



# WATERBURY SENIOR CENTER



Welcome Summer Party ~ 2019



7th Anniversary ~ 2020



Cards & Craft Class ~ 2020



Woodstock 50th ~ 2019

## JANUARY 2022

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

# Waterbury Senior Center Newsletter

**WELCOME 2022!**

Let's Welcome Bouncing Baby New Year 2022 by Celebrating All Our Birthdays!



Friday, January 14th

11a to 1p

(Limited to 80)



Menu: Cavatelli w/Broccoli & Chix by Santopietro's Deli  
Entertainment: Nicky D

Sponsored by Wtby Health Dept.



WATERBURY  
HEALTH  
DEPARTMENT



++Senior Center Meeting++

Monday, Jan. 3, 2022

12:00pm - Note New Time

Guest = Kristina Garcia, Care Coordinator Home Helpers; Nick Coscia, Channel 16~Snacks & Raffle

Thank you to the Anonymous Donor who donated \$50 to the coffee fund!



**SNOW CLOSINGS**



If we close due to inclement weather, it will be posted on WFSB Channel 3 & WATR 1320 AM radio

I Have A Dream



Martin Luther King, Jr. Day

**AAA Driver Class**



Wed., Jan. 5, 2022 ~9:30a to

1:30p ~ Limited to 12

~ Please Sign Up ~ (203-574-6746)

**CLOSED ~ MON, JAN 17, 2022**



**Face Masks Craft!**



We're still wearing them, so make a place to hang them at home!

Friday, January 7th at 12pm

Presented by Made It ~ Supplies Provided  
Refreshments Served ~ Please Sign Up

Limited to 12

Sponsored by Wtby Health Dept.



WATERBURY  
HEALTH  
DEPARTMENT



**Shop Rite Dietitian Jessica Dorner, MS RDN**

returns to WSC on Thurs. Jan 27th at 12:30p with another nutrition demonstration

"Heart Healthy Living & DIY Spice Blends" To make & take!

~ Please Sign Up ~



Cards & Crafts

Wed., Jan. 26 ~12:30pm ~ \$2.00

"Mini Albums"

**Reiki with Amy**

Sign up for a private 20 minute Reiki session with Amy.

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. \$20.

Jan. 20 ~ 11a to 2p





## Dolce Haircuts

Thurs., Jan. 13  
10am-11am  
Please sign up  
Space Limited ~ \$2 (MP)



## January Is . . . Month

- Celebration of Life
- Eye Care
- Family Fit Lifestyle
- Blood Donor
- Radon Action
- Thyroid Disease
- National Bath Safety
- Hobby
- Hot Tea
- Oatmeal
- Soup



*"Happy Birthday to All Our January Babies"*

## SCAM of the MONTH

Frauds using false identities are on the rise.. Here is one for January...



~ The Utility Company ~



"We will be shutting off your electricity in 24 hours if you don't pay the past-due on your account immediately!"

## Mandy DuPont 's Roundtable

*Topic: Moving Forward*

Thurs., Jan. 13, 2022 - 12:30p



## ART STROLL AT THE BRASS MILL CENTER MALL

Drive yourself to the Brass Mill Center Mall for an Art Stroll. See paintings that were painted by members of our painting class on display!

Then Hop over to IHOP for Lunch! They have a 55+ menu!

Meet inside at the "Boilery" (formerly Bertucci's) entrance at 10:45am.

Monday, Jan. 31, 2022  
11am to 1pm

++Please Sign Up++



## TAXES



It's that time of year! Tax season is almost upon us. The Waterbury Senior Center will be hosting VITA & AARP as tax preparers this year.

### VITA:

*Thursdays from February 3, 2022 to April 14, 2022.*

Appointments can be made using *Appointment Plus* through 211.

### AARP:

*Mondays from February 7, 2022 (except Feb. 21) to April 11, 2022.*

Call WSC starting Jan. 18, 2022 to make an appointment for AARP only! (203)574-6746



# Candy Cane Christmas Party Monday, December 20, 2021



## + Monitor My Health Diabetes Prevention +

It is important to eat healthy and live a healthy lifestyle to reduce the risk of prediabetes developing into type 2 diabetes.

This on-going program will show you how to make small changes that will have a big impact on your life.

Meetings will start January 2022

Meetings for January - 1pm to 2pm  
3, 10, 24, 31

**Limited to 20 ~ Please Sign Up**



Christmas 2016 ~ Isabelle & Vito



St. Patrick's  
Day ~ 2018

Puerto Rico Day ~ 2017



## Technology Can Help Older Adults

Technology offers a wide range of benefits to older adults. Below are a few top reasons why embracing new tech can benefit seniors as they age in place...

