



WATERBURY SENIOR CENTER



April 2024 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



MOHEGAN SUN CASINO TRIP

Wed, April 17, 2024

Land Jet bus leaves WSC at 8am & leaves the casino at 2pm to arrive back at WSC at 3:30pm ~ Limit 53

Payment made in full upon sign up - **\$35/per person~Non-Refundable**



Thelma Williams

Happy Birthday to our April Babies!



~ PLEASE NOTE ~

In case of inclement weather, please watch Channel 3 News WFSB or WSC Facebook page



City Mission = 4/12. 11a to 12p. They will take back the black bags.

Massage is now 2 times a month – check calendar listing

Farm Bag = 4/24. 10a-12p

No Chair Exercise = 4/26

WISEWOMAN Workshop

Topic: Archetypes

Thurs, April 4 - 12:30p

~ Please Sign Up ~



City Mission Grocery Bag

Fri, April 12 - 11a

Limited ~ Please Sign Up
They will take back the black bags



AARP Taxes

Mondays
April 1, 8, 15
9a to 11:30a



AARP Driver Safety

Friday, April 19
9:30a to 1:30p

\$20 for AARP members

\$25 for Non-AARP members

Make check payable to AARP & give to instructor the day of the class

Senior Center Meeting

Guest: WCAAA

Mon, April 1 ~ 12pm

Trivia Quiz

Fri, April 19 ~ 12:30p

Please Sign Up



Drum with Joyce!

Join Joyce for a fun way to exercise!

Thurs, April 18 ~ 12:30p or 1:15p

Equipment Provided

Limited to 6 per class

~ Please Sign Up ~



Connecting with Balance

Join us for a 6-week balance session

Thursdays - April 4, 11, 18, 25

May 2, 9 == 1pm

~Please Sign Up~



Everyone Can Sing Chorus!

Thursdays at 10am

Please Sign Up



Reflexology with Kim
By Appointment Only
Tues, April 16 ~ 11:30a

20 minutes for \$25

Please Sign Up in Office w/time



Stroke & Hip Safety Measures

Deborah Cram

Mon, April 22, 2024 ~ 12:30pm

What can you do to prevent strokes?
Learn about stroke warning signs &
helping prevent them



Added bonus: Hip Safety Measures

There are safety precautions you
can take to prevent hip injuries.

Lunch - Please Sign Up



BRASS Computer Class

Fridays at 11am

April 5 = Using Google Maps

April 12 = Virtual Reality

April 19 = Editing Pictures

April 26 = Make a Flyer in Publisher

~ Please Sign Up ~

One-on-One Tech Help

Fridays at 10am

~ Please Sign Up ~

2 (10a & 10:30a) Sessions Available

Massage by Andrea

Add massage to your wellness routine

Now 2 Times a Month!

Friday, April 5 from 10a to 1:30p

*** NEW*** Friday, April 19 from 10a to 1:30p

30 minutes = \$35

60 minutes = \$60

~Appointments Necessary~

Please Sign Up in Office with Time



De-Stress w/Dark Chocolate

April 8 @ 12:30pm

April is Stress Awareness month and what better way to de-stress than to enjoy some dark chocolate treats! Join Jessica Dorner RD for a fun and informative cooking demo all about dark chocolate. Learn about the health benefits, ways to cook and bake delicious recipes and more.

Limited to 40

~Please Sign Up ~



Self-Defense Lunch & Learn by East Coast Training Systems

Monday, April 15 ~ 12:30p

Join us for a self defense & personal safety interactive discussion with Escape Alive Survival Skills founder Drew Serrano (www.escapealive.net). We will discuss awareness, avoidance & practical basic skills for seniors.

Limited ~ Please Sign Up



Reiki with Amy

20 minutes for \$20

April 26 ~ 11:30a to 1:30p



~ Please Sign Up in Office w/Time ~

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 & 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. Masks are optional at the Center. 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 of milk & 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 ...

If you are in need of pet food, please call Maggie to sign up between the **1st & 15th** of the month

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

DONATIONS

Financial support for our Senior Center is very much appreciated & extends our budget for programs & events. Gifts can be made anonymously or in honor or memory of a friend or loved one. Donations should be made payable to the City of Waterbury Senior Center & can be designated for a specific purpose or as an undesignated gift.

If anyone would like to donate items to the senior center, we are in need of:
Decafe, Wrapped Snacks, Lysol Wipes & Wrapped Straws



Thank you to everyone, including Nancy Decker, Mary Gluodenis, City Mission, Audrey Harrell & Santos Calderon for bringing to us donated baked goods, chips, sandwiches, drinks, pet food, snacks, cups & crafting items.



Dolce Haircuts

April 17 ~ 11:30a (\$2)

Please Sign Up

Mandy DuPont's Roundtable

Topic: Letting Go of Clutter & a Method to Get Clutter Out!

