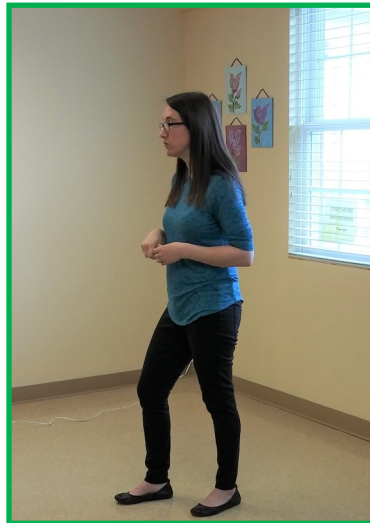




WATERBURY SENIOR CENTER



JUNE 2022 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

WELCOME SUMMER PARTY!



Fri., June 17 ~ 11a to 1p

Menu: Catered Lunch

Entertainment: Karaoke

Dress: Summer Fun

~Limited to 80 ~ Please Sign Up~



WATERBURY
HEALTH
DEPARTMENT



June Is . . . Month

- ✓ National Give a Bunch of Balloons
- ✓ African-American Music Appreciation
- ✓ National Zoo and Aquarium
- ✓ Men's Health
- ✓ National Accordion Awareness
- ✓ National Adopt a Cat
- ✓ National Country Cooking
- ✓ National Dairy
- ✓ National Iced Tea
- ✓ Rose
- ✓ Turkey Lovers



Happy Birthday to our June Babies!

Senior Center Meeting
Mon, June 6, 2022 ~ 12:00pm

Mimi's Cake Decorating School
Wed., June 15 ~ 12p to 2p

Come to an exclusive Cupcake Decorating Class.

Includes:

2 hour class

1 dozen cupcakes per student

All decorating supplies

Free gift

12 student maximum, so please sign up



Reflexology with Kim

By Appointment Only
Tues, June 21 from 11:30am
to 2pm
20 minutes for \$20



Pearl is the birthstone for June



Rose is the flower for June

"If a June night could talk, it would probably boast it invented romance" ~Bernard Wil-

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.

June 16~ 11a to 2p

~ Please Sign Up ~



Got Music?

Come get it with ***"The Music Trivia Quiz"***

Thursday, June 23 at 12:30p

following Café Lunch

Prizes Will Be Given!

~ Please Sign Up ~





Dolce Haircuts



June 16
10am-11am
Please sign up
Space Limited ~ \$2

Mandy DuPont 's Roundtable

Topic: Stress & Anxiety

(This session will be held in the Lounge)



June 9 - 12:30p ~ Please Sign Up

SCAM of the MONTH ... June ~ The Doctor Representative ~

"Research shows conclusively that these new capsules will stop your disease in its tracts."



LET'S PLAY JEOPARDY! Thurs., June 2 at 12:30pm

Join medical students from Quinnipiac University Frank H. Netter School of Medicine and AmeriCorps service members for a Jeopardy game focused on health. Test your knowledge on a variety of health topics, including: sleep, hygiene, memory concerns, osteoporosis & arthritis, weight management and more!

The winning Jeopardy team will win a prize!

~ Please Sign Up ~



B.R.A.S.S Quilting Class Thurs., 10:00am to 11:30am

Pre-Requisite: A basic knowledge of machine & hand sewing is required.

This is not a learn to sew class.



Fathers' s Friday Lunch

Let's celebrate Fathers & those who do fatherly things for us!

