



# WATERBURY SENIOR CENTER



## August 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







~ **PLEASE NOTE** ~

No City Mission Grocery Bag this month

No Sewing Wed., Aug 20

Farmers Market Tuesdays 10am to 12:30pm

No Stretch & Tone Wed., Aug 20

No BRASS Crocheting Wed., Aug 20



**THE FARMERS MARKET**

Tuesdays, 10am to 12:30pm

Accepted: Cash, SNAP, Credit Cards, Debit Cards & the Farmers Market Debit Card  
If you haven't signed up for a debit card, please contact the office.



**Brass City Harvest Nutrition Class Trip**

**Sunshine Lavender Farm**

**Wed., August 13**

**Van leaves WSC at 9:30am**

Nichole's nutrition class will take an egg/protein class at Sunshine Lavender Farm.

**This trip is open to Brass City Harvest Nutrition class only.**

**Please Sign Up**



**Senior Center Meeting**

**Mon, Aug. 4 ~ 12pm**

**Guest: WCAAA, Choices, SHIP**

**Casey's Funeral Home**

Pre-Planning Lunch & Learn  
At Casey's Funeral Home Courtyard

Fri., August 1, 2025

11:30a ~ 1p

Learn why it's important to pre plan your final wishes.

~ Please Sign Up ~



**Jessica Dorner Nutrition**

**"Cool Summer Treats"**

**Mon, Aug. 11 —> 12:30p**

Join Jessica Dorner RD for a delicious cooking demo featuring cool summer treats! Jessica will demonstrate cold summertime desserts that are delicious and nutritious. Attendees will be able to sample the treats and take home recipes and nutrition handouts.



Please Sign Up

**Public Works Visit & Lunch**

**Wed., Aug 6 - 10a to 12p**

Come join the Public Works department for a guided tour of their new facility, followed by Lunch with some of the Public Works guys.

**Transportation Provided**

**Van leaves WSC at 9:30am**

**And returns 12:30p**

**- Please Sign Up -**



**Cheshire House Balance Test**

**Thurs., August 28 — 12:30pm to 2:00pm**

Jennifer, Physical Therapist at Cheshire House, returns to the WSC to test balance & fall potential.

**Please Sign Up**



**Peridot: Birthstone for August**

**Gladiola: Flower for August**



"...around the tenth of August, any year,  
you can look up in the sky at night and  
see dozens and dozens of shooting stars"

*Elizabeth Enright, Then There Were Five*



**Happy Birthday to our August Babies!**

**DOLCE** LLC  
The Academy

**Dolce**

**Wed, Aug. 27 —> 10am**

**\$2/ Please Sign Up**

**Frauds, Frauds and More Frauds  
Lunch & Learn  
Mon., Aug 18 ~ 12:30p**

Scammers share a common goal, to access your personal financial information & steal your money. Learn about common financial frauds & scams & tips to avoid being a victim.

Join Kathleen Titsworth, Outreach Coordinator with the CT Department of Banking, and Audrey Cole, of Senior Medicare Patrol from WCAAA, for a program on the latest financial frauds. They will discuss banking and Medicare scams and share resources to protect your confidential financial and health care information. Also, learn how to report suspected frauds and scams.



**"Sewing With Jessica"**

Wed, Aug. 6 & 13

New Session starts Wed., Aug 27

12:30p - 1:45p ~ Please Sign Up ~



**Mandy DuPont's Roundtable**

**Topic: 6 Tricks to Improve Memory**

**August 14 - 12:30p ~ Pls Sign Up**



**Veterans Coffee Hour**

**Fri., Aug. 15 ~ 10a**

**For veterans and/or their spouses. Come discuss, visit & learn**

**Please Sign Up**



**Chair Massage w/Eileen**

**Wed, Aug 6 from 10a to 1:30p**

15 minutes for \$15

Massages are for 15 minutes ONLY

*Chair massages are clothed & in a chair*

**~Appointments Necessary~**

**Please Sign Up in Office with Time**



**Reiki with Amy**

**Thur, August 21 - 11:30a**

**\$20 for 20 minutes**



**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)



**SBL Computer Class**

**Fridays at 11am**

**August 1 = TBA**

**August 8 = TBA**

**August 15 = TBA**

**August 22 = TBA**

**August 29 = TBA**

**~ Please Sign Up ~**

**One-on-One Tech Help**

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

**Reflexology with Kim**

**By Appointment Only**

**Fri, Aug. 29 ~ 11:30a**

**20 minutes for \$25**

**Please Sign Up in Office w/time**



## Senior Boxing!

Stephanie, from IYC Boxing will be teaching a senior boxing class at her facility. Based on Rock Steady Boxing, this will improve your balance, strength & core & give you "Rocky" confidence!



