

# WOODBURY SENIOR CENTER REPORTER

Sponsored by  
Pomperaug Woods



FEBRUARY 2019

MISSION STATEMENT

Volume 39, Issue 2

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.**

## AARP DRIVE SMART CLASS

Monday, March 11

8:30 a.m. to 12:30 p.m.

\$15 AARP members - \$20 non-AARP members

This class could save you money on your auto insurance. Contact your auto insurance company to find out. A check made out to AARP is required.

Please sign up.



## CENTER CLOSINGS

The Center will be closed on Tuesday, February 12 for Lincoln's Birthday and on Monday, February 18 for Washington's Birthday.

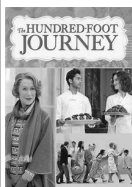
There will be no senior bus transportation and Meals on Wheels deliveries.



## MONDAY MOVIE MATINEE

Monday, February 11 12 to 2:30 p.m.

Enjoy a pizza lunch and watch the movie *The Hundred Foot Journey* starring Helen Mirren, Om Puri & Manish Dayal. The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery. The cost is \$5 and includes pizza, salad, dessert and beverages. Please sign up.



## GROUP READING WITH MEDIUM

JANINE MANGIANELE

Tuesday, February 19 from 1 to 2:30 p.m.

Join Janine for an uplifting afternoon of messages and affirmations from your loved ones who have passed. Participants are welcome to bring photos of their loved ones and pets. The cost is \$30 per person for the group reading. Sing ups and pre-payment is a must.



Janine is a psychic medium and yoga instructor. She has an avid interest in metaphysics, with experiences in clairvoyance, clairaudience and clairsentience. Her abilities have expanded into giving medium readings for groups and individuals.

Visit her website: [www.intuitivereadingsbyjm.com](http://www.intuitivereadingsbyjm.com)

## WRITING FROM THE INSIDE OUT

Thursdays, February 7 - March 14

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

\$30 for 6 sessions (\$35 out of town)

"Writers are artists. They paint picture with words". There is so much we overlook if we are caught up in endless noise and busyness. Writing helps us pause, "pay attention" and explore our inner and outer worlds. Connect with your creative Muse to develop your unique style. Practice your craft through a variety of exercises and techniques to discover the words, images and forms that make your poems, essays and stories come alive.

Please sign up.

Payment due at sign up.



## OATMEAL MONDAYS

Mondays, 8:30 - 10 a.m (or until we run out)

Need a good reason to get up and going on a dreary Monday morning? Join us for Oatmeal Mondays! Stop in for a free breakfast including hot homemade oatmeal, coffee and tea - available from 8:30 to 10 a.m. or until we run out. Toppings vary but are always good. Donations are accepted but not expected. Make your cold weather Monday mornings better.





**Techie Tuesdays**

**Tuesdays, February 5, 12, 19 & 26**  
**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.

**GENEALOGY SPECIAL INTEREST GROUP (SIG)**

**Mondays, February 25 & March 25**

**2 to 3:30 p.m.**

Genealogy enthusiasts - join Penny Hartzell, Professional Genealogist, to analyze your research, discuss problems, learn what's new on the Internet and take your family history to the next level.




Please sign up.

**Heritage Hotel & A Place for Mom invite you to their HEALTH & WELLNESS FAIR**

**Thursday, February 28 from 1 to 3 p.m.**

Our senior bus will be available for transportation to take you to this very informative fair. There will be many health and wellness vendors available, including free health screenings and consultations.

 Please let us know if you would like bus transportation to the event.

**NEW! MAT PILATES WITH JENNIFER PASCALE**

**February Session: February 7 - 28**

**8:30 to 9:30 a.m.**

**\$16/\$21 out of town**

Please join our new Pilates instructor, Jennifer Pascale in a Mat Pilates class. Mat Pilates is a way to stretch and strengthen your body, primarily the muscles of the core, which span from your hips to your shoulder. Mat Pilates borrows from disciplines such as dance, yoga and classic calisthenics.

