



WATERBURY SENIOR CENTER



JUNE 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

Welcome Summer Party!

Fri., June 23, 2023

11a to 1p

Menu: *Hot Dogs or Hamburgers, Corn, Baked Beans, Coleslaw, Watermelon*

Dress: *Summer*

Entertainment: *Patty Carver*

Sign up cut off date: *June 14*

~ Please Sign Up ~



Senior Center Meeting

Mon, June 5 ~ 12:00pm

Guest: *UR Community Cares*

Registered Dietitian Jessica Dorner (formerly with Shop-Rite) will be back at the Waterbury Senior Center with a one-hour cooking demonstration:

*Spruce Up Your Salads:
DIY Healthy Salad Dressings
Mon., June 26 ~ 12:30p*

Learn to make your own salad dressings, from traditional to fun, new flavors. Jessica will prepare healthy salad dressings for participants to taste along with salads that compliment the dressings. Get recipes & informational handouts & take home at least 1 sample dressing.

*Samples will be given to attendees only
Limited to 25*

~Please Sign Up ~



Amelia Simmons Cookery ~ 1796 ~

A Rice Pudding

One quarter of a pound rice, a stick of cinnamon, to a quart of milk (stirred often to keep from burning) and boil quick, cool and add half a nutmeg, 4 spoons rose-water, 8 eggs; butter or puff paste a dish and pour the above composition into it, and bake one and half hour.



**Happy Birthday to our
June Babies! And Happy
Fathers Day to all fathers
& those who do
fatherly things!**



~~ PLEASE NOTE ~~

FARM BAG Friday, June 2

No Farm Bag July & August

There are now 2 Chair Yoga classes!

9:30a to 10:15a

10:30a to 11:15a

Please Sign Up for ONE Yoga class

**BRASS Chorus will be on a break until
Sept. The last class is June 15.**

WISEWOMAN Workshop

**Chaplain Geri Cappabianca returns
to present her popular
Wisewoman workshop on:**

Thur. June 8, 2023 ~ 12:30p

~ Please Sign Up ~



Trivia Quiz

Thurs, June 1 & 29 at 12:30p

~ Please Sign Up ~





Dolce Haircuts

June 15 — 10am-11am

~ Please sign up ~ \$2



Mandy DuPont 's Roundtable

Topic: Fathers



June 22 - 12:30p ~ Please Sign Up ~

Cards & Crafts



Wed. June 28 - 12:30p to 1:30p

Please Sign up ~ \$2



Reflexology with Kim



By Appointment Only

Tues, June 20 11:30a

20 minutes for \$20



BRASS Computer Class



Fridays at 11am

June 2 = Download & Organize Files

June 9 = Password Security

June 16 = Libby

June 30 = Publisher

~ Please Sign Up ~

Reiki with Amy

Sign up for a private 20 minute Reiki session/\$20.



June 22 ~ 11:30a to 2p

~ Please Sign Up ~

Pilobolus! 2nd Annual Family Day

Sunday, June 18th

Bus leaves Wtby Senior Ctr at 12:30pm for

2:00pm performance: "Rules @ Play"

Complimentary Tickets & Transportation.

*Snacks & Play Time following
performance*

Questions? Info@pilobolus.org

Register at t.ly/zduW

"A Year in Kimono"

Fri., June 30 ~ 11:30am

Robyn Mortiboys of Sono Kimono & secretary of The Japan Society of Fairfield County will give her presentation, "A Year in Kimono", from kimono origins to modern day fashion. It will then be followed by a dressing workshop in *yukata*, the cotton summer kimono popular at festivals & celebrations.

~ Please Sign Up ~ Lunch ~



**Alzheimer's Program in Spanish
Presented by the Alzheimer's Association
Connecticut Chapter**



Silas Bronson Library
Something for Everyone

PLEASE CONTACT THE SILAS BRONSON:

- WI-FI HOTSPOTS AT HOME
- CHROME BOOKS AND TABLETS
- ONE-ON-ONE COMPUTER HELP

By Appointment

203-574-8225, bronsonlibrary.org/programs

- HOME DELIVERY SERVICE

bronsonlibrary.org/homedelivery. email bronsonlibrary@waterburyct.org



Pearl: Birthstone for June

Rose: Flower for June



"I wonder what it would be like to live in a world where it was always June." – Lucy Maud Montgomery



BRASS Chorus
"Everyone Can Sing"!
Thursdays. 10am to 11am
~ Please Sign Up ~



DOMINOES

Dominoes can be played daily, in the Pool Room, from 9am to 2pm. Ask in the office for the Domino tiles.

All Events Subject to Change

DONATIONS

If anyone would like to donate to the senior center, we are in need of:

A Coffee Grinder, Wrapped Snacks, Decafe Coffee & Powered Drink Mix ... Thank you!



We have received: Coffee/Decafe, Snacks, Bread & Rolls & Cash

Once again, Mary Gluodenis & City Mission donated to us baked goods, chips, sandwiches, drinks & snacks. Thank you!