Thurs., Aug. 7, 14, 28

Thurs., Sept. 4, 11, 18

1p to 1:45p

~ Please Sign Up ~

~ Transportation Provided ~



## Thank You, Interns!

Join us as we say Thank You & Good-bye to our wonderful Summer Interns:

Jaden (who was here last summer) & Sarah (who is new this summer) with an

## Ice Cream Social!

Friday August 8, 2025 ~ 1:00pm

~ Please Sign Up ~



## AARP Driver Course

Fri, Sept 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 class

~ Please Sign Up ~



## THIMBLE ISLANDS CRUISE



Thurs., August 7

Bus leaves WSC at 9:30am

Boat leaves dock at 11:15am

Lunch at Parthenon Diner - 12pm to

1:15pm (You Pay)

Bus leaves Branford at 1:30pm

Return to WSC at 3:00pm

\$10 per person, registration upon payment

Non-refundable

NOT wheelchair accessible

~ Please Sign Up ~

## WISEWOMAN Workshop



Thurs, Aug 7 - 12:30p

Topic: "Angels"



~ Please Sign Up ~

Need Benefits Counseling?

Call WCAAA

203-757-5449

Appointments Necessary!



## = 2025 FARMERS MARKET =



Once again this season, we are pleased to welcome Brass City Harvest's Farmers Market, starting on Tuesday mornings, from 10:00am to 12:30pm. The market will continue until Tuesday, October 28, 2025. This year we will be using the **SAME** farmers market debit card as the past two years. If you still have yours, please do not discard it. If you have lost or discarded it, you will be issued a new card. It will be loaded with \$40. One card per person, per season. A married couple will receive one card each.

**The annual income guidelines are: \$28,953 for 1 person household, \$39,128 for a 2 person household.** Please bring proof of income with you when you come to get your new card.

Brass City Harvest also accepts cash, check, credit card, debit card or SNAP.





## Tapping into The Past: Tavern Life in Early Connecticut

Friday, August 29 —>11:30a to 1:30p  
Lunch & Learn

CT Taverns Lunch & Learn Exploring the Past: Tavern Life in Early Connecticut Taverns in Connecticut were more than just a place to drink. Travelers and locals alike considered taverns a place to be entertained, spread news and gossip, enjoy a good meal, and spend the night. Learn how taverns were an integral part of every Connecticut town.

Please Sign Up



## Senior Dine Program Registration

Thursday, Aug 21, 12:30p

Senior Dine is a restaurant meal program operated by Senior Nutrition Services of New Opportunities, Inc. in which you can dine at certain area restaurants for \$3.50 to \$5.00. The program is open to area residents age 60 and older. There is no income requirement to participate.

~ Please Sign Up ~



Grace & Her Quilt



Gary & Natalie

## The Bare Slate

Wed., Aug. 20  
12p to 2p



**\$2.00 pre-paid/non-refundable**

In this fun workshop, you will be making a fall-themed wood pedestal. You will create a beautiful piece of home décor by sanding, staining, and painting a piece of wood and attaching legs to complete the project. No experience necessary! **Please Sign Up**

## Cheshire House Balance Evaluation

Thurs, August 28 ~ 12:30pm

Jennifer, Physical Therapist at Cheshire returns to WSC to conduct a balance evaluation.

Each evaluation takes approximately 10 to 15 minutes. If you have not been tested recently, please sign up in the office with a time.

10 appointments available



## Clair Phillips, Spy

Lunch & Learn

Fri., August 15th

11:30a to 1:30p



On the 80th Anniversary of VJ Day, come hear Bob Door of the Waterbury Veterans Memorial Committee, talk about one of the women spies of WW2. Claire Maybelle Snyder, also known as Clara Fuentes, Clara Philips, and Dorothy Fuentes as well as High Pockets, was an American spy, entertainer, club owner, and writer noted for her exploits in the Japanese occupied Philippines. She was the author of *Manila Espionage*, a book about her wartime experiences. In 1951, she was awarded the Medal of Freedom.

~ Please Sign Up ~

# What will change with DSS benefits following the passing of federal H.R.1? (Big Beautiful Bill)

## Changes to DSS benefits with the passing of federal H.R.1

As of July 3, 2025, at 3:30 p.m. the below information reflects the changes CT residents will see with the passing of the bill. DSS is analyzing the impacts very closely and will continue to communicate with CT residents about changes to DSS benefits.