The standard Pilates system of exercise uses many different pieces of equipment, such as the reformer, Cadillac and barrel. The Mat Pilates series of exercise is performed

equipment-free, with the moves adapted to work with just your body and a floor mat for cushioning and support. 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.  
 February Session: 2/5 - 2/28 (no class 2/12)  
 \$21 for 7 classes (\$26 out of town)



**Tai Chi with Susan**

Mondays and Wednesdays, 1 to 2 p.m.  
 Current Session through 3/11  
 New Session will begin on 3/13  
 \$48 for 12 classes (\$53 out of town)



**Classic Cardio Dance with Andrea**

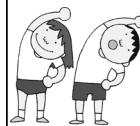
Mondays, Wednesdays and Fridays  
 8:30 - 9:30 a.m.

February Session: 2/1 - 2/27  
 \$33 for 11 classes (\$38 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. (No class 2/18)  
 \$3 per class at the door (\$4 out of town)

**Yoga with Joann**

Tuesdays and Thursdays  
 8:30 to 9:30 a.m.

February Session: 2/5 - 2/28  
 (no class 2/12)  
 \$35 for 7 classes (\$40 out of town)



**Senior Mat Pilates with Jennifer**

(see details to the left)

Thursdays

8:30 to 9:30 a.m.

February Session: 2/7 - 2/28  
 \$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, February 4 & 25**  
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



**ART CLASS**

**ART WITH AL**

**Thursdays, February 7, 21 & 28**  
from 1:30 to 3 p.m.

Learn to sketch and paint with Al.

The cost of the three class series is \$5 to cover the cost of materials. Please sign up.

**AMP ALUMNI PROGRAM:  
YOUR HOME AS A STRATEGIC ASSET**  
Tuesday, February 5 at 2 p.m.

This Aging Mastery Program course will help you understand the benefits and challenges of a reverse mortgage option, which can allow you to convert some of your home equity into cash so that you can stay at home. Please sign up.

Magazine donations for our lounge are always welcome. Please be sure the publication dates are less than 3 month old. Thank you.

In response to your suggestions, we added links on the Woodbury Senior Center website to local events happening through Flanders Nature Center, Woodbury Parks & Recreation, WOW, Woodbury Library and CT Regional District #14.



**WINTER WEATHER POLICY**

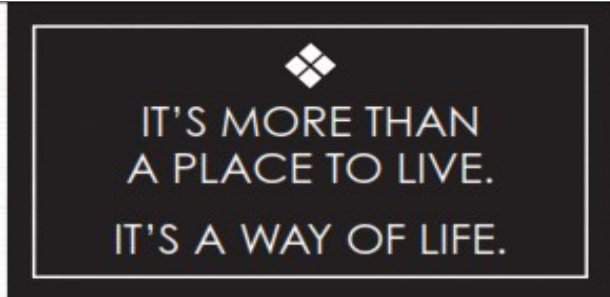
The Woodbury Senior Center will handle winter weather schedule changes independently.

**We are often open even when Region 14 schools are closed.**

Please follow these instructions: Should inclement weather occur, watch and listen for announcements on the following television and radio stations: WFSB

- Channel 3, WTNH - Channel 8, and NBC-30 - Channel 6, along with WTIC AM/FM radio.

You may also check our website for updated information. Most of all - use your best judgment when traveling on roads covered with ice and snow.



Southbury's only not-for-profit retirement community.

Call **203-267-2835** today to schedule an appointment or a home visit.

**POMPERAUG WOODS**

80 Heritage Road  
Southbury, CT 06488  
pomperaugwoods.com



Managed by Life Care Services™



**LATE LUNCH**

**Wednesday, February 6**  
**The Putnam House in Bethel**



Enjoy an afternoon out to lunch with friends at this historic 1852 historic mansion with an array of menu items, including their award winning chicken wings. The bus will leave Woodbury at 11:30 a.m. for a 12:30 p.m. reservation. Bus seating is limited to 12. Please sign up.

