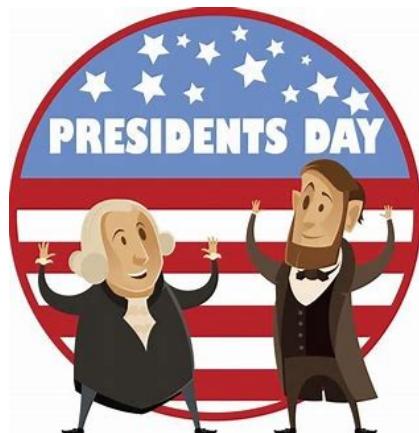




# WATERBURY SENIOR CENTER

GROUND HOG DAY



Happy Valentine's Day



## February 2026 Newsletter

seniorcenter1985



Waterbury Senior Center

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.

Welcome to the City of Waterbury Senior Center. We are a social center. Please treat everyone in a welcoming, kind & respectful manner. Kindness rubs off & good manners never go out of style!

Offensive behavior towards other members or staff will not be tolerated. Misuse & abuse of senior center resources including food, office supplies, copier machine and other material is not allowed. (adapted from FASC-Sept 2025)



Thank you to the  
Following, who  
donated for Christmas

Rosa Cruz LaRosa  
Sons & Daughters of Italy  
~ Waterbury Chapter  
Westside Middle School  
Frankie's ~ Reidville Dr.

Beth Chmielecki  
Kathy Brunetti  
Grace Rinaldi



**A Friendly Reminder:**

Please keep personal items with you at all times.  
For everyone's safety and security, items should  
not be left unattended in common areas.

Thank you for your cooperation!





## ~ PLEASE NOTE ~

We are **CLOSED** Mon & Tues, Feb 16 & 17 for Lincoln's B.day & Presidents Day  
In case of inclement weather watch Channel 3 or check the WSC Facebook page  
"Wisewoman" is now "Wisdom Years" - Everyone is welcome!



## Senior Center Meeting

Mon, Feb 2 ~ 12pm  
Guests: Caption Call, Angel Care, Litter/Beautification Comm., End Hunger CT will be here to raffle off a gift card to ShopRite

Birthstone: Amethyst



Flower: Violet



"February, sweet and small, the greatest month of all." - Eric Lies

**Happy Birthday to our February Babies!**



## Cholesterol With Estevan



Mon, Feb 9 —> 12:30pm

Estevan Miranda, Onsite Health Coach for the City of Waterbury, will be here to teach you the difference between good & bad cholesterol, ways to naturally lower cholesterol. Also, types of evaluations to consider if you are high risk.

~ Please Sign Up ~

## It's Tax Time!

AARP will be here **Mondays** only, starting

Monday February 2  
**PLEASE CALL** to make your 45 minute appointment

203-574-6746

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



## Pop Up Drumming w/Deb

Wed., Feb 4 - 12p to 1p

**Limited to 6**

~ Please Sign Up ~



## Craft with Lindsey

### Make a Spring-Themed Tea Towel!

Wednesday, Feb 11 -> 12p

All supplies will be provided!

\$2.00/pre-paid

20 Spots Available

Please Sign Up starting Mon, Feb 2

\$2 confirms your registration



## AARP Driver Course

Fri, Mar 20 -> 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 ~



## BLACK HISTORY MONTH CELEBRATION



Join us for 100th Anniversary of

Black History Month

Presented by the Black History Committee of the Waterbury Senior Center

Gladys Douglas, Chair, Evelyn Brothers, Co-chair

Friday, March 6th ~ 11a to 2p

\$20 Due Upon Sign Up ~ Non-Refundable

Ticket Sales start Mon, Feb 2

Mon = 9:30a to 10a

Tues = 9:30a to 11a

Thur/Fri = 10a to 1a

Cut Off = Wed, Feb 25

Menu: Chicken, Ham, Collard Greens, Cabbage, Yams, Mac & Cheese, Rice & Beans, Rolls & Cake

\$10 Raffle—20 Chances to Win!

## Planning the Next Chapter

Lunch & Learn by The Village at East Farms

Fri, Feb 6 ~ 12p to 1:30p

Join Randi Bellemare from The Village & 4 other experts ...

