



# WATERBURY SENIOR CENTER



## April 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.

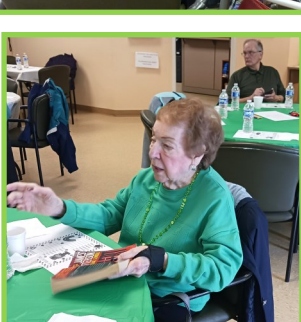
seniorcenter1985



Waterbury Senior Center



# March 2025









### ~ **PLEASE NOTE** ~

We are CLOSED Fri, April 18 for Good Friday

City Mission Grocery Bag—>Fri, April 11 = 11a

Farm Bag—>Wed, April 9 = 11a

No Wisewoman

### **Caricature Artist Judy**

Thursday, April 3rd — > 11am to 1pm

In the Multi-Purpose 3 Room

**Please Sign Up** for Appointment to Have Your  
Portrait Sketched



### **Elara Caring Lunch & Learn**

Wed., April 23rd —> 11:30am

Kelley Romano, RN, BSN Elara Caring Liaison

Kelley will speak on the importance of Centers with a Medicare star rating on homecare & how you have a choice & a voice when choosing homecare. The Star Ratings system helps you compare the quality of Medicare health and drug plans so you can make the best health care decision.

Please Sign Up

**Elara Caring**   
We care where you are.



### **SPECIAL TRIVIA!!!!**

Join us for a very special trivia by  
BaR Rated Trivia

Thurs, April 24 —> 12:30p

BaR Rated Trivia consists of 5 rounds, with 5 questions per round. The points go up as the rounds go up & each round is a different category. The 3rd round is an “Audio Round”, which is a musical montage with themes like ‘TV Theme Songs’, ‘Name That One Hit Wonder’ & ‘Cover Songs’. The final round, known as the “Bonus Round Phun Tyme”, allows teams to win or lose points before the completion of the game. Prizes will given to the teams with the top points.



~ Please Sign Up ~



### **Senior Center Meeting**

*Mon, April 7 ~ 12pm*

*Guest: Ailyn Dilone/Horizon Home-  
maker & Amber Stokes/W.I.S.E.*

### **WSC Art Show**

**A Joint Arts & Crafts Show!**

Crocheting, Knitting, Painting, Quilting,  
Sewing & Crafts

Thursday, April 10th

11a to 1p

**Doors Open at 11a**

Come join us for hors d'oeuvres, light jazz  
music , sparkling juice & art!

Feel free to browse, eat, drink, listen &  
purchase



### **Wii Bowling - Final game of the Season!**

**WSC vs Glastonbury**

**Fri., April 4 ~ Bus leaves WSC 10am**

### **The Cookie Jar**

Wed., April 16 —> 12:30p

Come join us to decorate 3 cookies  
with a Spring theme!

Limited to 20 Participants

\$2.00 pre pay

~ 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)

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

**Diamond: Birthstone for April**  
**Sweet Pea : Flower for April**



*"If April showers should come your way, they  
bring the flowers that bloom in May." -*

*Buddy DeSylva*

**Happy Birthday to our April  
Babies!**



## ITALIAN HERITAGE

**Monday, April 21 → 12:30pm**

The birthday of the city of Rome is celebrated on April 21st. Rome was founded in 753 BC, making it 2,778 years old this year. The day is called "Natale di Roma" in Italian.

In honor of Rome's birthday, Anna Sincavage will be returning to talk about the history of Italy & discover how this day in time connects with the traditions & events of Rome from the past to the present, even after 2,778 years!

Antipasto from Vincenzo's  
~ **Per favore registrati** ~  
(Please Register)



