

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

MARCH 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 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 Woodbury 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 10:00 BUS TO SOUTHURY 12:00 Duplicate Bridge
March 4 - 8:30-10 Oatmeal Monday 10:00 BUS TO NAUGATUCK 12:30-2 American Sign Language Class 1-2 Tai Chi	March 5 - 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic 1:30-3 Purls & Chains	March 6 - 9-11:30 BUS IN WOODBURY 10-3 Massages with Andrea (by appt) 10-12 Current Events with Penny 1-2 Tai Chi	March 7 - 8:30-9:30 Yoga 11-12:30 Writing Class	March 1 - 9:30-11:30 Stitches of Love 10-1 Massages with Mary (by appt) 10:30 Journey Through Grief Bereavement Support Group 2-3 Trusts: Myths, Misconceptions and Mistakes 7:00 Woodbury Ukulele Band
March 11 - 8:30-10 Oatmeal Monday 8:30-12:30 AARP Drive Smart Class 10:00 BUS TO TORRINGTON 10-2 Haircuts with Jamie (by appt) 12:30-2 American Sign Language Class 1-2 Tai Chi	March 12 - 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 11:00 Ask a Nurse 11:00 Pomperaug Valley Garden Club: Tovah Martin - The Garden in Every Sense and Season	March 13 - 10-3 Massages with Andrea (by appt) 10-12 Current Events with Penny 1-2 Tai Chi	March 14 - 8:30-9:30 Yoga 11-12:30 Writing Class	March 8 - 9:30-11:30 Stitches of Love 10:30 Journey Through Grief Bereavement Support Group
March 18 - 8:30-10 Oatmeal Monday (last day) 10:00 BUS TO MERIDEN MALL 10:30-1:30 Cooking with Marianne 12:30-2 American Sign Language Class 1-2 Tai Chi	March 19 - 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic 1:30-3 Purls & Chains 2:30-3:30 Region 14 Superintendent Presentation of the School Budget	March 20 - 9-12 BUS IN WOODBURY 10-12 Current Events with Penny 12-3 Foot Care Clinic (by appt) 1-2 Tai Chi	March 21 - 8:30-9:30 Yoga 11-12:30 Writing Class	March 15 - 9:30-11:30 Stitches of Love 10-1 Massages with Mary (by appt) 10:30 Journey Through Grief Bereavement Support Group 12:30-3 Financial Fraud Presentation and Bingo
March 25 - 10:00 BUS TO DANBURY 10-2 Haircuts with Jamie (by appt) 12:30-2 American Sign Language Class 1-2 Tai Chi 2:00 Genealogy SIG	March 26 - 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 11:00 Ask a Nurse 2-3:30 The Aging Mastery Program	March 27 - 9-4 BUS IN WOODBURY 10-12 Current Events with Penny 10-3 Massages with Andrea (by appt) 1-2 Tai Chi	March 28 - 8:30-9:30 Yoga 11-12:30 Writing Class 1-3 Bazaar Crafting	March 22 - 9:30-11:30 Stitches of Love 10:30 Journey Through Grief Bereavement Support Group
				March 29 - 9:30-11:30 Stitches of Love 10-1 Massages with Mary (by appt) 10:30 Journey Through Grief Bereavement Support Group

UPCOMING EVENTS

**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.

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 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.

Gadgets & Gizmos To Make Your Life Easier

Friday, April 5 - 1:30 to 2:30 p.m.

The WCAAA 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.

Writing From the Inside Out

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

Thursdays, April 11 - May 16 from 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 sessions.

Please sign up.

MEAL MENU

TUESDAYS

March 5 -

Minestrone Soup
Honey & Brown Sugar Baked Ham
Vegetable Medley
Roasted Red Potato
Rolls
Fruit Cocktail

March 12 -

Garden Salad with Dressing
Pork Roast with Gravy
Applesauce
Cauliflower
Carrots & Broccoli
Scalloped Potato
Rolls
Peaches

March 19 -

Island Slaw with Pineapple
Meatloaf with Gravy
Baked Potato
Dill Carrots
Rolls
Orange & Grapefruit Sections

March 26 -

Vegetable Barkley Soup
Baked Cod
with Herb Cracker
Crumb
Vegetable Medley
Brown Rice Pilaf
Rolls
Pineapple & Pears

THURSDAYS

March 7 -

Garden Salad
Roast Turkey with Gravy
Mashed Potato
Vegetable Medley
Pie Surprise
Fruit Juice

March 14 -

St. Patrick's Day Special
Split Pea Soup
Corned Beef and Cabbage
Boiled Red Potato
Rolls
Pound Cake
Fruit Juice

March 21 -

Broccoli Soup
Swedish Meatballs
Mashed Potato
Green Beans
Cookies
Fruit Juice

March 28 -

Orzo Vegetable Salad
Garlic & Herb Roasted Chicken
Cauliflower Medley
Sweet Potato
Birthday Cake
Fruit Juice

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.