Alzheimer's Program in English ~ Presented by the Alzheimer's Association Connecticut Chapter

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 optional at the Center. 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. Proper, clean athletic shoes are required. Bare feet, socks, hard-soled shoes & open toed shoes are not permitted, unless OK'd by the instructor.

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.

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



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>

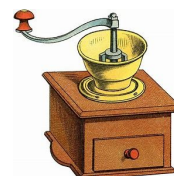
For COVID19 vaccination services for the homebound, call: 203-574-6780, ext. 4681.

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

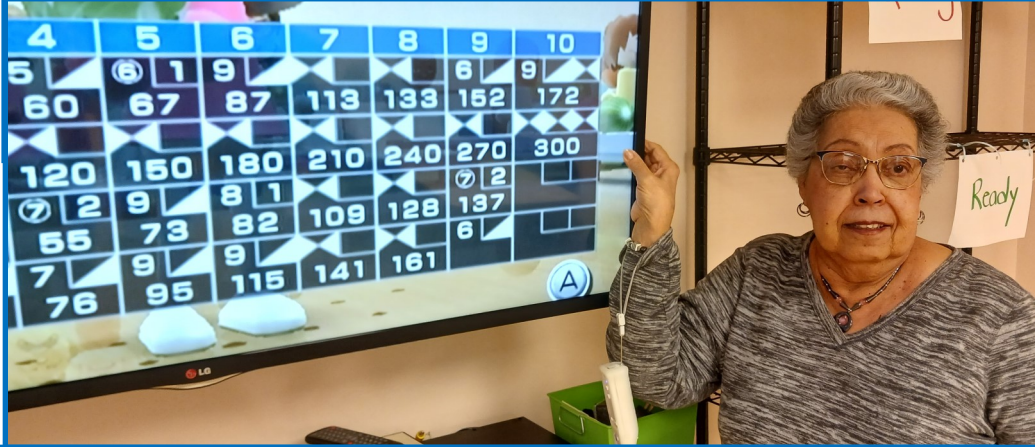


****REQUEST****

We have received several donations of whole coffee beans. We are thrilled to receive them, however, we don't have a coffee bean grinder. So if any of you have a grinder in working condition you are looking to donate, please think of us!



May 2023 Events



FARMERS MARKET NEWS



This year, the State is switching from paper checks to a debit-style card. If you are interested in participating and have not contacted the office to give us your PIN # for the upcoming Farmers Market season, please call us at 203-574-6746. Cards are expected to arrive in July. You will receive a robo call when we have them. Please make sure you are on the "Call" list to ensure you will be notified.