Friday, June 24 ~ 12p to 1p
Menu = Fried Chicken

Limited to 35 men ~
~ Please Sign Up





**WATERBURY
SENIOR CENTER**



Tai Chi Classes

at no cost to everyone 60+ years old

Beginners & Advanced

12:30 PM - 1:30 PM, Every Wednesday

Start Date: June 22nd, 2022

- Increase Flexibility
- Improve & Maintain Balance
- Help Boost Heart Health
- Lower Stress, Depression, and Anxiety
- Improve Focus




Instructor: Jonathan Davis, a.k.a. Brother Yah-ya
a certified Holistic Health counselor

Completed Form 5 required ~ Please Sign Up ~ Limited to 25

- If any of our members are in need of pet food for **their** pets please call Mira 203-574-6746 to sign up
- If you are in need of help with your heating or electric costs, please call New Opportunities to apply for the Energy Assistance Program and Operation Fuel.
The income guidelines for Operation Fuel are **\$48,783.93 for a family size of one** and **\$63,794.37 for a family size of two.**
- For the Energy Assistance Program the income guidelines for **family size of one is \$39,027** and **family size of two is \$51,035.** To make an appointment please contact New Opportunities at (203) 756-8151.


CITY OF WATERBURY



COVID-19 Testing Update


The COVID-19 Testing Site at Brass Mill Center will be **CLOSED** on Wednesday, February 16th.

It will be re-opening in a **NEW LOCATION** with **NEW HOURS** on Thursday, February 17th.




Waterbury Municipal Stadium
South Lot
1200 Watertown Avenue
Waterbury, CT

Monday - Friday
3pm to 7pm
Saturday & Sunday
12pm to 3pm

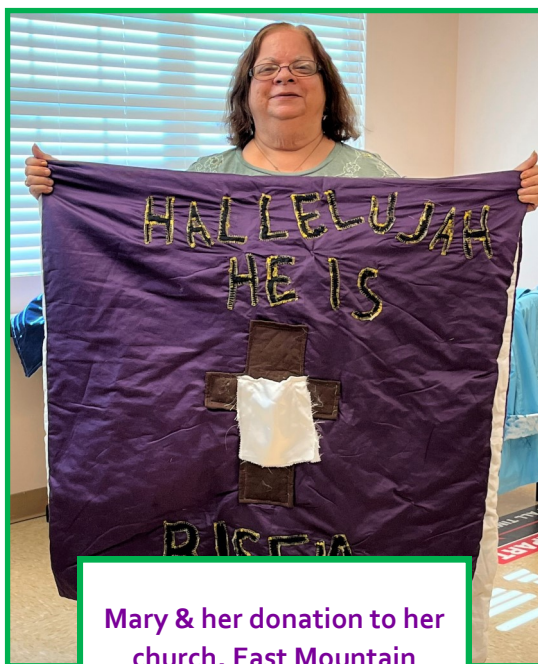


WATERBURY HEALTH DEPARTMENT



If you need a Covid vaccine or booster, please make an appointment at an area pharmacy. Costco also gives shots. Walk-ins are welcome at Municipal Stadium, South Lot for testing only. Homebound Waterbury residents can call **203-346-3906** for a home visit to receive the vaccine. Please check The City of Waterbury's Health Department's Facebook page, Waterbury Health Department and Instagram page, waterburyhealthdepartment for further information on closings due to inclement weather or holiday schedules.

People with Special Health Care Needs, Older Adults, English as a Second Language, Homebound Adults & Children can call the Waterbury Health Department at **203-573-6631** for help getting a Covid-19 Test kit.



Mary & her donation to her church, East Mountain Church of Christ



World War II

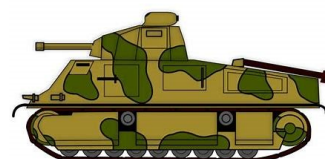
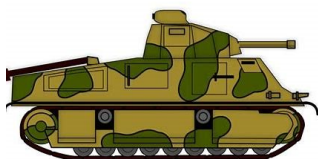
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L	O	E	E	R	E	P	A	P	S	W	E	N	T

U-BOATS
 JAPAN
 CHANCELLER
 BIG BERTHA
 CONQUER
 SPYS
 ALLIANCES
 SWASTICA
 HITLER
 BERLIN
 NEWSPAPER
 PROPOGANDA
 DEATH
 HEIL
 ITALY
 MILITARY
 GERMANY
 PARTIES
 WORLD WAR
 JEWS

