



# WATERBURY SENIOR CENTER



## February 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

# January 2025



~ **PLEASE NOTE** ~

**We are CLOSED**

Mon, Feb 17 & Tues, Feb 18

For Presidents Day & Lincoln's Birthday

City Mission Grocery Bag → Fri, Feb 7 = 11a

Farm Bag → Wed, Feb 12 = 11a

*Happy Valentine's Day Party*

Fri, Feb 14

Snow Date → Fri, Feb 21

Menu = Chicken Marsala

Dress = Red, White, Pink

Entertainment = Elaine Cerullo

\$5 per person, pre-paid

Please Sign Up by Fri, Feb 7



*Senior Center Meeting*

*Mon, Feb 3 ~ 12pm*

*Guest: Damien Saunders of  
Hamilton Relay, Tax Assessor's  
Office &*

**Dolce**

**Wed, Feb 26 → 10am**

**\$2/ Please Sign Up**



*Louise Hoban*

*Marge Angelicola*

**Benefits Counseling by  
WCAAA**

**Wed, Feb 19 → 9:30a to 12p**

The team at Western Connecticut Area Agency on Aging would like to support you by assisting you with renewals, applications, or any questions regarding available benefits.

WCAAA offers a wide range of services, including person-centered planning, long-term support services, application assistance, benefits counseling, and more.

**~ Please Sign Up ~**



**Coming on Thursday, April 10th**

**11a to 1p**

**A Joint Arts & Crafts Show!**

**Crocheting, Knitting, Painting, Quilting, Sewing & Crafts**

**What would you like to submit?**

**More Info to Follow...**



**BLACK HISTORY MONTH  
CELEBRATION**



Join us for our annual Black History Month Celebration

Presented by the Black History Committee of the

Waterbury Senior Center

Gladys Douglas, Chair

Evelyn Brothers, Co-chair

Friday, February 28th

11a to 2p

**\$20 Due Upon Sign Up ~ Non-Refundable**

***Sign Up Schedule - page 6***

**Menu: Chicken, Ham, Collard Greens, Cabbage, Yams, Mac & Cheese, Rice & Beans, Rolls & Cake**

**Coffee, Tea, Punch**

**\$5 Raffle**

**Mandy DuPont's Roundtable**  
**Topic: Coping w/Chronic Illness**  
**Feb 13 - 12:30p ~ Pls Sign Up**



**Amethyst: Birthstone for February**  
**Violet : Flower for February**



*"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."* Patience Strong



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)

email [bronsonlibrary@waterburyct.org](mailto:bronsonlibrary@waterburyct.org)

## Chair Massage w/Eileen

**Wed, Feb 5 from 10a to 1:30p**

15 minutes for FREE

*Chair massages are clothed & in a chair*

*~Appointments Necessary~*

**Please Sign Up in Office with Time**



## Drum With Joyce

**Mon, Feb 10 → 10:30a**

**-Please Sign Up-**



## Reflexology with Kim



By Appointment Only

Fri, Feb 7 ~ 11:30a

20 minutes for \$25

*Please Sign Up in Office w/time*



## SBL Computer Class

Fridays at 11am

Feb 7 = TBA

Feb 21 = Digital Coupons

*~ Please Sign Up ~*

**One-on-One Tech Help**

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



## Chorus: Everyone Can Sing

**Thursdays → 10a**

**Please Sign Up**



## Reiki with Amy

**Thur, Feb 20 - 11:30a to 1:30p**

**\$20 for 20 minutes**

## "Sewing With Jessica"

Wed, Feb 5, 12, 26

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 ~**



## Healthy Communities/AmeriCorps Mon., February 24 – 12:30pm

Join us for a free 1-hour health education session that covers basic health care information such as patient rights and responsibilities, tips for reading a medicine label, nutrition tips, information on chronic diseases, and more.

Participants will be asked to complete 2 short tests at the start and finish of the presentation. If you complete both of these tests and stay for the entire 1-hour session, you will receive a \$20 gift card!

*Anyone who has attended the previous sessions is not eligible.*

**^ Please Sign Up ^**



**AmeriCorps**  
Connecticut



## Colorful Brush

Have you always wanted to try your hand at painting, but didn't know where to start? Or what to paint?

Well, we're here to solve that dilemma! Julia, from Colorful Brush will be here on

**Wed., Feb 26 as 12p**

Julia will be bringing sleds with snowmen drawn on them for you to paint!

**\$2/ due on sign-up**

**Limited to 20**



## 12 Foods To NEVER Eat After They Expire

Baby Formula  
Hard-Boiled Eggs  
Milk  
Cheese  
Cooking Oil  
Prepackaged Lettuce/Salad  
Leftovers  
Canned Food  
Deli Meat  
Mayonnaise  
Berries  
Fresh Meat

## Healthier Lifestyles through Microgreens



Unearth the nutritional powerhouse of microgreens - youthful plants packed with an extraordinary nutrient profile, all harvested in their prime weeks of growth. Join Farmer Rich from *Brass City Harvest* on **Thursday Feb 20 at 12:30pm** as he instructs on how these tiny greens not only bring a burst of rich flavor but are also a nutritional boost, perfect for elevating everything from smoothies to juices to raw and cooked meals. Each participant will go home with their own container of microgreens!

~ Please Sign Up ~



Evan from Connect Physical Therapy addresses the seniors



## BLACK HISTORY MONTH CELEBRATION

Friday, February 28 – 11am to 2pm – \$20 pp

\*Gladys Douglas will be here Mon, Feb 3  
11am to sell tickets

\*Evelyn Brother will be here Tues, Feb 4  
11am to 11:30am to sell tickets



## **WISEWOMAN Workshop**

**Thurs, Feb 6 - 12:30p**

**The Work of the Wisewoman**

**~ Please Sign Up ~**



**Happy Birthday to our February 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. Check your calendar.



CITY MISSION

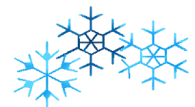
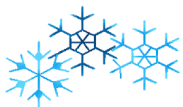
City Mission is a Waterbury based non-profit that provides non-perishable food items monthly to our seniors. We are very fortunate to have City Mission assist our seniors with food insecurity. This food distribution is held in the main room of the senior center. Bags are distributed in the order that 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.

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.

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.



## CITY OF WATERBURY HOMEOWNER TAX EXEMPTIONS

Any homeowner in the city of Waterbury who is either over the age of 65 or totally disabled can apply for the Elderly/Disabled Homeowner Tax Exemption offered by the City. This is an *Income-based exemption*, so proof of all the applicant's income for the previous calendar year needs to be brought in when the application is completed.

In order to qualify for this exemption, the maximum income for a **single person is \$45,200**, and the maximum income **for a married couple is \$55,100**.

If the applicant is married, both incomes need to be provided. If the applicant(s) still file Federal Income Tax, a copy of their 2024 Federal return is needed, along with all the documents used to create it. If they no longer file, they need to supply end-of-year statements from all their sources of income, for example a 1099 form showing the total Social Security they collected for the previous year, an end-of-year statement from their pension organization and from any source of interest collected.

Applications will be accepted at the Assessor's Office from **February 1 to May 15**, from **9 AM to 4 PM**. If there are any questions, please contact the **Assessor's Office at (203)574-6821**.





**Membership Registration**

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

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