



# WATERBURY SENIOR CENTER



## January 2023 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

## To Our Waterbury Senior Center Family -

Thank you all for making this past year  
Fun & Successful!

ALL of our activities have had increased attendance, from AAA Driver class to Zumba. We've said hello to so many new people registering to be members and good-bye to people we have loved.

We learned, did crafts, went on trips & partied! We cooked, lunched & learned, exercised & partied! We celebrated our 9th Anniversary!!! And Partied!

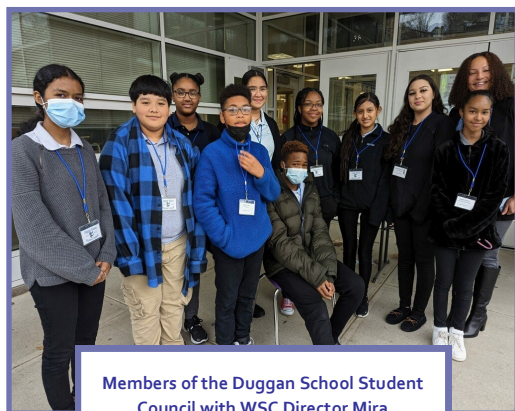
We had over 172 New Members sign up!  
And PARTIED!!!

And Thank You to all of you who gave us gifts & goodies for Christmas! We are touched & honored that you shared your Holiday Joy & Spirit with us.

So here's a toast to more of the  
same in 2023!

~~ Mira, Debra, Catreena,  
Miriam & Jerry.

From BRASS: Gisele



Members of the Duggan School Student  
Council with WSC Director Mira  
LeVasseur

## January Is . . . Month

National Bath Safety Month  
National Black Diamond Month  
National Blood Donor Month  
National Braille Literacy Month  
National Hobby Month  
National Hot Tea Month  
National Mentoring Month  
National Oatmeal Month  
National Slow Cooking Month  
National Soup Month  
National Sunday Supper Month



**Happy Birthday to our January  
Babies!**

*In Memoriam*



**Andrew Guisto  
Katherine Hoffler**

### **~ PLEASE NOTE ~**

- Beginning January 3rd, Blood Pressure will now start at 10:00am
- We will begin taking tax appointments in February
- In case of inclement weather: Please Watch Channel 3, or listen to WATR 1320 AM radio or Waterbury Senior Center Facebook page
- We Will be **CLOSED**  
Monday, Jan. 2, 2023 &  
Monday, Jan. 16, 2023
- NO FARM BAG PICK UP:**  
Jan. 4, Jan. 11, Jan. 18



## Trivia Quiz

Thursday, Jan. 12 at 12:30p  
Prizes Will Be Given!

~ Please Sign Up ~





## Dolce Haircuts

January 19  
10am-11am  
Please sign up



## BRASS Computer Class

Fridays, at 11am

1/6 = Using Library Website  
1/13 = Create a ZOOM account  
1/20 = Online games  
1/27 = Tech Boomers  
~ Please Sign Up ~



## Mandy DuPont 's Roundtable

*"Reviewing 2022, Looking Ahead to 2023"*

Jan. 19 - 12:30p  
~ Please Sign Up ~



## BRASS Tech Help

Mondays in January ~ 10:00a to 11:00a  
~ Please Sign Up ~

*Senior Center Meeting*  
*Mon, Jan. 9, 2023 ~ 12:00pm*



Join New Opportunities, Inc. for a discussion & informational session on COVID & Depression

Thurs., Jan 26  
12:30p  
~ Please Sign Up ~

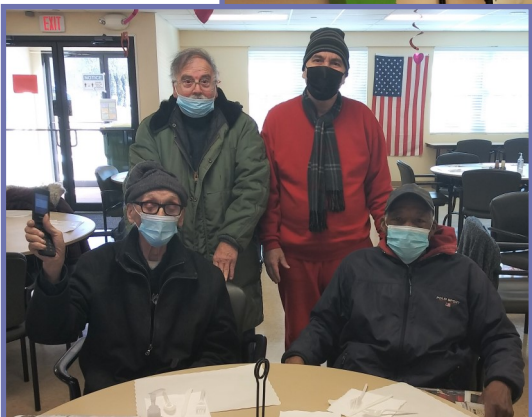


## Reflexology with Kim

By **Appointment** Only  
Tues, Jan. 17 11:30a  
20 minutes for \$20



WATERBURY  
**HEALTH**  
DEPARTMENT





Thank you! Merci! Grazie! Gracias!

