger Snap Peas
Pear Crisp

June 25 -
Cucumber & Tomato Salad
Cheddar Turkey Salisbury Steak
Whipped Sweet Potatoes
Steamed Corn
Fresh Melon Medley

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

June 6 -
Santa Fe Salad
Mogo Pork & Rice
Stuffed Tomato
Stewed Black Beans
Tres Leche Cake

June 13 -
Chicken Noodle Soup
Honey Glazed Ham
Potato Au Gratin
Peas, Carrots & Corn
Ambrosia

June 20 -
Italian Meatballs
Pomodoro Ziti
Squash medley
Orange Segments

June 27 -
Butternut White Bean Soup
Coconut Crusted Tilapia
Rice & Beans
Sautéed Jicama & Carrots
Birthday Cake

