



# WATERBURY SENIOR CENTER



*Happy New Year from the Waterbury Senior Center!*

## January 2025 Newsletter

Address: 1985 East Main Street, Waterbury, CT 06705

Phone number: 203-574-6746 Fax number: 203-574-8636

Hours of Operation: Monday thru Friday 9:00 a.m. ~ 2:00 p.m.

seniorcenter1985



Waterbury Senior Center

# December 2024



## Chorus Sings Lunch

Thursday, Jan 23

11:30a to 12:30p

Join us for lunch when the  
Everyone Can Sing Chorus

Entertains us with songs of the winter  
season



## Senior Center Meeting

Mon, Jan 6 ~ 12pm

Guest: Waterbury Police



**No Dolce for January**

## In Memoriam

Mardelle Ruffin

Albert Brown

Ramon Nicolasora

Sakae "Kitty" Fernandez

Deborah Monahan

Dianne Tedder

Lena Officer

Debra Miller

Delores Harris

Anthony "Tony" Martone

Lillian Deal

Louwana Watts

Denise Wood

Helen Dantino

William Flaherty

Rita Brouillard

Ruth Dempsey

Dennis Corcoran

Elizabeth Quattro

Cathy St. Pierre

Gladys Shell



## *To Our Waterbury Senior Center Family -*

Thank you all for making this past year  
Fun & Successful!

ALL of our activities have had increased  
attendance, from AARP Driver class to  
Zumba.

We've said hello to so many new people reg-  
istering to be members and good-bye to  
people we have loved.

We learned, did crafts, cooked, lunched &  
exercised.

We celebrated our 11th Anniversary!!!

We had 192 New Members sign up!

And WE PARTIED!!!

Thank You to all of you who supported our  
Giving Tree. We are touched & honored  
that you shared your Holiday Joy & Spirit  
with us & your generosity!

So here's a toast to more of the same in  
2025!

*~ ~ Mira, Debra, Catreena, Maggie  
& Miriam*



**~ PLEASE NOTE ~**

**We are CLOSED**

Wed, Jan 1 = New Year's Day

Mon, Jan 20 = MLK Day

City Mission Grocery Bag → Fri, Jan 10 = 11a

Farm Bag → Wed, Jan 8 = 11a

### Mandy DuPont's Roundtable

Topic: To Be Announced

Jan 16 - 12:30p ~ Pls Sign Up



Garnet: Birthstone for January



Carnation : Flower for January

"January is the quietest month in the garden. But just because it looks quiet, doesn't mean that nothing is happening." – Rosalie Muller Wright

### Connect Physical Therapy Lunch & Learn

Wed, Jan 15 —> 11:30a

Don't let your balance slip away!

A Doctor of Physical Therapy from Connect Physical Therapy will be here to talk on how to maintain and improve your balance.

Sign ups will be available after this for individual balance screenings on Wed, Jan 22 from 11a to 1p



### Chorus: Everyone Can Sing

Thursdays —> 10a

Please Sign Up



### Reiki with Amy

Fri, Jan 24 - 11:30a to 1:30p

\$20 for 20 minutes

### "Sewing With Jessica"

New class —> Thurs, Jan 9th & Jan 23rd  
12:30p - 1:45p

Have you always want to learn to sew? Well, now is your chance to learn the basics of sewing with Jessica Dorner, like how to use tools, thread a machine, fabric selection, etc. And make a project.

~ Please Sign Up ~



### Chair Massage w/Eileen

Wed, Jan 15 from 10a to 1:30p

15 minutes for \$15

Chair massages are clothed & in a chair

~Appointments Necessary~

Please Sign Up in Office with Time



### Drum With Joyce

Mon, Jan 13 —> 10a

Thur, Jan 16—> 12:30p

(Demonstration – Come See what all the fun is about!)

-Please Sign Up-



### Reflexology with Kim

By Appointment Only

Fri, Jan 10 ~ 11:30a

20 minutes for \$25

Please Sign Up in Office w/time



### SBL Computer Class

Fridays at 11am

Jan 3 = Internet Surfin'

Jan 10 = Email

Jan 17 = Podcasts

Jan 24 = VR

Jan 31 = Playing w/Pictures

~ Please Sign Up ~

One-on-One Tech Help

~ Please Sign Up ~2 (10a & 10:30a) Sessions Available



### SOCIAL SECURITY LUNCH & LEARN

w/ Ben Rhodes

Mon, Jan 13 —> 12:30pm

Ben is returning to the center to give you Social Security 2025 updates & answer your questions.