To All Businesses & Individuals who generously donated gift cards & items for our Christmas Holiday Party

- Autumn Lake Healthcare - Bucks Hill
- Fascia's Chocolate
- Pepe's
- Tiramisu
- The Boilery Seafood & Grill
- Rosa Cruz
- Compare Foods
- Karen LeVasseur
- Debbie Gelinas Houlihan
- Hindsight BBQ
- Gisela Medina
- Dorian Griffin
- J and J Gun Guys
- Brass City Harvest
- Seven Angels Theatre
- Evelyn Brothers
- Runway Boho
- Lois Jones
- Anonymous
- The Kennedy High School Italian Club & The Kennedy High School Community
- The Aaronson Family
- Pad-emonium
- Dolores Harris
- Mira LeVasseur
- Tara, Sheila & Marita Brennan
- Richard Lombard
- Michael & Mary Lou Curtin
- Daisy Figueroa-Benson
- Cheri L. Genua, Author
- Beth Chmielewski, Avon Rep.
- The Iasevoli Family
- Beth Rzewuski
- Sandra & Robert Hall
- Krysti Hall
- Lorraine & David Hall
- Brass City Paving LLC
- Gloria Garcia
- Tammy Nicolaser

- Anthony Ursini
- Jean Murphy
- Laura LeVasseur
- Loretta Hayre
- Margy Bedard

If possible, please remember to support these businesses!

## DONATIONS

We are in need of: Wrapped Snacks ...Thanks

We have received:

Thread/Yarn

Flatware

Personal care products

Coffee/Snacks/Bread & Rolls

Cash/Quilt tops/Art supplies



Community Health Worker, Ana Iturbides will be here Tuesdays (except for the 2nd Tuesday of the month) from 8:00a 12:00p to assist you in assessing your needs for resources and referrals to community agencies.

~ Please Sign Up ~



## Reiki with Amy

Sign up for a private 20 minute Reiki session with Amy. Reiki is a Japanese technique for stress reduction & relaxation that also promotes healing.

\$20.

Jan. 27 ~ 11:30a to 2p  
~ Please Sign Up ~



## Cards & Crafts

Wed., Jan. 25 ~ 12:30pm

\$2.00 ~ Please Sign Up

## DOMINOES

Dominoes daily, 9am to 2pm. Ask in the office for the Domino tiles.

## BRASS Chorus Group "Everybody Can Sing"!

Thursdays. 10am to 11am  
~ Please Sign Up ~



All Events Subject to Change

## Free Live Well Chronic Workshops

Registration has begun for 2 free, Live Well Chronic workshops for adults with ongoing health ongoing conditions such as arthritis, high blood pressure, heart disease, diabetes or any other chronic issues. During these programs, participants learn better ways to manage recurring challenges such as pain, fatigue, difficult emotions, anxiety and stress.

The Chronic Conditions workshop will meet via **Zoom** from **10am-12 noon on Fridays, Jan. 6-Feb. 17**. Participants will learn healthy eating, exercise, dealing with difficult emotions, decision-making, communication skills, working with health care providers and action planning & will get all materials, including *Living a Healthy Life with Chronic Conditions* and exercise and relaxation CD's. Prizes for those who complete at least 4 of the 6 sessions. Class size is limited to 10. **Pre-registration is required.** Participants must have a tablet or computer in order to participate. **To register, call Carla at 860-496-6676 or email**

[carla.angevine@hhchealth.org](mailto:carla.angevine@hhchealth.org)

Please leave your phone number and address when you register.