**ON THE ROAD AGAIN...  
MATTATUCK MUSEUM IN WATERBURY**  
**Natalie Van Vleck Exhibition**  
**Wednesday, February 13**

Organized by guest curator Marc Chabot and Flanders Nature Center & Land Trust, this exhibition presents more than 50 paintings, works on paper, hand carved wood frames, furnishings and archival material by the American Modernist artist Natalie

Van Vleck (1901-1981), longtime resident of Woodbury. The entry cost is \$7 (\$6 with an AARP card).



Lunch on your own will follow at a restaurant to be determined.

Space is limited to 12. Please sign up.

**HAPPY BIRTHDAY TO OUR MEMBERS BORN IN FEBRUARY!**

- |                     |                      |                    |
|---------------------|----------------------|--------------------|
| Robyn Dohrenwend    | Helen Sieber         | Richard Pellegrino |
| Bob Bailey          | Sharon Sherman       | Ron Boughenour     |
| Paul Berry          | Virginia Geils       | Joe Volak          |
| Annette Rickertsen  | Mary Olmstead        | Chris James        |
| Nancy Smith         | John Shanks          | Daniel Jackson     |
| Dale Genovese       | Erika Ritchie        | Richard Greene     |
| Katherine Gall      | Judy Harmon          | Trish Sobolewski   |
| Jose Buhain         | Mary Ann Petrucelli  | Pat McKiernan      |
| Lisa Peck           | Helen Taylor         | Isabel Burk        |
| Nilda Dijols        | Judy Irete           | Georgann Colin     |
| Betty Bowles        | Al Caton             | Vickie Corti       |
| Diane Hibbard       | Toni Shea            | Mabel Rice         |
| Charles Rund        | Linda O'Loskey       | John Cavallaro     |
| Marline Abas        | Natalie Bram         | Barbara Jenkins    |
| Jean Holmes         | Noelle Licese        | Nicholas Caputo    |
| Diane Pollutro      | Tatiana Pivetz       | Maria Santoli      |
| Linda Perry         | Laraine Bronn        | Lynn Dayton        |
| Andrew Stietzel     | John Moresko         | Beverly Krenesky   |
| Kathleen Donlin     | Kathleen Kabbai      | Gloria Densky      |
| Susan Pease         | Linda Kelly          | Norman Plankey     |
| Jerome Goldberg     | Joan Kenny           | Doris Sommers      |
| Harriett Rosenfield | Celeste Tutko        | George Ostermayer  |
| Dee Vito            | Rhedra Dauten        | Audrey Wellner     |
| Bob Kelleher        | Judy Mueller         | Lura Smith         |
| Kenneth Muller      | Roberta Sasso        | Walter Thorne      |
| Stewart Clark       | Stuart Chanes        | Elizabeth Durfee   |
| Patricia Capobianco | Richard Moisen       | Eileen Clarke      |
| Robert Majeski      | Pat Callan           | Ralph Panagrosso   |
| Eleanor Ravenscroft | Edward Fitzgerald    | Debbie Chester     |
| Michael Buckley     | Bonnie Pepperman     | Lorna Kovac        |
| Peri Swainiger      | Ed Barkett           | Maria Sirinean     |
| Florence Morell     | Kathy Henthorn       | Ina Goldberg       |
| Saima West          | Susan Ruscitto       | Betty Ann Hitt     |
| Vickie Nardello     | Susan Jungkvist      | Ofelia Crane       |
| Connie Baldwin      | Andrew Garrish       | Pam Davis          |
| Peggy Doyle         | Joan Griffith        | Eugene Thompson    |
| Frank Von Oy        | Rynn Naylor          | Loryn Ray          |
| Jane Bailey         | Christopher Majewski | Tom Davis          |
| Linda Sparrow       | Linda Lewis          |                    |

Celebrate your **February** birthday with lunch and birthday cake on **Thursday, February 28** 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.