Please Sign Up





Silas Bronson Library  
Something for Everyone

PLEASE CONTACT THE SILAS BRONSON:

- WI-FI HOTSPOTS AT HOME
- ONE-ON-ONE COMPUTER HELP

*By Appointment*

203-574-8225, [bronsonlibrary.org/programs](http://bronsonlibrary.org/programs)

- HOME DELIVERY SERVICE
- [bronsonlibrary.org/homedelivery](http://bronsonlibrary.org/homedelivery)



Carmen & Modesto were high scorers for the Individual Wii Tournament held on December 11th at Bristol!

### Cards & Crafts

Wed, Jan 29 —> 12:30p

“Asian Lanterns for the Lunar New Year” — \$2



### Coming in April

A Joint Arts & Crafts Show!

Crocheting, Knitting, Painting, Quilting,  
Sewing & Crafts

So, start thinking about what you'd like to submit

*More Info to Follow...*



Chair Strength Class—Fridays at 9:30a

### Jessica Dorner Nutrition “Brain Food”

Mon, Jan 27 —> 12:30p

Join Jessica Dorner RD for a fun and informative cooking demonstration all about foods that support the brain! Jessica will demonstrate recipes that include ingredients that are healthy for our brain and taste great. Attendees will be able to sample the recipes and take home nutrition handouts and recipes.

Please Sign Up



### Trust This

Scammers love to impersonate the government & will use "spoofing" technology to have a government name or number appear on your caller ID. They will pretend to be Medicare, the IRS, local police, etc. Government imposter scams are effective because people generally trust the government.

The government **NEVER** calls you to ask for your personal information, to verify your Medicare number or social security number. **Never** give this information to a stranger who calls you. Help fight Medicare Fraud. **REPORT** Medicare errors, fraud and abuse to Medicare or the Senior Medicare Patrol at the Western CT Area Agency on Aging 203-757-5449.

**Trivia = Jan 23**  
**12:30p —> Pls Sign Up**



**WISEWOMAN Workshop**  
**Thurs, Jan 2 - 12:30p**  
**~ Please Sign Up ~**



**AARP Driver Course**  
**Fri, Jan 17 —> 9:30a to 1:30p**  
**\$20 for AARP Members**  
**\$25 for non-AARP members**  
**Make check payable to AARP & giver to instructor the day of class**  
**~ Please Sign Up ~**



**Happy Birthday to our January Babies!**



## The “Farm Bag”

The Waterbury Senior Center is fortunate to collaborate with local farmers to bring farm fresh products to our seniors. The products vary monthly. Past distributions have included: butter, eggs, cheese, jam, meat, and a variety of vegetables. This is a monthly food distribution. To benefit from this food distribution, you must sign-up each month on your calendar. This event is usually held on a Wednesday from 11:00a-12:00p. Please bring a sturdy bag to hold your items. Check your calendar.



**CITY MISSION**

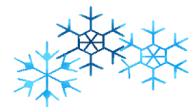
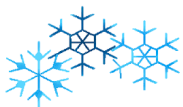
City Mission is a Waterbury based non-profit that provides non-perishable food items monthly to our seniors. We are very fortunate to have City Mission assist our seniors with food insecurity. This food distribution is held in the main room of the senior center. Bags are distributed in the order that people signed up. If you would like to benefit from this generous food distribution, please sign-up each month. 11a to 12p. Check your calendar.

## Incontinence Supplies

The Waterbury Senior Center is partnering with NOW Inc. to start an adult incontinence product bank here at the center. There will be a sign-up sheet in the office. There is a 2-product limit per month. We do not know what supplies we will be getting each month. Products will be distributed monthly from the sign-up list. Please see Maggie for more information.



**In case of inclement weather, please watch Channel 3 news or our Facebook page for closures or cancellation of activities**



## Waterbury Senior Center “Housekeeping”

Welcome to the City of Waterbury Senior Center. We are a social center. Please treat everyone in a kind & respectful manner. Kindness rubs off & good manners never go out of style!

**\*\*\*You must sign up for all events, classes, trips, lunch & parties. \*\*\* Highlight what you want on a calendar, put it in the bin on the wall. We will enter the classes you want into the computer & put the completed calendar in the alphabetized racks in the computer hallway.**

***Sign Up Requirements:*** 60+ years of age & a Waterbury resident. Please bring a photo ID with you.

Newspapers can be taken home at 2pm, when we close.

If you know of any member who has passed away, please let us know.

***Remember:*** No open cups of liquid on the floor.

You must wear sneakers or athletic shoes for the fitness room or exercise classes, unless the instructors allow other footwear. Harvard was the first university in the United States.

Please be sure all of your information is up to date - if you moved, changed phone numbers, email or your emergency contact, please let us know. Adult Beluga whales are white.

With the exception bread, Café Lunch food **cannot** be removed from the senior center.

