

Be sure to visit our website at:  
[woodburyseniorct.org](http://woodburyseniorct.org)  
 for the newsletter, calendar, and more.

# FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Weekly -</b> 8:30-3:30 Fitness Room Open 8:30-9:30 Cardio Dance 9:30-10:30 Fitness Fury 1:00 Women's Bridge	<b>Weekly -</b> 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	<b>Weekly -</b> 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	<b>Weekly -</b> 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	<b>9:Weekly -</b> 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
February 4 - 8:30-10 Oatmeal Monday 10:00 BUS TO NAUGATUCK 10-2 Haircuts with Jamie (by appt) 1-2 Tai Chi <hr/> February 11 - 8:30-10 Oatmeal Monday 8:30-12:30 AARP Drive Smart Class 10:00 BUS TO TORRINGTON 12-2:30 Monday Pizza & Movie 1-2 Tai Chi <hr/> February 18 - Center Closed for the Lincoln's Birthday Holiday <hr/> February 25 - 8:30-10 Oatmeal Monday 10:00 BUS TO NEW MILFORD 10-2 Haircuts with Jamie (by appt) 1-2 Tai Chi 2:00 Genealogy SIG	February 5 - 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic 1:30-3 Purls & Chains 2:00 AMP Alumni Program: Your Home as a Strategic Asset <hr/> February 12 - Center Closed for the Washington's Birthday Holiday <hr/> February 19 - 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 10-11 Blood Pressure Clinic 1-2:30 Group Reading with Medium Janine Mangianeale 1:30-3 Purls & Chains <hr/> February 26 - 8:30-9:30 Yoga 9:15-11 Techie Tuesday (by appt) 11:00 Ask a Nurse	February 6 - 9-11:30 BUS IN WOODBURY 10-3 Massages with Andrea (by appt) 10 -12 Current Events with Penny 11:30 SENIOR BUS TRIP: Late Lunch at The Putnam House in Bethel 1-2 Tai Chi <hr/> February 13 - 9-12 BUS IN WOODBURY 10-3 Massages with Andrea (by appt) 10-12 Current Events with Penny 1-2 Tai Chi <hr/> February 20 - SENIOR BUS TRIP: Mattatuck Museum in Waterbury and Lunch at Gayle's Farm Shoppe in Watertown 10-12 Current Events with Penny 12-3 Foot Care Clinic (by appt) 1-2 Tai Chi 2-3:30 BINGO! <hr/> February 27 - 9-4 BUS IN WOODBURY 10-12 Current Events 10-3 Massages with Andrea (by appt) 1-2 Tai Chi 2-3:30 BINGO!	February 7 - 8:30-9:30 Yoga 11-12:30 Writing Class 1:30-3 Art with Al <hr/> February 14 - 8:30-9:30 Yoga 11-12:30 Writing Class 1:00 Seven Angels Theatre: George and Gracie Part II <hr/> February 21 - 8:30-9:30 Yoga 11-12:30 Writing Class 1:30-3 Art with Al <hr/> February 28 - 8:30-9:30 Yoga 11-12:30 Writing Class 1-3 Health & Wellness Fair at Heritage Hotel 1:30-3 Art with Al	February 1 - 9:30-11:30 Stitches of Love 10-1 Massages with Mary (by appt) 7:00 Woodbury Ukulele Band <hr/> February 8 - 9:30-11:30 Stitches of Love <hr/> February 15 - 9:30-11 Indoor Mini Golf: Seniors Golf Off Tournament 9:30-11:30 Stitches of Love 10-1 Massages with Mary (by appt)  Cardio Dance and Fitness Fury at the Firehouse Today  NO DUPLICATE BRIDGE TODAY! <hr/> February 22 - 9:30-11:30 Stitches of Love 10:30 Journey Through Grief Bereavement Support Group

PLEASE NOTE -  
 ALL PROGRAMS ARE  
 SUBJECT TO CHANGE!

## UPCOMING EVENTS

### **NEW ADVENTURES IN COOKING WITH CHEF MARIANNE DESILVA**

#### **Mardi Gras Celebration**

**Monday, March 18 from 10:30 a.m. to 1:30 p.m.**

Learn how to create a delicious New Orleans classic dish - Chicken and Andouille Sausage Gumbo and a scrumptious Cajun sheet cake with pineapple and topped with brown sugar, coconut and pecans.

The cost is \$20/\$25 out of town. Please sign up.

### **"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.

**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**

### **PHONE-A-FRIEND PROGRAM**

Let us know if you would like to participate in a Phone-A-Friend program as a way to check in on fellow seniors. Let's help each other chase the feeling of loneliness while maintaining our independence.

Volunteers would call on a regular basis to provide assurance to those seniors who are living alone. Please let us know if you are

interested in making calls or receiving calls.

## **MEAL MENU**

### **TUESDAYS**

**February 5 -**

Garden Salad with Dressing

Chicken Chardonnay

Vegetable Medley

Roasted Red Potato

Rolls

Sliced Pears

**February 12 -**

**The Center is closed for  
Lincoln's Birthday Holiday**

**February 19 -**

Garden Salad with Dressing

Baked Tilapia with Lemon Crumbs

White & Wild Rice Blend

Roasted Carrots

Sliced Peaches

**February 26 -**

Cauliflower Soup

Stuffed Shells with Meat Sauce

Squash

Roll

Watermelon

### **CONGREGATE MEAL LUNCHES**

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.

### **THURSDAYS**

**February 7 -**

Minestrone Soup

Baked Salmon with

Lemon Dill Sauce

Rice Pilaf

Dill Carrots

Roll

Pound Cake

Fruit Juice

**February 14 -**

Mixed Green Salad with Dressing

Wine Braised Chicken

Vegetable Medley

Sweet Potato

Roll

Pumpkin Bread

Fruit Juice

**February 21 -**

Chicken Barley Soup

Swedish Meatballs

Mashed Potato

Green Beans

Cookies

Fruit Juice

**February 28 -**

Garden Salad with Dressing

Cranberry Glazed Herb

Roasted Chicken

Buttered Corn

Sweet Potato Casserole

Birthday Cake

Fruit Juice