April 11 - 12:30p ~ Pls Sign Up



MUNICIPAL AGENT PAGE

MyHomeCT

The MyHomeCT Program will offer grant assistance (up to \$50,000) which can reinstate (“catch-up”), provide up to 12 months’ worth of go-forward payments, or a combination of both to eligible Connecticut homeowners who have suffered a financial hardship as a result of the COVID-19 pandemic. Qualified expenses for either program can include: real estate taxes (2018 Grand List forward), homeowners' insurance and flood insurance, water and sewer liens, ground lease or lot payments, condominium and/or homeowners' association fees, condominium and/or homeowners' association special assessments, fees that were advanced by the loan servicer/mortgage company on behalf of an applicant with a reverse mortgage. For any questions or to apply please contact MyHomeCT Call Center at 1- (877) 894-4111 (Mon-Fri 10 AM – 8 PM EST)

CHOICES

What is 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. To schedule an appointment please call the Energy Division at (203) 756-8151 in Waterbury or email Energy@NewOpplnc.org.

Household of 1 = \$41,553 Annually

Household of 2 = \$54,338 Annually

Cards & Crafts

Wed, April 24

12:30p ~ (\$2) ~ Pls Sign Up



Diamond: Birthstone for April



Sweet Pea: Flower for April



April come she will, when streams are ripe & filled with rain ...~ Simon & Garfunkel



PLEASE CONTACT THE SILAS BRONSON:

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

203-574-8225, bronsonlibrary.org/programs

- HOME DELIVERY SERVICE
bronsonlibrary.org/homedelivery.

**Social Security Scams Lunch & Learn
with Ben Rhodes**

Join us as Ben updates us on the latest phone Social Security scams

Mon, April 29 ~ 12:30p

Please Sign Up



HOME OWNERS, DISABLED & VETERANS PROPERTY TAX CREDIT

DISABILITY EXEMPTION

WILL BE EFFECTIVE ON OCTOBER 1 FOLLOWING THE APPLICANT'S FILING DATE. TO QUALIFY, A PERSON MUST BE 100% DISABLED AND BRING SOCIAL SECURITY AWARD LETTER OR LETTER FROM VETERAN'S ADMINISTRATION. YOU DO NOT HAVE TO APPLY EVERY YEAR. BLIND EXEMPTION – YOU CAN APPLY ANYTIME TO QUALIFY, A PERSON MUST BRING TO THE ASSESSOR'S OFFICE THE CERTIFICATE OF LEGAL BLINDNESS ISSUED BY THE STATE OF CONNECTICUT. YOU CAN APPLY ANYTIME. YOU DO NOT HAVE TO REAPPLY EVERY YEAR.

HOMEOWNERS PROPERTY TAX CREDIT:

FEBRUARY 1st - MAY 1st

Eligibility Requirements: Are you a Homeowner in Waterbury? Must be age 65 or older or Social Security disabled and owned a home throughout 2023 in Waterbury. Income guidelines are \$40,300 unmarried person and \$49,100 married. Documents Required: Applicants will need to provide proof of

income from all sources in the previous year. If applicants file a tax return this must be included along with SSA 1099s. If applicants don't file tax returns then all 1099s are required. For more information, please contact the Waterbury Assessor's Office at 203-574-6821.

VETERANS ADDITIONAL TAX CREDIT:

FEBRUARY 1st - OCTOBER 1st

Eligibility Requirements: Must have filed DD214 at the Town Hall and must meet the established income guidelines. Documents required: Applicants will need to provide proof of income from all sources in the previous year. If applicants file a tax return this must be included along with SSA 1099s. If applicants don't file tax returns then all 1099s are required. For more information, please contact the Waterbury Assessor's Office at 203-574-6821.

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.

*****Please Note*****

In times of inclement weather, The Waterbury Senior Shuttle follows the cancellation policies of the City of Waterbury's School System.

St. Patrick's Day Party ~ 3-15-2024

Thank you to Autumn Lake Healthcare for the corned beef sandwiches, City Mission for the drinks, Art & Linda Hendrickson for the Hershey Kisses, Joanne Franco & Beth Chmielewski for donating for the flower arrangement & an Avon gift basket and to all the volunteers who helped this party run seamlessly.



