



WATERBURY SENIOR CENTER



March 2025 Newsletter

Address: 1985 East Main Street, Waterbury, CT 06705

Phone number: 203-574-6746 Fax number: 203-574-8636

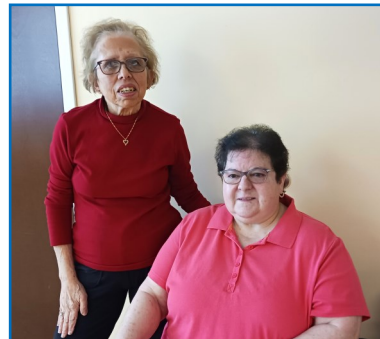
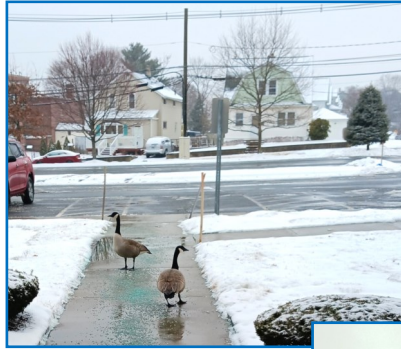
Hours of Operation: Monday thru Friday 9:00 a.m. ~ 2:00 p.m.

seniorcenter1985



Waterbury Senior Center

February 2025



~ **PLEASE NOTE** ~

Senior Dine Sign Up → Thurs, March 6
City Mission Grocery Bag → Fri, March 7 = 11a
No Farm Bag

St. Patrick's Day Party

Fri, March 14... 11a to 1p

Snow Date → Mon, March 17

Menu = Corn beef or Veggie Sandwich

Dress = Green

Entertainment = Dean Snellback

\$5 per person, pre-paid

Please Sign Up by Fri, March 7



OLLI at UCONN Trip

March 21

11:45am-1:30pm

Mayor Paul Pernerewski and Chief Fernando Spagnolo will give an update on City improvements, issues and goals. There will be a Q & A session.

Transportation & Lunch will be provided.

~ Please Sign Up ~



*Eneida Melendez
Jean-Marc Boivin
Gene Trotman
Melvin Weaver*

Senior Center Meeting

Mon, March 3 ~ 12pm

Guest: Fyzical Physical Therapy

Dolce

Wed, March 26 → 10am

\$2/ Please Sign Up



WSC Art Show

A Joint Arts & Crafts Show!

Crocheting, Knitting, Painting, Quilting, Sewing & Crafts

Thursday, April 10th

11a to 1p

Doors Open at 11a

We have so many talented members & we want to give you a showcase to exhibit your works & sell them. That's right, you can SELL your work!

Each artist can submit up to 3 pieces.

Please see the Office for an agreement form.



Glazey Dayz

Wed, March 5 ~ 12p

Heather will be bringing beautiful ceramic floral bowls for you to paint.

~ Please Sign Up ~

**Limited to 20
\$2 upon registering**



Mandy DuPont's Roundtable
Topic: 6 Ways to Improve Memory
March 20 - 12:30p ~ Pls Sign Up



Aquamarine: Birthstone for March
Daffodil : Flower for March



*"Stormy March has come at last, With
winds and clouds and changing skies..."*
- William C. Bryant

Chair Massage w/Eileen

Wed, March 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

***If you received a Chair Massage in
February, you are not eligible***



Drum With Joyce

Mon, March 10 → 10:30a

-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

- HOME DELIVERY SERVICE
bronsonlibrary.org/homedelivery
email bronsonlibrary@waterburyct.org

Reflexology with Kim

By Appointment Only
Tues, March 18 ~ 11:30a

20 minutes for \$25

Please Sign Up in Office w/time



Chorus: Everyone Can Sing
Thursdays → 10a
Please Sign Up



Reiki with Amy

Thur, March 20 - 11:30a

\$20 for 20 minutes



"Sewing With Jessica"

Wed, March 5, 26

12:30p - 1:45p

~ Please Sign Up ~
~ Class Space Limited ~



SBL Computer Class

Fridays at 11am

March 7 = Podcasts

March 21 = VR

March 28 = TeleHealth

~ Please Sign Up ~

One-on-One Tech Help

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



COVID Shots

Thurs, March 6 → 10am

Bunker Hill Pharmacy will be administering
COVID 19 booster shots for any sen-
ior who wants one.

^ Please Sign Up ^



All events/activities subject to change

You must register for ALL activities



Tai Chi w/Matt Wed., March 19th

For 8 classes
Wed., March 19 - May 7
1:00pm to 1:45pm
~ Please Sign Up ~



Unity Pharmacy Lunch & Learn “Gut Health”

Mon, March 24 ~ 12pm

Poor gut health can cause fatigue, upset stomach, skin conditions & autoimmune challenges. Probiotics, fermented foods, hydration & stress management can help.

Learn the signs of an unhealthy gut & what to do about it. Find out how gut microbiome affects your health & what foods can help you improve your gut health naturally.

~ Please Sign Up ~

Jessica Dorner Nutrition “Good Mood Food”

Fri, March 28 —> 12p

Join Jessica Dorner RD for a fun and informative cooking demonstration all about foods that support your mood! Jessica will demonstrate recipes that include ingredients that are healthy and taste great. Attendees will be able to sample the recipes and take home nutrition handouts and recipes.

Please Sign Up



Cheshire House Mobility Test

Thur, March 27 - 12:30p

Jennifer from Cheshire House will be here on 3/27 at 12:30p to do an assessment that tests leg strength & endurance. It is called the 30 second chair rise test & is scored based on age & gender. It is a good gauge of overall fall risk.



Please Sign Up

WISEWOMAN Workshop

Thurs, March 6 - 12:30p

The Work of the Wisewoman

~ Please Sign Up ~



Happy Birthday to our March Babies!



AARP Driver Course

Fri, Mar 21 —> 9:30a to 1:30p

\$20 for AARP Members

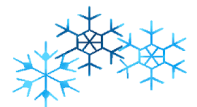
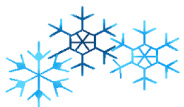
\$25 for non-AARP members

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

~ Please Sign Up ~



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





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.

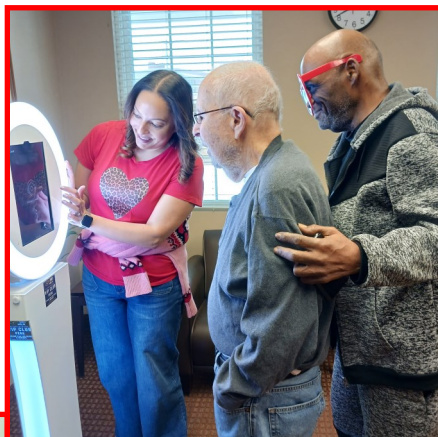


CITY MISSION

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.



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!



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**.



COMMUNITY PET WELLNESS CLINIC

**NO
FEE!**

For pet owners living in the
City of Waterbury

2025 Dates

Wednesday, March 19
Wednesday, April 9

clinics run 11am - 3:50 p.m.

Waterbury Police Activity League
64 Division Street, Waterbury CT

Appointments are required
to schedule your pet(s), please call
860-594-4500 x6308

Wellness Exams

Distemper/Parvo
Vaccinations

**RABIES
VACCINATIONS**

Heartworm
Testing

**Flea and Tick
Preventative**

DEWORMER

All dogs must be leashed. All cats must be in carriers.
We reserve the right to refuse sick, pregnant, or aggressive pets.





Membership Registration

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

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

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