### FREE Chronic Pain Telephone Workshop

Learn techniques for frustration, fatigue, isolation, poor sleep, exercises, nutrition, medication & pain management. Materials will be mailed to you & include: *Living a Healthy Life with Chronic Pain*, booklet of tips & a relaxation CD. **To register, call Debby at 203-757-5449 x125 or email [dhorowitz@wcaaa.org](mailto:dhorowitz@wcaaa.org).**

Sponsored by:

**The Western Connecticut Area Agency on Aging**





## HOME OWNERS, DISABLED & VETERANS PROPERTY TAX CREDIT



### ELDERLY

THERE ARE CERTAIN EXEMPTIONS THAT MAY BE DEDUCTED FROM YOUR ASSESSMENT FOR A REDUCTION IN TAXES. THESE EXEMPTIONS ARE APPLIED TO THE REAL ESTATE ASSESSMENTS FIRST. IF THE TAXPAYER DOES NOT OWN REAL ESTATE, THEN THE EXEMPTION IS APPLIED TO THE MOTOR VEHICLE ASSESSMENT. The filing period to complete an application is **FEB 1 thru MAY 15 2023**. Income guidelines are **\$40,300** for a single household and **\$49,100** for a married household. **ELDERLY MUST BE 65 YEARS OF AGE (OR OLDER) BY DECEMBER 31ST PRIOR TO APPLICATION**. TO APPLY FOR THIS PROGRAM, YOU MUST COME TO THE ASSESSOR'S OFFICE WITH YOUR FEDERAL INCOME TAX RETURN IF YOU STILL FILE, AND/OR ALL PRIOR YEAR TOTAL INCOME DOCUMENTS. THIS EXEMPTION HAS TO BE REAPPLIED FOR EVERY TWO YEARS.

### VETERANS

VETS CAN RECEIVE AN EXEMPTION IF THEIR DD214 (MILITARY DISCHARGE FORM) IS RECORDED AT THE TOWN CLERK'S OFFICE AND THEY SERVED A MINIMUM OF 90 DAYS ACTIVE DUTY DURING WARTIME. THE DD214 MUST BE RECORDED PRIOR TO OCTOBER 1 OF ANY YEAR TO BEGIN RECEIVING THE EXEMPTION ON THE NEXT YEAR'S TAX BILL. THE DD214 NEED ONLY BE RECORDED ONCE IN A LIFETIME. DISABLED VETERANS – QUALIFY FOR A HIGHER \$ EXEMPTION THAN NON DISABLED VETS. TO QUALIFY, YOU MUST BRING IN THE BENEFITS PAYMENT STATEMENT ISSUED BY THE DEPARTMENT OF VETERANS AFFAIRS IN SEPTEMBER AND SUBMIT IT TO THE ASSESSOR'S OFFICE BEFORE OCTOBER 1ST. THIS DOES NOT NEED TO BE REAPPLIED FOR, UNLESS THE FEDERAL VETERANS ADMINISTRATION MODIFIES THE VETERAN'S % DISABILITY RATING. TO APPLY, THE VETERAN MUST COME TO THE ASSESSOR'S OFFICE AND BRING ALL PROOFS OF INCOME FOR THE PREVIOUS YEAR. INCOME INCLUDES FEDERAL INCOME TAX RETURN (IF YOU STILL FILE), SOCIAL SECURITY 1099 FORM AND/OR ALL YEAR END INCOME TAX DOCUMENTS. IF YOU QUALIFY, THIS DOUBLES THE VETERAN'S EXEMPTION THAT YOU ALREADY RECEIVE. THIS EXEMPTION HAS TO BE REAPPLIED FOR EVERY TWO YEARS.

### DISABILITY EXEMPTION

WILL BE EFFECTIVE ON OCTOBER 1 FOLLOWING THE APPLICANT'S FILING DATE. TO QUALIFY, A PERSON MUST BE 100% DISABLED AND BRING SOCIAL SECURITY AWARD LETTER OR LETTER FROM VETERAN'S ADMINISTRATION. YOU DO NOT HAVE TO APPLY EVERY YEAR. BLIND EXEMPTION – YOU CAN APPLY ANYTIME TO QUALIFY, A PERSON MUST BRING TO THE ASSESSOR'S OFFICE THE CERTIFICATE OF LEGAL BLINDNESS ISSUED BY THE STATE OF CONNECTICUT. YOU CAN APPLY ANYTIME. YOU DO NOT HAVE TO REAPPLY EVERY YEAR.