## Chair Massage w/Eileen

**Wed, April 2 from 10a to 1:30p**

15 minutes for FREE

*Chair massages are clothed & in a chair*

*~Appointments Necessary~*

*You Are Not Eligible if you had a massage in Feb or March*

**Please Sign Up in Office with Time**



## Drum With Joyce

**Mon, April 14 → 10:30a**

**-Please Sign Up-**



## Reflexology with Kim

By Appointment Only

Tues, April 15 ~ 11:30a

20 minutes for \$25

*Please Sign Up in Office w/time*



## SBL Computer Class

**Fridays at 11am**

**April 4 = Make a Greeting**

**Card w/Publisher**

**April 11 = Google Tools**

**April 25 = Virtual Reality**

**~ Please Sign Up ~**

**One-on-One Tech Help**

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



## Reiki with Amy

**Thurs, April 17 - 11:30a**

**\$20 for 20 minutes**



## Tai Chi w/Matt

**Wednesdays**

**1:00pm to 1:45pm**

**~ Please Sign Up ~**



## "Sewing With Jessica"

**Wed, April 2, 23, 30**

**12:30p - 1:45p**

**~ Please Sign Up ~**



## Mandy DuPont's Roundtable

**Topic: TBA**

**April 17 - 12:30p ~ Pls Sign Up**



## Chorus: Everyone Can Sing

**Thursdays → 10a**

**Please Sign Up**

## Jessica Dorner Nutrition "Spring Time Eats"

**Mon, April 14 —> 12:30p**

Join Jessica Dorner RD for a delicious cooking demo & tasting featuring seasonal Spring-time foods. Jessica will discuss foods that we find more abundant in the Spring, plus demonstrate 2 recipes for attendees to taste. Recipes and handouts will also be available for attendees to take home.

[Please Sign Up](#)



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



## Stroke Risk Lunch & Learn

**Monday, April 28 - 12:30p**

Debbie Cram from Trinity Health will be here for a stroke risk presentation. It will cover:  
Types of strokes, signs & symptoms, risk factors, prevention & BE FAST  
There will be hand-outs

[Please Sign Up](#)

## Calling Our Volunteers!

Where would we be without them?  
In celebration of our volunteers, we will be hosting a volunteers appreciation lunch for volunteers *only* at San Marino.  
*Fri, April 25th —> 11a to 1p*  
Invitations will be given out to volunteers



### AARP Driver Course

**Fri, May 16 —> 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 ~**



## 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, 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.



## ***Foxwoods Casino Bus Trip***

Wed., May 28th

\$10/pre-paid, non-refundable

~ Limited to 53 ~

Sign-up Deadline Friday, May 23rd at 2:00pm or Until the Bus is Full



*Mildred Herbert*

### **WISEWOMAN Workshop**

**Thurs, May 1- 12:30p**

***5 Wishes -Gentle End of Life  
Planning***

***== No Wisewoman in April ==***

***~ Please Sign Up ~***



### **Romance Scams**

As many older people have lost their spouse and are looking for a new companion, they may decide to join a dating site. However, dating apps have become a breeding ground for fraudsters who assume false identities and groom the older person into giving information or money. One way to spot a romance scam is if they act distressed or angry to guilt you into sending money.



### **SOCIAL SECURITY SCAM TACTICS**

Criminals use sophisticated tactics to trick potential victims into disclosing personal and financial information. Be skeptical and on the lookout for these red flags: Typically, they use these P's – **Pretend, Prize or Problem, Pressure, and Payment**. For example, scammers pretend they are from Social Security in phone calls, texts, emails, websites, or direct messages on social media, and claim there is a problem with the person's Social Security benefits or Social Security number. The scammer's caller ID may be spoofed to look like a legitimate government number. Scammers may also send fake documents to pressure people into complying with demands for information or money. Other common tactics include citing "badge numbers," using fraudulent Social Security letterhead, and creating imposter social media pages to target individuals for payment or personal information.

Social Security employees do not contact the public by telephone for business purposes. Ordinarily, the agency calls people who have recently applied for a Social Security benefit, are already receiving payments and require an update to their record, or have requested a phone call from the agency. If there is a problem with a person's Social Security number or record, Social Security will typically mail a letter.



## 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 ...***

Beginning in February, Animeals 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.

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**.



Social Security imposter scams continue to be widespread across the United States. Scammers use tactics to deceive you into providing sensitive information or money. If you receive a suspicious letter, text, email, or call, do not respond.

We will NEVER:

- Text or email images of an employee's official government identification.
- Suspend your Social Security number.
- Threaten you with arrest or other legal action unless you immediately pay a fine or fee.
- Require payment by retail gift card, wire transfer, internet currency, or cash by mail.
- Promise a benefit increase or other assistance in exchange for payment.
- Mail or email "official" letters or reports containing your personal information.

We only send text messages in limited situations, including:

- When you have subscribed to receive updates and notifications by text.
- As part of our enhanced security when accessing your personal *my* Social Security account.

If you owe money to us, we will mail you a letter with payment options and appeal rights. Social Security employees do not contact the public by telephone for business purposes. Ordinarily, the agency calls people who have recently applied for a Social Security benefit, are already receiving payments and require an update to their record or have requested a phone call from the agency. If there is a problem with a person's Social Security number or record, Social Security will typically mail a letter.

We encourage you to report suspected Social Security imposter scams — and other Social Security fraud — to the OIG's website at [oig.ssa.gov/report](https://oig.ssa.gov/report). You can find more information about scams at [www.ssa.gov/scam](https://www.ssa.gov/scam). Please share this information with your friends, family, and colleagues to help spread awareness about Social Security imposter scams.





### 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 Correo:** \_\_\_\_\_

**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**