Woodbury residents in need of **Energy Assistance** for the year 2018-2019 may contact Jennifer for an appointment. Those who use deliverable fuel (oil & gas) are urged to apply early. Several forms of documentation will be required.

**MASSAGES WITH ANDREA**  
 (Please note Andrea's new schedule)  
**Wednesdays, February 6, 13 & 27**



**10 a.m. to 3 p.m.**  
**30 minutes is \$25 - 1 hour is \$45**

**MASSAGES WITH MARY**  
**Fridays, February 1 & 15**

**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, February 6, 13, 20 & 27**  
**2:15 to 3:45 p.m.**



All levels are welcome to play.

**ASK-A-NURSE**

**Tuesday, February 26**  
**11 a.m. to 12 p.m.**



Bring your questions and concerns for a confidential visit with our RN volunteer Ellen White. Look for Ellen in our Health Office.

**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 staff 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.**

**10TH ANNUAL INDOOR WOODBURY  
MINIATURE GOLF OPEN**

**Friday, February 15: 10 a.m. to 8 p.m.**  
**Saturday, February 16: 10 a.m. to 8 p.m.**  
**Sunday, February 17: 12 p.m. to 6 p.m.**  
**Monday, February 18: 10 a.m. to 4 p.m.**

Fees for 9 Hole Play:  
 Children 10 and Under  
 (must be accompanied by an adult): **\$2**  
 Adult (when accompanying child) and  
 Seniors (60 and older): **\$3**  
 Teens and Adults: **\$4**

If you would like to bake for the "Friends" Bake Sale, which is held during mini golf, please drop off your wrapped baked "goodies" to the Senior Center Health Office on Thursday, February 14 or the morning of Friday, February 15. Please identify if your baked item contains nuts. Proceeds will benefit the "Friends" acoustic project for the Center's café. For more information contact Sharon Sherman at 203-695-5410.

**GETAWAY TOURS TRIPS**

**CASINO TRIP TO MGM-SPRINGFIELD  
Wednesday, April 17**

MGM-Springfield is a hotel/casino complex situated in the heart of Metro Center in Springfield. The casino boasts 120 gaming tables, 2550 slot machines and a poker room. Enjoy a leisurely lunch at a variety of restaurants in the complex. Upon arrival you will receive a casino bonus package that includes a \$20 Free Slot Play and a \$10 Food Voucher. You will be able to enjoy lunch and a day of gaming at your own pace. The cost is \$37 and includes transportation, casino bonus and driver's gratuity. Payment must be made by check to "Getaway Tours" by March 15.



**CT SUN VS. NEW YORK LIBERTY WNBA  
BASKETBALL AND MOHEGAN SUN ARENA  
Wednesday, July 24**



Enjoy an 11:30 a.m. game featuring CT Sun's Morgan Tuck and NY Liberty's Tina Charles, Kia Nurse and Bria Hartley. After the game enjoy lunch and gaming before heading home. The cost is \$57 and includes transportation, ticket to basketball game, food voucher and casino bonus and driver's gratuity. Payment must be made by check to "Getaway Tours" by March 15.

**THE AGING MASTERY PROGRAM® (AMP)  
A New Session Begins**

**Tuesdays, March 26 - May 28  
from 2 to 3:30 p.m.**

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



**Aging Mastery Program**  
National Council on Aging

AMP education  
for older adults.  
Please sign up.

**JOURNEY THROUGH GRIEF BEREAVEMENT  
SUPPORT GROUP**

**(for those who attended the most current session)  
Friday, February 22 at 10:30 a.m.**

followed by a six-week follow-up bereavement support group on **Fridays, March 1, 8, 15, 22, 29 and April 5 at 10:30 a.m.**

For those who have participated in the current session, this group will continue to explore the grief process through a variety of techniques while supporting each member individually in this safe, supportive environment.