**Please be considerate** - During classes or presentations, turn off or silence your phone.

Please Note: If you do not attend a class, you do not receive any of the give-a-ways.

***No Saving Seats ... First Come First Served ...***

Pet food/litter is limited to 2 per family. For pet food/litter, please call Maggie 203-574-6746.

If class times overlap, please pick **ONE** class.

**NO FOOD OR DRINK IS ALLOWED IN THE COMPUTER ROOM**

## DONATIONS

If anyone would like to donate to the senior center, we are in need of:

**Decafe, Wrapped Snacks, Lysol Wipes, gallon Ziploc bags & Wrapped Straws *Thank you!***



Thank you to **everyone** for bringing to us baked goods, chips, sandwiches, drinks, pet food, snacks, kitchen items & crafting supplies. We are so blessed to have so many people care about us!



**All events/activities subject to change  
You must register for ALL activities**



# MUNICIPAL AGENT PAGE

## CHOICES

CHOICES is Connecticut's State Health Insurance assistance Program. Free and unbiased services are provided to Medicare-eligible individuals, families, and caregivers of all ages and income levels. One-on-one benefits counseling on all parts of Medicare, including Original Medicare (Parts A and B) Medicare Advantage (Part C), Medicare Supplement, and Prescription Drug Coverage (Part D), Enrollment assistance and plan comparisons for Medicare Advantage and standalone Part D plans, Eligibility Screening and application assistance with cost-assistance programs including Medicaid, the Medicare Savings Program, the Low-Income Subsidy/Extra Help Program. To receive assistance please contact the CHOICES Dept at the Western CT Area Agency on Aging at 203-757-5449 EXT 134.

## CT Energy Assistance Program (CEAP)

The Connecticut Energy Assistance Program helps Connecticut residents afford to heat their homes. Proof of income for all household members, copies of utility bills, Renters must show copies of their rent receipts or lease, names, date of births and social security numbers for all household members. Please contact Maggie with any questions or to make an appointment at 203-574-6746 ext. 7107. *Expires 5/30/2025*

Household of 1 = \$45,505 Annually

Household of 2 = \$59,507 Annually

## *Free Transportation through the Waterbury Senior Shuttle Program*

Do you need a ride? The Waterbury Senior Shuttle Program is open to all City of Waterbury residents aged 60 years and older. All shuttle riders are required to have a Senior Shuttle ID card which may be obtained by calling 203-346-3810 ext. 7274. To Schedule a Ride please call 1 (800) 757-7782. Non-medical rides can be scheduled up to three (3) days in advance and medical appointments can be made up to one (1) month in advance. You must call between the hours of 9:00 a.m. and 12:00 p.m. to schedule a ride.







**Membership Registration**

**Mail to:** Waterbury Senior Center, 1985 East Main Street, Waterbury, CT 06705  
Phone = (203) 574-6746 -- Fax = (203) 574-8636

-----  
Waterburyct.org, Facebook=Waterbury Senior Center, Instagram = seniorcenter1985  
-----

**Name/Nombre:** \_\_\_\_\_

**Address/Direccion:** \_\_\_\_\_

**Town, Zip Code/Pueblo, Codigo de Correro:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **DOB/FED:** \_\_\_\_\_ **Gender/Genero** \_\_\_\_\_

**Cell Phone/Numero de Telefono:** \_\_\_\_\_

**Email/Correo Electronico:** \_\_\_\_\_

**Are you a Veteran or Spouse of a Veteran? / Eres un Veterano o la esposa de un veteran?**

Yes     No

**Race/Raza:**  Caucasian     African-American/Black     Asian/Pacific Islander

**Hispanic/Latino**  **Other**     **Native American**

**Marital Status** \_\_\_\_\_

**Emergency Contact & Relation** \_\_\_\_\_

**(Contacto de emergencia y la relacion)**

**Phone Number/Numero de Telefono:** \_\_\_\_\_

**PHOTO CONSENT AND RELEASE/ Consentimiento De Fotos**

The undersigned does hereby promise, consent and agree that the City of Waterbury or its employees, agents or representatives, may photograph the undersigned with television, video, movie or still camera. The pictures & any statements or voice recordings made at the time of photography or in connection with the photography may be processed in any manner and by whatever method or combination of methods that WSC elects, unless restrictions on use are specified herein. Furthermore, the undersigned agree(s) to waive any right or claim they might have to any compensation, fees or other benefits by use or reuse of the video/photograph and the undersigned hereby releases the City from any claim or demands for compensation or liability arising from said use of or publication of said pictures anywhere and in perpetuity. Restrictions: None. **A copy of your photo id is required for proof of residency & age.**

Name/Nombre

Signature/Firma (client/responsible party)

Date/Fecha