



WATERBURY SENIOR CENTER



Happy, Merry Holidays to All!



December 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

Smart Ring Give-A-Way!

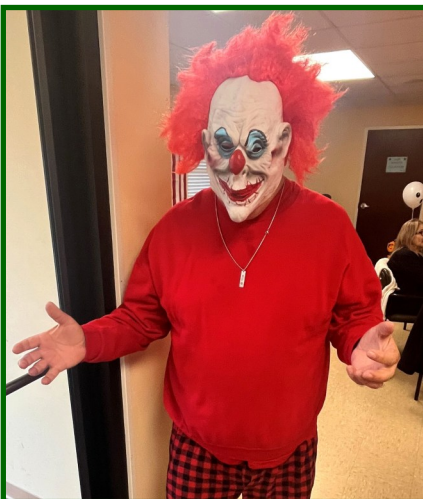
The non-profit Village Sound for the People, in conjunction with the non-profit More Miracles Made are holding a Smart Ring Give-a-Way of **40 rings** on Wednesday, Dec 10th from 12pm to 2pm.

If you are looking to monitor your health, smart rings are an easy way to do it. They can track your blood pressure, sleep, activity, heart rate, etc. This information can then be given to your doctor.

You must have a smart phone to download the app. An information session on how to use the smart ring & the app will be included.



Smart Ring





Veronica receives the "Extra Mile" volunteer award from Mayor Paul



~ PLEASE NOTE ~

We are **CLOSED** Thurs, Dec 25 for Christmas Day & Thurs, Jan 1 for New Year's Day
There are **NO** classes from Mon, Dec 22 thru Fri, Jan 2 - But, we will be **OPEN**
Our regular schedule resumes Mon, Jan 5
NO Sewing the month of December

Christmas Holiday Party

Join us for a Merry Christmas Holiday Party

Fri, Dec. 19 = 11a

Menu = Catered by Nonna Lucia

Entertainment = Timmy Maia

Dress = Holiday Festive

Please Sign Up Starting on Mon, Dec 1

Your \$5 Confirms Your Reservation

Non-Refundable

Sponsored by Autumn Lake Healthcare



Snow Date: Fri, Jan 9, 2026

Clair Phillips, Spy Lunch & Learn

Mon., December 8th

11:30a to 1:30p



On the 84th Anniversary of Pearl Harbor, 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 ~

Senior Center Meeting

Mon, Dec 1 ~ 12pm

Guests: Anna, Charm Medical
William Viel, CHERISH

What I Need to Know About My Energy Choices

Art Marcellinas returns to WSC with information about choosing an energy supplier. With energy prices increasing, it's important to know how to pick the most cost effective company. Electricity Supply rates will likely increase on January 1st. So bring a copy of your electric bill and learn about the new Supply rates and how choosing an electric supplier can lower your bill. Art Marcellinas, a former state regulator at the Public Utilities Regulatory Authority (PURA), will explain the process. Art can review your bill, answer questions about the new Standard Service Supply rates, electric suppliers, the redesigned electric bill and much more. You are encouraged to visit <https://www.mysupplymanager.com> before the presentation to learn about a service that manages the Supplier cost on your bill. A representative from My Supply Manager will be available to answer any questions.

Thurs., Dec 11 ~ 12:30pm

~ Please Sign Up ~

EVERSOURCE

Birchstone: Blue Zircon

Flower: Poinsettia



"... the best-smelling months? I'll make a case for December; evergreen, frost, wood smoke, cinnamon." – Lisa Kleypas

Happy Birthday to our December Babies!

All events/activities subject to change

You must register for ALL activities

If you can't attend, please call us to cancel

WISEWOMAN Workshop

Thurs, Dec. 4 - 12:30p

Topic: Handling Holiday Stress

~ Please Sign Up ~



"Sewing With Jessica"

A New Project Starts the first Week of
Each Month

~ Please Sign Up ~



New Session starts Fri, Jan 23; 11a to 12p

In case of inclement weather, please
watch Channel 3 news or our Face-
book page for closures or cancellation
of activities



Need Benefits Counseling?

Call WCAAA

203-757-5449

Appointments Necessary!



Suicide Prevention Crisis Hotline —>988

This hotline will provide help, support & re-
sources for resident who may be struggling with
thoughts of suicide.

988

Senior Shuttle & Transportation Information Session

Getting Around Made Easier!

Tuesday December 9

10am-Noon

Seth and Karina from Senior Shuttle will be here to
answer questions about transportation and sign up
those who have not yet signed up for Senior Shut-
tle. Come ask questions, pick up schedules, and
learn how to make getting around town simple and
stress-free!