- Tracey Fiasconaro-Getting your home ready for sale & be safe in your home
- Matt Fortney, MBA-Finances in retirement
  - Michael Trella-Attorney
  - Tracy Weiss-Homecare

~ Please Sign Up ~



## The Structural Heart

**"The WATCHMAN Device"**

Lunch & Learn

Thur, Feb 19 ~ 11:30a

*Life with Afib can mean a lifetime of blood thinners. And if you're troubled by falls and bleeds, worry follows you everywhere. For 400,000+ people, that worry is gone thanks to the WATCHMAN implant.*

*The WATCHMAN implant is a safe, minimally invasive, one-time implant that reduces your stroke risk without the need for lifelong blood thinners. It has a high 99% success rate and a low 0.5% rate of major complications.*

~ Please Sign Up ~



## Patty Griffin, Medium

Fri, Feb 27th ~ 12p to 2p ~ \$5 pp

Join us for an afternoon of physic & mediumship readings by Patty Griffin. Patty has been professionally doing readings since 2014, even though she has had the gift all her life.

Limited to 30

Your pre-paid \$5 holds your place  
Please Sign Up



## Wisdom Years (formerly "Wisewoman")

Thurs, Feb 5 - 12:30p  
Topic: The Light Returns

Everyone Welcome!

~ Please Sign Up ~



## "Sewing With Jessica"

A New Project Starts the first Week of  
Each Month



~ Please Sign Up ~

Fri, March 20 & 27 – 11a to 12p

## Veterans Coffee Hour

Fri, Feb 20, 2026 ~ 10am

All branches & Spouses Welcome

*Thank you for your service!*

~ Please Sign Up ~

Thank you to Village at East Farms for  
their sponsorship



## Need Benefits Counseling?

Call WCAAA

203-757-5449

Appointments Necessary!



## Suicide Prevention Crisis Hotline —>988

This hotline will provide help, support & resources for residents who may be struggling with thoughts of suicide.

All events/activities subject to change

You must register for ALL activities

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

DOLCE llc  
The Academy

## Dolce Haircuts

Feb. Date To Be Announced

\$2 / Please Sign Up



## Reflexology with Kim

By Appointment Only

Fri, Feb 27 ~ 11:30a

20 minutes for \$25

Foot reflexology is a therapeutic practice that involves applying pressure to specific points on the foot, which correspond to different organs and systems in the body, promoting relaxation and overall health.



Please Sign Up in Office w/time



## Reiki with Amy

Fri, Feb 20 ~ 11:30a

\$20 for 20 minutes



Reiki is a form of energy healing that originated in Japan, focusing on the transfer life force energy to promote relaxation, healing & balance. During a session, the Reiki master places their hands just above the body, acting as a conduit for the energy, which flows where it is needed most.

~ Please Sign Up ~

## Mandy DuPont's Roundtable

Topic: Who Was Your First Love?



Wed, Feb 18 - 12:30p

~ Please Sign Up ~

## Jessica Dorner Nutrition Thurs, Feb 26—> 12:30p

*Heart Health*

Join Jessica Dorner RD for a delicious cooking demo featuring heart healthy foods. So sign up to learn more and sample 2 recipes that Jessica will demonstrate. Attendees will also get nutrition information handouts and recipes to take home.

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

## 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**

**Feb 6 = Internet Basics**

**Feb 20 = Intro to AI**

**Feb 27 = Virtual Reality**

**~ Please Sign Up ~**

## **One-on-One Tech Help**

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



**Silas Bronson Library**  
Something for Everyone

## **Chorus: Everyone Can Sing**

**Thurs, Feb 5, 12, 19, 26**

**10:00a to 11am**

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

**~ Please Sign Up ~**

## **Ukulele w/Ted**

**Thurs, Feb 5, 12, 19, 26 -- 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, raffle tickets, Lipton teabags & 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 Dine Program Registration**

**Thurs, Feb 19 ~ 12:30pm**

Senior Dine 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 ~**



## 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**



**AmeriCorps**  
Connecticut



**Community**  
Health Center, Inc.

Monday, February 23 at 12:30p

Join us when Americorps, Healthy Communities, presents a free 1 hour health education workshop which will cover topics such as learning about *free or low cost health care*, *tips for talking with your Medical Provider and Pharmacist*, *healthy food options*, *patient rights and responsibilities*, and *resources available at the Community Health Center, Inc.*

If you already took this class, you are not eligible to take it again.

~ Please Sign Up ~



# 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** bags are distributed monthly 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 2<sup>nd</sup>. Documents required: 2026 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.

## **CITY OF WATERBURY HOMEOWNER TAX EXEMPTIONS**

Any homeowner in the city of Waterbury who is over the age of 65 can apply for the Elderly/Disabled Homeowner Exemption. This is an Income-based exemption, the **maximum income for a single person is \$46,300** and the **maximum income for a married couple is \$56,500**. Proof of all income for the previous calendar year needs to be brought in when the application is completed. If the applicant is married, both incomes need to be provided. If the applicant(s) still file Federal Income Tax, a copy of their 2025 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 sources of interest collected. **Applications will be accepted February 1 – May 15, 2026.**

Call Maggie to make an appointment 203-574-6746.