**A session for new participants will begin once this session is completed. Please check in the newsletter for dates.**

**BINGO!**

**Wednesdays, February 20 & 27  
from 2 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.



**SEVEN ANGELS THEATRE PRESENTS:  
GEORGE AND GRACIE (PART II)  
Thursday, February 14**

For those going to the show, the Woodbury Senior Bus will be dropping off and picking up at Heritage Village. The Seven Angels Theatre bus gets to Heritage Village at 12:30 p.m. at the Paddock Parking Lot, picks up show goers and leaves at 1 p.m. for the 2 p.m. show. Our senior bus will pick you up at Heritage Village when you return from the show.



There are some new faces at the Center - and new programs too!

**Nancy Gubbiotti** is the newest member of our bus driving team. Nancy will be our per diem driver, filling in for Bob and Tom as needed and doing some of our special events driving as well. Nancy has two grown children and is currently also driving per diem for some neighboring towns.

Our new Pilates instructor is **Jennifer Pascale**. Jennifer came to Pilates as a person suffering a back injury. Jennifer has been practicing Pilates since 2006 and has been an instructor since 2011. Senior Mat Pilates is designed to improve strength and flexibility in all muscle groups with a particular emphasis on your core. (See Page 2)

We also have a new Exercise for Balance class instructor. **Deborah Brody** is a health and wellness expert who is also certified as a Matter of Balance instructor and will bring her expertise in balance training to class participants. (See Page 2)

If you haven't yet had the opportunity to meet our Yoga instructor, **Joann Williams**, we invite you to do so soon! Joann has been teaching yoga to people of all ages and abilities for many years. (See Page 2)

**TRUSTS: MYTHS, MISCONCEPTIONS AND MISTAKES**

**Friday, March 1 from 2 to 3 p.m.**

**presented by Probate Judge Domenick Calabrese**

This seminar examines trusts. A trust is created when a person (settlor) gives property to another person (trustee) to hold for the benefit of a third person (beneficiary). A trust is a legal way to hold and protect your assets for the future. It sets out who the beneficiaries are, who the trustees are and how the trust will be administered. Judge Calabrese will also answer questions from the audience.

Please sign up.

**THE WOODBURY UKULELE BAND**

Woodbury Ukulele Band's next meetup will be at the Woodbury Senior Community Center on

**Friday, February 1 at 7 p.m.**

Check it out at: [woodburyukes.org](http://woodburyukes.org)

Questions? Call Loryn Ray at the Woodbury Senior Center at 203-263-2828.

**SWEATER DONATIONS**



We are looking for donations of lightweight sweaters to use to create these adorable wine bottle gnomes, which we will be selling at our Senior Center Craft Fair taking place during the 2019 Woodbury Christmas Festival.

We will be having several craft sessions throughout the year to create multiple items that will be for sale at the fair. Look in future newsletters for details and join us in crafting. Proceeds will be used to support Senior Center programs.

**POMPERAUG VALLEY GARDEN CLUB PRESENTS... TORAH MARTIN: "THE GARDEN IN EVERY SENSE AND SEASON"**

**Tuesday, March 12 at 11 a.m.**

Your garden could be so fulfilling, if you plug in. Created to coincide with the publication of Tovah's new book, this lecture explores the garden on all levels by attuning your nose to the scents and training your ears to listen. Learn to garden with eyes wide open, ears to the ground and hands outstretched. "After this program your garden will be more savory, you will know its touch, smell the aromas, hear its voice and see it anew." This program is free to seniors who pre-register.

Many of you took part in the **Town Conversation on Aging** in October. In March we will report on the results on topics including transportation, housing, home services, safety, health, nutrition, outreach, employment and volunteer options and more. Please look for details in the March newsletter.

**INDOOR MINI GOLF: SENIORS GOLF OFF!**

**Friday, February 15 from 9:30 to 11 a.m.**

Join this in-house tournament! Teams of 4 will play each other for the championship.

The cost is \$3 each (\$12 per team). Prize will be bragging rights and four \$10 gift certificates to LaBonne's Market.

Please register your team in the Senior Center office.



**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.**