Play this puzzle online at : <https://thewordsearch.com/puzzle/2247/>

~ D-Day ~

On June 6, 1944, more than 160,000 Allied troops landed along a 50-mile stretch of heavily -fortified French coastline, to fight Nazi Germany on the beaches of Normandy, France. Gen. Dwight D. Eisenhower called the operation a crusade in which, “we will accept nothing less than full victory.” More than 5,000 Ships and 13,000 aircraft supported the D-Day invasion, and by day’s end, the Allies gained a foot-hold in Continental Europe. The cost in lives on D-Day was high. More than 9,000 Allied Soldiers were killed or wounded, but their sacrifice allowed more than 100,000 Soldiers to begin the slow, hard slog across Europe, to defeat Adolf Hitler’s crack troops. - *army.mil*



Waterbury Senior Center “Housekeeping”

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

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. Also, seats CANNOT be saved. First come, first served

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.



WCAAA (Western Connecticut Area Agency on Aging)

sponsors many LiveWell programs:

- ⇒ Diabetes
- ⇒ Chronic Pain
- ⇒ Chronic Conditions



Each topic runs for 6 weeks for 1 hour each week. And you don't have to leave your house! Just call the toll free number you'll be given & join the group!

For more information or to register, call Debby Horowitz, WCAAA at 203-151-5449 x125

AGING MASTERY PROGRAM

The Waterbury Senior Center will be offering The Aging Mastery Program, a fun and engaging education and behavior change incentive program for aging well.

The program will start on **Thurs., May 5th at 1:00p** & run for **10 sessions**, each with a different topic such as exercise, nutrition, finances, advance care planning, community engagement, and healthy relationships.

Results have shown that participants in the program significantly increased their:

- Social connectedness
- Physical activity levels
- Healthy eating habits
- Use of advanced planning
- Participation in evidence-based programs
- Adoption of healthy behaviors



If you are interested or know a senior who would be, please contact us to sign up.



Silas Bronson Library
Something for Everyone

IF YOU ARE INTERESTED IN ANY OF THE FOLLOWING,
PLEASE CONTACT THE **SILAS BRONSON**

- WI-FI HOTSPOTS AT HOME
- CHROME BOOKS NOW AVAILABLE AND TABLETS COMING SOON
- ONE-ON-ONE COMPUTER HELP
By Appointment
203-574-8225, website. <http://www.bronsonlibrary.org/programs>
- HOME DELIVERY SERVICE
bronsonlibrary.org/homedelivery.
203-574-8225 or email bronsonlibrary@waterburyct.org

DONATIONS

If anyone would like to donate to the senior center, we are in need of:
Wrapped Snacks ... Thank you!



- We have received:
- Thread
 - Flatware
 - Personal care products
 - Coffee
 - Snacks

AAA Driver Class

Fran Mayko will be here on
Fri, July 8, 2022 = 9:30a to
1:30p - Limited to 12 - Please
Sign Up



BRASS Computer Class

Friday, June 10 at 11am
Friday, June 24 at 11am

~ Please Sign Up ~



Cards & Crafts

Wed., June 29 ~ 12:30pm
\$2.00
"Paint, Cut & Glue Art"



Doug hands documents to Mike from Secure ECO Shred



All Events Subject to Change

Older Americans Month Party

May 18, 2022



WHOLESOME SNACKS TO KEEP YOU GOING

1. Grapes: Low in calories, but rich in antioxidants & potassium. They're even good frozen!
2. Pineapple: Sweet & tart, fiber & nutrient-rich & full of Vitamin C
3. Peanut Butter & Apples: Protein & natural sugar to keep you going
4. Peanut Butter & Bananas: Protein & potassium & filling
5. Almonds: one ounce of almonds has 6 grams of protein & 3.5 grams of fiber
6. Greek Yogurt: Can have up to 20 grams of protein per serving plus calcium & pro-biotics
7. Mozzarella String Cheese: calcium & protein - just check for low sodium
8. Veggies & Hummus Dip: This chickpea dip is low in fat & sodium and high in protein & fiber
9. Ants On A Log; Celery, peanut butter & raisins, crunchy & sweet with potassium, iron & Vitamin C
10. Plantains: Potassium & Vitamin A



More Pictures from the
"Older Americans Month"
Party
Wed., May 18, 2022

Thank you to Patty Bates
& Abbott Terrace for
the "socks" favors!