- Provides access to transportation and food
- Monitors health and wellness
- Keeps seniors safe
- Informs you about the latest news and trends
- Provides entertainment
- Alerts caregivers if something is irregular
- Provides peace of mind
- Connects them with friends, family, and healthcare providers

*seniorliving.org*



## Painting is Back!



New Day, New Time & New Instructor!  
Join Monica on **Mon., Jan. 3, 2022~10a-11:30a**  
Limited ~Please Sign Up ~



Valentine's  
Day ~ 2019

Don't let the cold & snowy weather stop you from taking a class...  
Join a **FREE phone** class with WCAAA! Materials Provided!

### **CHRONIC PAIN TELEPHONE WORKSHOP**

Tuesdays from 10am to 11am ~~ Limited to 6  
Jan 11, Jan 18, Jan 25, Feb 1, Feb 8, Feb 15

You will learn:

- Techniques to deal with frustration, fatigue, isolation, poor sleep
- Gentle exercises to deal with pain
- Ways to improve your nutrition
- Appropriate use of medications
- Helpful info to manage your pain day-to-day

### **DIABETES PHONE WORKSHOP**

Wednesdays from 10am to 11am ~~ Limited to 6  
Jan 12, Jan 19, Jan 26, Feb 2, Feb 9, Feb 16

You will learn:

- What to eat
- Low & high blood sugar
- Guideline for when you're sick
- Tips for dealing with stress
- How to set small & achievable goals
- \$25 gift card upon completion

You will be given a phone number to call & a passcode. Dial the number, enter the pass code on your phone keypad & you're in! You will be talking with an instructor & other seniors who share the same concerns. (203) 574-6746 or (203) 757-5449 x125 to register.

### **Thank You! Merci! Grazie! Gracias!**

Thank You To All our Wonderful Friends here at the Waterbury Senior Center who helped us get back from a difficult year! We could not have done it without all of you! And Thank You to all who gave us gifts & goodies for Christmas! We are touched & honored that you shared your Christmas Joy & Spirit with us.

And Welcome to the 240 new members! We are happy to have you!

*Mira, Debra, Catreenna, Miriam & Jerry*



Joyce Thibodeau  
Frank Mirto  
Sylvester Fox  
Toddy Connelly  
Peter Hayes  
Jose Rodriguez  
Mary Ann Fusco  
Stephen Brunetti  
Wilbrod Dionne  
Vito Santoro  
John Pettinicchi  
Phyllis Hall  
Joseph Semerero



Grandparents Day - 2016



2016 Wii Bowling Team



Grandparents Day - 2017



Café Lunch - 2018



Chair Exercise Class - 2019



**Ukulele Class - 2019**



**Ukulele Class - 2019**



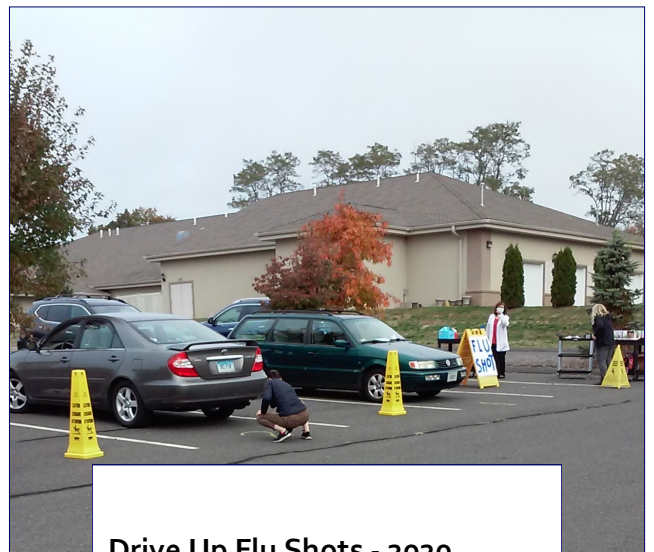
**Black History Month Celebration - 2019**



**Black History Month Celebration - 2019**



**Valentine's Day Party - 2019**



**Drive Up Flu Shots - 2020**



## Waterbury Senior Center “Housekeeping”

You **must** sign up for all events, classes, trips & parties. You can call us at (203) 574-6746, see us in person or circle what you want on a calendar, put your name on it & hand it into the office. We will enter the classes you want into the computer & give the calendar back to you. Or you can use “My Active Center.com”.

Regardless of vaccination status, masks **MUST** be worn at all times while in the Center.

Some trips & classes will be limited, please be considerate. There will also be a \$2.00 non-refundable charge for the van, **payable when you sign up**. The van is not handicap accessible. If there is enough interest in a trip, we will hire a larger, handicap accessible bus.

Our monthly senior center meetings are now held at **12:00pm**, on the first Monday of the month.

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.

Café Lunch food **cannot** be removed from the senior center.

Please be considerate - During classes or presentations, turn off or silence your phone.

Please do not park on the Eastside Memorial side of the parking lot. If our section is full, you may park behind our building & come in the back door.

We always welcome donations of store bought snacks or coffee (regular or decafe).

\*\* Thanks to the Hispanic Coalition, we now have the use of a Dominoes table (Game Rm). Feel free to use it. We also have donated (thank you!) dominoes.