**Did you pay funeral costs after losing someone due to COVID-19?**



We may be able to help with funeral assistance.

Learn more at [FEMA.gov](https://www.fema.gov) or call (844) 684-6333 to get started.



We can help you honor your loved one ...



... FEMA can provide up to \$9,000 in financial assistance to individuals who incurred COVID-19-related funeral expenses.



**COVID-19 FINANCIAL FUNERAL ASSISTANCE**



**FEMA**

Families who have lost a loved one due to Covid-19: FEMA is offering maximum funeral assistance of up to \$9,000.

COVID-19 Funeral Assistance Number  
844-684-6333 (TTY: 800-462-7585)  
FEMA will begin accepting applications April 12, 2021



**HOMEBOUND COVID-19 VACCINATION PROGRAM**

If you or someone you know is homebound and would like the COVID-19 vaccine, please register for a homebound vaccination by calling:


 (203) 574-6780 ext. 4681 




**PROGRAMA DE VACUNACIÓN CONTRA EL COVID-19 EN SU CASA**

Si usted o alguien que conoce está confinado en su casa y desea vacunarse contra el COVID-19, regístrese para vacunarse llamando al:

 (203) 574-6780 ext. 4681 



**WATERBURY HEALTH DEPARTMENT**



**COVID 19 INFORMATION**

If you need a COVID19 vaccine or booster, please visit an area pharmacy or popup clinic listed online at: <https://www.waterburyct.org/services/health/covid-19>

For COVID19 vaccination services for the homebound, call: 203-574-6780, ext. 4681.

If you need COVID19 testing, please check the area resources listed online at: <https://www.waterburyct.org/services/health/covid-19>



## Waterbury Senior Center “Housekeeping”

\*\*\*You must sign up for all events, classes, trips & 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. \*\*\*

Masks are now optional at the Center.

If you know of any member who has passed away, please let us know.

Remember: No open cups of liquid on the floor; sneakers or athletic shoes for the fitness room

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 of milk & 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.

Newspapers can be taken home at 2pm, when we close.

Sign Up Requirements: 60+ years of age & a Waterbury resident. Please bring a photo ID with you.

***No Saving Seats ... First Come First Served ...***

If any of our members are in need of pet food for their pets please call Mira 203-574-6746 to sign up

## ENERGY ASSISTANCE

Waterbury Senior Center is now accepting applications for the 2022/2023 program. The Connecticut Energy Assistance Program assists eligible households, with heating sources such as oil, natural gas, electricity, propane, kerosene, coal and wood/pellets. **Homeowners and renters may apply.** Eligibility for energy assistance is based on income, liquid assets and size of household. Please bring your latest statement for all bank accounts, CDs, credit union accounts, retirement accounts, stocks, shares and bonds. If you are employed we will require one month's worth of paystubs or if self-employed, we will require your tax return from the previous year. Those with pensions will need to submit a 1099 or letter from the pension company. We will also ask for your Eversource bill, date of births and social security numbers for all that reside in the home. Please call **203-574-6746** to apply for the Energy Assistance Program.