JUNE 2022 CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Brass Harvest Nutrition 11a=BRASS Crochet	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch 12:30p=Jeopardy 1p=Aging Mastery 5 of 10 - Nutrition	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=AAA Driver 10:30a=BRASS Chair Ex. 11a=Poker
6	7	8	9	10
9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 11a=Zumba 11a=Setback 12p=Sr. ctr. mtg. 1p=Diabetes Prevention	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Brass Harvest Nutrition 11a=BRASS Crochet	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch 12:30p=Mandy DuPont 1p=Aging Mastery 6 of 10 - Volunteering	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Poker 11a=Computer Class
13	14	15	16	17
9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 11a=Zumba 11a=Setback 1p=Diabetes Prevention	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Brass Harvest Nutrition 11a=BRASS Crochet 12p-2p=Mimi's Cake Decorating	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 10a=Dolce - \$2 11a=Reiki 11:30a=Café Lunch 1p=Aging Mastery 7 of 10 - Relationships	"Welcome Summer" Party No Activities 11a to 1p
20	21	22	23	24
9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 11a=Zumba 11a=Setback 1p=Diabetes Prevention	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Reflexology 11:30a=Café Lunch 12:30p=Bingo	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Brass Harvest Nutrition 12:30p=Tai Chi	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch 12:30p=Music Trivia Quiz 12:30p=Sr Dine signup	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Poker 11a=Computer Class 12p=Fathers Friday Lunch
27	28	29	30	
9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 11a=Zumba 11a=Setback 1p=Diabetes Prevention	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Brass Harvest Nutrition 12:30p=Tai Chi 12:30p=Cards&Crafts	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Quilting 11:30a=Café Lunch 1p=Aging Mastery 8 of 10 - Financial	



JUNE 2022 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Café Lunch served 11:30a to 12:30p Tuesday & Thursday</p> <p>All menus are subject to change</p>		<p>1</p>  <p>June</p>	<p>2</p> <p>Oven fried chicken Baked potato Broccoli Multi-grain bread Mandarin oranges</p>	<p>3</p>
<p>6</p>	<p>7</p> <p>Hawaiian chicken White rice Green beans Peppers & onions Multi-grain bread Apple juice Lemon cookie</p>	<p>8</p>	<p>9</p> <p>Salisbury steak Mashed potatoes Mixed vegetables Wheat dinner roll Fresh fruit</p>	<p>10</p>
<p>13</p>  <p>FLAG DAY</p>	<p>14</p> <p>Meatloaf/gravy Potatoes Peas Rye bread Fresh fruit</p>	<p>15</p>	<p>16</p> <p>FATHERS DAY SPECIAL Sausage, peppers, onions grinder Baked potato Roasted vegetables Holiday cake</p>	<p>17</p>
<p>20</p>	<p>21</p> <p>Chicken tortilla soup Crackers Turkey/stuffing/gravy Mixed vegetables Cranberry sauce Dinner roll Cinnamon apple slices</p>	<p>22</p>	<p>23</p> <p>Hamburger & roll Steak fries Carrots Apple juice Chocolate chip cookie</p>	<p>24</p>  <p>King of the GRILL Happy Father's Day!</p>
<p>27</p>	<p>28</p> <p>Chicken ala King White rice Zucchini Biscuit Pears</p>	<p>29</p>	<p>30</p> <p>4th of JULY SPECIAL Low-sodium hotdog & bun Chili Succotash Vanilla pudding</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.

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