### **Waterbury Hope & Support Group**

A weekly gathering for parents and caregivers with children or loved one's affected by substance use/abuse. The groups are facilitated by a licensed therapist and provide a confidential venue to receive information and support concerning how to handle their child's or loved one's suspected or confirmed use of substances

**Tuesdays 7:00 pm –9:00 pm**  
**Waterbury Police Activity League**  
**64 Division St Waterbury, CT**

For more information please visit [www.ctparentconnection.org](http://www.ctparentconnection.org)

\*\* In an effort to maintain a confidential venue please enter by using the rear side entrance located on the parking lot side of the building



### **DO YOU HAVE MEMORY LOSS?**

#### **Be Part of Clinical Research at YALE**

If you are at least 55 years old & have early stage dementia & have a child at least 18 years old, you both may be eligible to participate in a free & confidential study to understand your experience coping with dementia together. Participation involves one 2-hour interview session & one 2-hour interactive session with the 2 of you completing tasks together now & one year later. Sessions can be completed over the phone, by mail or computer.

**Compensation up to \$600 for completing all sessions**

# Waterbury Senior Center Calendar

## JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9a=Wii Bowling(L) 9a=Open Computer 9a=Pool Table <b>10a=Painting (MP)</b> 11a=Zumba 11a=Setback 12p=Senior Ctr Mtg. <b>1p=Diabetes Pre-vention</b>	<b>4</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo	<b>5</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone <b>9:30a=AAA Driver Class</b> 11a=BRASS Crochet & Knit w/Lindsey	<b>6</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch	<b>7</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Poker <b>12p=Face Mask Holder Craft</b>
<b>10</b> 9a=Wii Bowling(L) 9a=Open Computer <b>10a=Painting (MP)</b> 9a=Pool Table 11a=Zumba 11a=Setback <b>1p=Diabetes Pre-vention</b>	<b>11</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo	<b>12</b> <b>9:30a=Wii Bowling vs Bristol</b> 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 11a=BRASS Crochet & Knit w/Lindsey	<b>13</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table <b>10a=Dolce</b> 10a=BRASS Quilting 11:30a=Café Lunch	<b>14</b> <u><b>BIRTHDAY PARTY</b></u> <b>NO CLASSES</b> <b>11a - 1p</b> 
<b>17</b> <b>CLOSED</b> 	<b>18</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 11:30a=Reflexology 12:30p=Bingo	<b>19</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 11a=BRASS Crochet & Knit w/Lindsey	<b>20</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting <b>11a=Reiki (\$20)</b> 11:30a=Café Lunch	<b>21</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Poker
<b>24</b> 9a=Wii Bowling(L) 9a=Open Computer 9a=Pool Table <b>10a=Painting (MP)</b> 11a=Zumba 11a=Setback <b>1p=Diabetes Pre-vention</b>	<b>25</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo	<b>26</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 11a=BRASS Crochet & Knit w/Lindsey <b>12:30p=Cards &amp; Crafts~Mini Albums</b>	<b>27</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch <b>12:30p=ShopRite Nutrition</b>	<b>28</b> 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Poker
<b>31</b> 9a=Wii Bowling(L) 9a=Open Computer 9a=Pool Table <b>10a=Painting (MP)</b> 11a=Zumba 11a=Setback <b>1p=Diabetes Pre-vention</b>			Garnet is the birthstone for January  Carnation is the flower for January 	

# Waterbury Senior Center Menu

## JANUARY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> 	<p>4</p> <p>Chicken Florentine Baked potato wedges Carrots Rye bread Fresh fruit</p>	<p>5</p>	<p>6</p> <p>Pasta fagioli Spinach ravioli/sauce &amp; cheese Zucchini &amp; cauliflower Italian bread Grape juice Sugar cookie</p>	<p>7</p>
<p>10</p>	<p>11</p> <p>Beef stew Bowtie noodles Diced squash Wheat dinner roll Tropical fruit</p>	<p>12</p>	<p>13</p> <p>Potato crusted fish/ tartar sauce Mac &amp; cheese Mixed vegetables Corn muffin Fresh fruit</p>	<p>14</p> <p>Birthday cupcakes</p> 
<p>17</p> <p>CLOSED</p> 	<p>18</p> <p>Chicken orzo soup Spaghetti &amp; meatballs Broccoli &amp; zucchini Garlic breadstick Vanilla pudding &amp; top- ping</p>	<p>19</p>	<p>20</p> <p>Sliced turkey/gravy Stuffing Green beans Cranberry sauce Wheat bread Fresh fruit</p>	<p>21</p>
<p>24</p>	<p>25</p> <p>Chicken tenders Mac &amp; cheese Mixed vegetables Wheat dinner roll Apple juice Iced cake</p>	<p>26</p>	<p>27</p> <p>Pot roast/gravy Mashed potato Country-style vegeta- bles Wheat bread Birthday Cake</p>	<p>28</p>
<p>31</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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_