March 2024





APRIL 2024 CALENDAR




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30a=AARP taxes 10a-11:30a=Painting \$2 11a=BRASS Zumba 11a=Setback 12p=Senior Center meeting - Guest: WCAAA	2 10a=B/P 9:30a=Chair Yoga I 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo	3 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet	4 10a-11:30a=BRASS Quilting 10a=Chorus 11a=Poker 11:30a=Café Lunch 12:30p=Wisewoman 1p=Balance	5 9:30a=BRASS Chair Strength 11a=Computer Class 10a=Tech Help 10a-1:30p=Massage
8 9:30a=AARP taxes 10a-11:30a=Painting \$2 11a=BRASS Zumba 11a=Setback 12:30p=De-Stress with Dark Chocolate Jessica Dorner Nutrition	9 10a=B/P 9:30a=Chair Yoga I 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo-Village at East Farm	10 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet	11 10a-11:30a=BRASS Quilting 10a=Chorus 11a=Poker 11:30a=Café Lunch 12:30p=Mandy Dupont Roundtable 1p=Balance	12 9:30a=BRASS Chair Strength 10a=Virtual Reality 11a=City Mission Grocery Bag
15 9:30a=AARP taxes 10a-11:30a=Painting \$2 11a=BRASS Zumba 11a=Setback 12:30p=Self-Defense w/ECTS Lunch & Learn	16 10a=B/P 9:30a=Chair Yoga I 10:30a=Chair Yoga II 11:30a=Café Lunch 11:30a=Reflexology 12:30p=Bingo-Anthem	17 8a=Bus leaves for Casino Trip 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 11:30a=DOLCE	18 10a-11:30a=BRASS Quilting 10=Chorus 11a=Poker 11:30a=Café Lunch 12:30p=Drum w/Joyce 1p=Balance 1:15p=Drum w/Joyce	19 9:30a=AARP Driver 9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 10a-1:30p=Massage 12:30p=Trivia
22 10a-11:30a=Painting \$2 11a=BRASS Zumba 11a=Setback 12:30p=Stroke & Hip Safety	23 10a=B/P 9:30a=Chair Yoga I 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo	24 9:30a=Stretch/Tone 10a=BCH Nutrition 10a-12p=Farm Bag 12:30p=Cards & Crafts No Crocheting w/ Lindsey	25 10a-11:30a=BRASS Quilting 10a=Chorus 11a=Poker 11:30a=Café Lunch 1p=Balance	26 10a=Volunteer B-fast 10a=Tech Help 11a=Computer Class 11:30a=Reiki No Chair Strength
29 10a-11:30a=Painting \$2 11a=BRASS Zumba 11a=Setback 12:30p=Social Security Lunch & Learn	30 10a=B/P 9:30a=Chair Yoga I 10:30a=Chair Yoga II 11:30a=Café Lunch 12:30p=Bingo	<p>All Events/Activities Subject to Change You Must Sign Up for ALL Activities</p>		Pool Room open 9a-2p ~ Dominoes ~ Computer room open Mon ~ Thurs 9a-2p Wii Bowling Daily-9a



APRIL 2024 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Café Lunch served 11:30a to 12:30p Tuesday & Thursday</p> <p>All menus are subject to change</p>	<p align="right">2</p> <p>Beef Spaghetti Casse- role Tossed Salad & Tuscan Veg Blend w/Ranch Italian bread Mandarin oranges</p>		<p align="right">4</p> <p>Lentil soup w/Saltines Spinach Salad, Turkey, Eggs, Cheese, Tomato, Pea salad, 3-Bean Salad White bread Peaches Jell-O</p>	<p align="center">Suggested Donation \$4.00</p>
<p align="center"><u>SALAD BAR</u></p> <p>Thurs, April 4 Thurs, April 18</p>	<p align="right">9</p> <p>Macaroni & Cheese Pinto Beans & mixed greens Italian bread Applesauce</p>		<p align="right">11</p> <p>Tomato soup & Saltines Cheeseburger & Bun Crinkle fries Sliced carrots Cookie Juice</p>	<p align="center"><u>PLEASE NOTE</u></p> <p>Aids & Guests are asked to pay \$8.14 for lunch. That is what the WSC pays New Opp for lunch.</p>
	<p align="right">16</p> <p>Turkey breast w/ gravy Lima beans & carrots Broccoli White bread Brownie Juice</p>		<p align="right">18</p> <p>Cream of Broccoli soup/Saltines Tossed Salad, Diced Ham, Eggs, Cheese, Tomato, Coleslaw, Broc- coli Salad Wheat bread Mandarin oranges Cookie</p>	<p>We are unable to use our funding to pay for lunches of individuals under the age of 60</p>
	<p align="right">23</p> <p>Diced chicken Caccia- tore Penne pasta Zucchini & peppers Italian bread Cookies Juice</p>		<p align="right">25</p> <p>Vegetable soup/ Saltines Sliced Ham Whipped yams Capri vegetables White bread Pineapple tidbits</p>	
	<p align="right">30</p> <p>Meatloaf w/gravy Mashed potatoes Green beans Rye bread Cookie Juice</p>			



Waterbury BRASS is a city-wide project funded by the Connecticut Community Foundation and the City of Waterbury, dedicated to the health and wellness of Waterbury residents age 60 and over.

BRASS Membership Registration
Mail to: Waterbury Senior Center
1985 East Main Street • Waterbury, CT 06705
ATTN: BRASS

Name: _____

Address: _____

Town, Zip Code: _____

Home Phone: _____ Date of Birth: _____ Gender M or F

Cell Phone: _____ Email: _____

Veteran or Spouse of a Veteran Yes No

Race: Caucasian African-American Asian/Pacific Islander Hispanic/Latino Other

Emergency Contact & Relationship: _____

Phone Number: _____

Please circle if you are presently in need of:

Meals Transportation Housing Benefits Information

Name

Signature (client/responsible party)

Date