**2022-2023 Guidelines Household Size/Gross Income**  
**Family of 1 = \$37,645; Family of 2 = \$49,228**



# Christmas Holiday Lunch Party




## Dec. 20, 2022



# JANUARY 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>Closed for New Year's Day</p>	<p>3</p> <p>8a=Comm Health 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo</p>	<p>4</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=BCH Nutrition 11a=BRASS Crochet 11a=Dominoes Lessons</p> <p>NO FARM BAG</p>	<p>5</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Chorus 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch</p>	<p>6</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 11a=BRASS Swing into Health 11a=Computer Class 11a=Dominoes Lessons</p>
<p>9</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 10a=Tech Help 11a=BRASS Zumba 11a=Setback 12p=Sr. Ctr. Mtg.</p>	<p>10</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo</p>	<p>11</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=BCH Nutrition 11a=BRASS Crochet 11a=Dominoes Lessons</p> <p>NO FARM BAG</p>	<p>12</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 10a=BRASS Chorus 11a=Poker 11:30a=Café Lunch 12:30p=Trivia Quiz</p>	<p>13</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 11a=BRASS Swing into Health 11a=Computer Class 11a=Dominoes Lessons</p>
<p>16</p> <p>CLOSED</p>  <p>Martin Luther King Jr.</p>	<p>17</p> <p>8a=Comm Health 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=B/P 10a=Chair Yoga 11:30a=Reflexology 11:30a=Café Lunch 12:30p=Bingo</p>	<p>18</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=BCH Nutrition 11a=BRASS Crochet 11a=Dominoes Lessons</p> <p>NO FARM BAG</p>	<p>19</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 10a=BRASS Chorus 10a=Dolce - \$2 11a=Poker 11:30a=Café Lunch 12:30=Mandy DuPont's Roundtable</p>	<p>20</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 11a=BRASS Swing into Health 11a=Computer Class 11a=Dominoes Lessons</p>
<p>23</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 10a=Tech Help 11a=BRASS Zumba 11a=Setback</p>	<p>24</p> <p>8a=Comm Health 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo</p>	<p>25</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=BCH Nutrition 11a=Farm Bag Pick Up 11a=Dominoes Lessons 12:30p=Cards &amp; Crafts</p> <p>NO CROCHET</p>	<p>26</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 10a=BRASS Chorus 11a=Poker 11:30a=Café Lunch 11:30a=Reiki 12:30p=Sr Dine signup 12:30p=Covid &amp; Depression</p>	<p>27</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 11a=BRASS Swing into Health 11a=Computer Class 11a=Dominoes Lessons</p>
<p>30</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 10a=Tech Help 11a=BRASS Zumba 11a=Setback</p>	<p>31</p> <p>8a=Comm Health 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo</p>	<p>All Events &amp; Activities are Subject to Change</p>  		

# JANUARY 2023 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Café Lunch served 11:30a to 12:30p Tuesday &amp; Thursday</b></p> <p><b>All menus are subject to change</b></p>	<p><b>3</b></p> <p>Florentine chicken Bowtie pasta Green beans Garlic breadstick Mandarin oranges</p>		<p><b>5</b></p> <p>Mexican chicken Yellow rice &amp; beans Zucchini Dinner roll Birthday Cake</p>	<p><b>Suggested Donation \$3.50</b></p>
	<p><b>10</b></p> <p>Cream of Broccoli soup Meatloaf Mashed potatoes Cabbage Wheat roll Applesauce</p>		<p><b>12</b></p> <p>BBQ chicken quarter Boiled potatoes Carrots Rye bread Bread pudding Apple sauce</p>	
	<p><b>17</b></p> <p>Turkey w/gravy Mashed potatoes Green beans Dinner roll Applesauce</p>		<p><b>19</b></p> <p>Pernil Yellow rice Spinach Corn bread Pineapple</p>	
<p>Garnet, birthstone for January</p> 	<p><b>24</b></p> <p>Cheese baked Ziti Broccoli Carrots Italian bread Peaches</p>		<p><b>26</b></p> <p>Spanish baked fish Spanish Rice Pinto beans Lettuce &amp; tomatoes Fresh fruit</p>	<p>Carnation, flower for January</p> 
<p><b>"January is the month for dreaming." – Jean Hersey</b></p>	<p><b>31</b></p> <p>Vegetable soup Hawaiian Chicken Brown rice Green beans Rye bread Pears</p>			



Waterbury BRASS is a city-wide project funded by the Connecticut Community Foundation and the City of Waterbury, dedicated to the health and wellness of Waterbury residents age 60 and over.

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**BRASS Membership Registration**  
**Mail to:** Waterbury Senior Center  
1985 East Main Street • Waterbury, CT 06705  
**ATTN:** BRASS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town, Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender M or F

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Veteran or Spouse of a Veteran ☐ Yes ☐ No

Race: ☐Caucasian ☐African-American ☐Asian/Pacific Islander ☐Hispanic/Latino ☐ Other

Emergency Contact & Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Please circle if you are presently in need of:**

☐ Meals ☐ Transportation ☐ Housing ☐ Benefits Information

Name

Signature (client/responsible party)

Date

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_