### SNAP

#### Work Requirement Changes

- No enactment date specified, awaiting federal guidance
- Increases the age limit of Able-Bodied Adults Without Dependents (ABAWD)s subject to work requirements from 54 to 64
- Changes the exemption for adults with children under age 18 to adults with children under age 14
- Removes exemptions veterans, those experiencing homelessness, those under 24 and aged out of foster care at 18 Limits waivers to towns/areas that have an unemployment rate greater than 10%

#### Non-citizen eligibility

- No enactment date specified, awaiting federal guidance
- Restricts non-citizen eligibility to legal permanent residents, Cuban/Haitian entrants, and Compacts of Free Association (COFA) citizens
- Individuals such as refugees, asylees, trafficking victims, humanitarian parolees and more who currently qualify for SNAP will no longer be eligible due to their immigration status

#### Low Income Home Energy Assistance Program (LIHEAP)

- No enactment date specified, awaiting federal guidance
- Limits the SNAP-LIHEAP (Heat & Eat) connection to only apply to households with an elderly or disabled member

### Medicaid (HUSKY Health)

#### Work Requirements

- Effective December 31, 2026, states may request an extension of up to 2 years to implement requirements by December 31, 2028
- Adults 19-64 will be required to engage in at least 80 hours per month of work or community engagement to remain eligible for Medicaid
  - Acceptable activities to meet the requirement:
- Monthly income that is at least 80 times the federal hourly minimum wage (\$7.25), or
- At least 80 hours per month of community service, or
- At least 80 hours per month of qualified work or training program participation, or
- Enrolled at least part-time in an education program

- Provides exemptions from the work requirement for:
  - Pregnant and postpartum individuals
  - Foster and former foster youth
  - Indians/Urban Indians
  - Veterans with rated disabilities
  - Medically frail individuals (e.g. blind, disabled, children with serious emotional disturbances, adults with serious mental illness, chronic substance use disorders, serious and complex medical conditions)
  - Individuals with alcohol use disorder and substance use disorder
  - Individuals already meeting work requirements for SNAP and/or TANF
  - Parents and caregivers of a dependent child aged 13 and under or an individual with a disability
  - Individuals recently released from incarceration for 90 days post release
  - Individuals with a short-term hardship waiver

#### **Non-citizen eligibility**

- Effective October 1, 2026
- Restricts non-citizen eligibility to legal permanent residents, Cuban/Haitian entrants, and Compacts of Free Association (COFA) citizens
- Individuals such as refugees, asylees, trafficking victims, humanitarian parolees and more who currently qualify for HUSKY Health will no longer be eligible due to their immigration status, effective 10/1/2026

#### **Retroactive Medicaid/CHIP coverage**

- Effective for applications on or after January 1, 2027
- Limits retroactive coverage for adults with Medicaid to 1 month instead of 3 months
- Limits retroactive coverage for other Medicaid recipients to 2 months instead of 3 months
- Provides 2 months of retroactive coverage for CHIP programs.

#### **Renewal Frequency**

- Effective December 31, 2026
- HUSKY D recipients will need to complete a renewal every 6 months instead of every 12 months

#### **Cost-sharing requirement**

- Effective October 1, 2028
- Requires states to impose cost-sharing on HUSKY D adults with incomes over 100% of the FPL
- Amount of cost sharing can be decided by the state but must be more than \$0 and cannot exceed \$35 per item or service
- Total cost-sharing cannot exceed 5% of the individual's or family's income
  - Certain services are excluded from cost-sharing:
    - Primary care
    - Prenatal care
    - Pediatric care
    - Emergency room care (except for non-emergency care provided in emergency rooms)
    - Services provided by a Federally Qualified Health Center

#### **Maximum home equity limit**

- Effective October 1, 2028
- Sets a maximum home equity limit of \$1 million for the purposed of determining eligibility for long-term services and supports**



# 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.

## **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.

**To Schedule a Ride please call (203) 275-0124.**

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 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 for the monthly date.

## **Incontinence Supplies**

The Waterbury Senior Center, partnering with NOW Inc., has an adult incontinence product bank here at the center. Beginning in February, the Incontinence program will be a one time sign up. Please see Maggie if you are in need. You will receive a form to fill out. Please notify Maggie if you have any changes.

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.

**All events/activities subject to change ~**

**You must register for ALL activities ~ If you can't attend, please call us to cancel**

## 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 ...**

Animeals is a one time sign up. Please see Maggie if you are in need. You will receive a form to fill out. Please notify Maggie if you have any changes.

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, powered drink mix & 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!**



**Maxine Watts**

XXXXX