~ Please Sign Up ~



Reflexology with Kim

By Appointment Only

Fri, Dec 12 ~ 11:30a

20 minutes for \$25

Please Sign Up in Office w/time



DOLCE LLC
The Academy

Wed, Dec 17 —> 10am

\$2/ Please Sign Up

Reiki with Amy

Thur, DEC 18 - 11:30a

\$20 for 20 minutes

Please Sign Up



Mandy DuPont's Roundtable

Topic: Open Discussion on the Holidays

Dec 18 - 12:30p

~ Please Sign Up ~



Jessica Dorner Nutrition

Mon, Dec 15—> 12:30p

Winter Smoothies

Join Jessica Dorner RD for a delicious cook-
ing demo featuring smoothies using winter
produce! These winter smoothies can help
you stay hydrated and get important vita-
mins and minerals, even in the cold winter
months. Attendees will get to taste 2 different
smoothies, and take home recipes featuring
winter season fruits and vegetables.



Please Sign Up



Veterans Coffee Hour

Returns January 2026



Pottery Piazza

Wednesday, December 3rd – > 12:30p

Get ready for the holidays with a
ceramic light-up Christmas tree!

All supplies will be provided!

\$2.00/pre-paid

20 Spots Available - Please Sign Up



AARP Driver Course

Fri, Jan 16 —> 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 ~



PLEASE NOTE:

Thank you all for thinking of us & wanting to donate to us. However, we can not accept clothing, shoes, bedding, used candles, open fragrance or broken or heavily used items.

If you have items you would like to donate, here are some organizations:

Pick up Please (The Veterans) (they will pick up)=1-800-775-8387

St. Vincent de Paul=203-573-9018

The Salvation Army=203-754-7056

Acts 4 Ministry=203-574-2287

Goodwill=203-633-2769

Waterbury Dog Warden=203-574-6909



Chorus: Everyone Can Sing

Thur. Dec 4, 11 & 18

10:00a to 11am

New members: Please Sign Up
to start the 1st Thursday of the month

~ Please Sign Up ~

Ukulele Classes w/Ted

Thur. Dec 4, 11 & 18 -- 11am to 12pm



No Experience Necessary!!!

Ukuleles will be provided
If you have your own, please feel to bring it!



~ Please Sign Up ~

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!

Senior Meals Program Registration Thursday, Dec 18, 12:30pm

Senior Meals is a restaurant meal program operated by Senior Nutrition Services of New Opportunities, Inc. The program is open to area residents age 60 and older. There is no income requirement to participate.

~ Please Sign Up ~



Michael Tierney of Silas Bronson Library will be here on Tuesday, December 2nd. If you want a library card, renew the one you have or just want to ask questions or pick up a book, Michael will help you.

Tues, Dec 2 ~~ 9:30am to 11:30am

Waterbury Senior Center "Housekeeping"

*****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

PLEASE NOTE: Payment for ANY party or event where there is a fee, confirms your registration

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 ...

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

NO FOOD OR DRINK IS ALLOWED IN THE COMPUTER ROOM

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

email bronsonlibrary@waterburyct.org

SBL Computer Class

Fridays at 11am

**Dec 5 = Northstar Digital Literary Series:
Word**

**Dec 12 = Northstar Digital Literary Series:
Telehealth**

~ Please Sign Up ~

One-on-One Tech Help

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



Silas Bronson Library
Something for Everyone

FREE BATTERIES!

Our senior center received a wonderful donation of hearing aids batteries size 312—available now for anyone in need. Come by to pick them up. Big thanks to our donors for helping our community stay connected!



Avon Pop-Up

By Beth

Tues, Dec 2nd 10:30am to 12:30pm

Work on your Christmas Holiday shopping the easy way with an Avon Pop-Up!

Beth will have make-up, lipstick, shower gel, jewelry, hand cream, lip balm, skin care, stocking stuffers & more!

Please Sign up, but Walk-ins are welcome!



Martha Caesar



AVON



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 bags are distributed to our seniors with food insecurity. If you would like to benefit from this generous food distribution, please sign-up each month.

Incontinence Supplies

Incontinence products are distributed monthly. One (1) product limit per month. Please see Maggie.

Animeals

Pet food is distributed monthly. 2 pets per household limit. Please see Maggie to sign up.

CEAP

The CT energy assistance program begins September 2nd. Documents required are: 2025 social security award letter, most recent utility bills, all income. The state has not given out the income guidelines yet. Please see Maggie to apply.