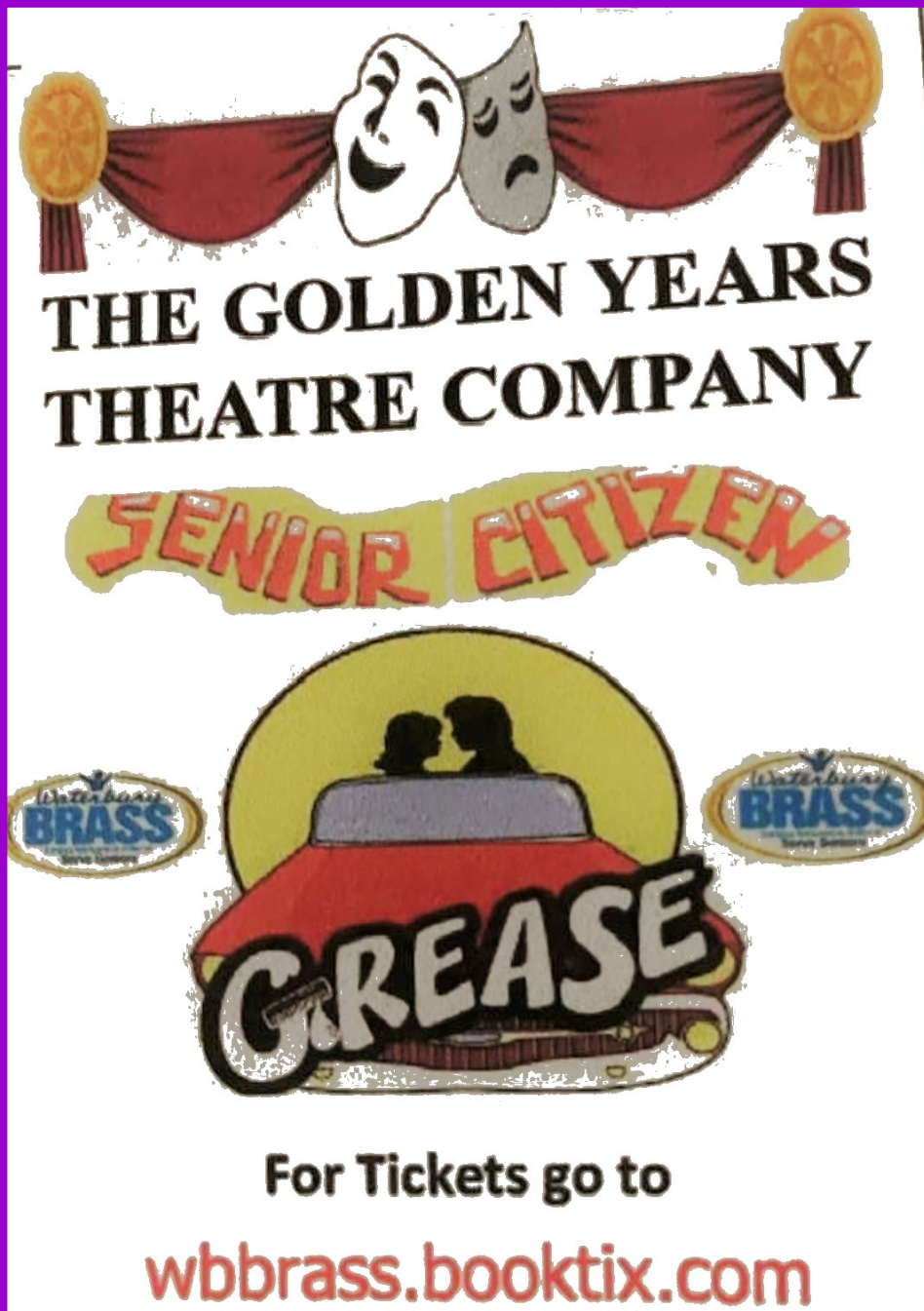
Wellness Wednesday

Please join Lesley &
Sabrina for the last in the
Wellness Wednesday
Lunch & learn series

How to recognize the symp-
toms of heart attach &
stroke

Wed., June 28th
11:30a to 1P

~ Please Sign Up ~



Twisting Zumba!



Volunteer Loretta



Free Health Screening & COVID Vaccination Clinic



Waterbury Senior Center.

Friday, June 2nd,
from 9am to 1pm



1985 East Main Street, Waterbury, CT 06705.

City of Waterbury Senior Center (back parking lot area)



Clinica gratuita de Vacunacion contra Covid y examen de salud.



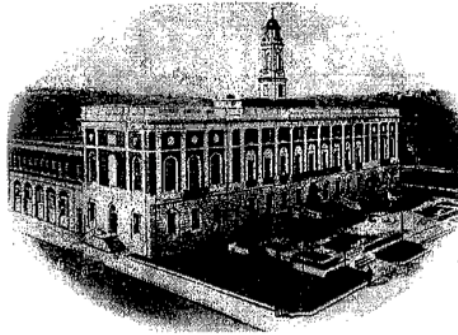
Waterbury Senior Center.

El Viernes, Junid
2,2023,
de 9:00 A.M a 1:00 P.M



1985 East Main Street, Waterbury, CT 06705.

City of Waterbury Senior Center (back parking lot area)



Office of the Tax Assessor

The City of Waterbury

Connecticut

RENTERS REBATE INFORMATION **ELDERLY AND TOTALLY DISABLED**

APPLICATIONS WILL BE TAKEN AT THE ASSESSOR'S OFFICE BEGINNING
APRIL 3, 2023 THROUGH SEPTEMBER 29, 2023.

TO QUALIFY, PERSONS MUST BE 65 YEARS OF AGE OR OLDER BY DECEMBER
31, 2022 OR BE 100% TOTALLY DISABLED BEFORE TURNING 65 AND RECEIVING
BENEFITS FOR ENTIRE YEAR OF 2022.

APPLICANTS MUST SHOW PROOF OF RENT PAID (LETTER FROM OWNER OF
PROPERTY STATING THE AMOUNT PAID FOR RENT FOR THE YEAR), GAS
AND/OR ELECTRIC PAYMENT HISTORY PRINTOUT FROM EVERSOURCE OR
TOTAL OIL PAYMENTS IN THE FORM OF PAID RECEIPTS, CANCELLED
CHECKS FOR THE ENTIRE YEAR OF 2022.

INCOME PROOF CONSISTS OF ALL TAXABLE AND NON-TAXABLE INCOME FOR
THE ENTIRE YEAR OF 2022, IN THE FORM OF FEDERAL INCOME TAX RETURNS,
W2 FORMS, END-OF-YEAR PENSION STATEMENTS, ANY INTEREST OR
DIVIDEND YEAR-END STATEMENTS, AND SOCIAL SECURITY 1099 STATEMENTS
OF INCOME FOR ENTIRE YEAR.

A PERSON WHO HAS A SPOUSE IN A NURSING HOME CAN SUBMIT A LETTER
FROM THE NURSING HOME ADMINISTRATOR STATING THE SPOUSE IS ON THE
TITLE 19 PROGRAM. PERSONS RECEIVING STATE FINANCIAL ASSISTANCE
CAN APPLY, BUT THE ASSISTANCE PAYMENTS WILL AFFECT THE AMOUNT OF
THE CHECK THEY WOULD HAVE RECEIVED. PERSONS WISHING TO APPLY
UNDER THE TOTALLY DISABLED PORTION ON THIS PROGRAM MUST FURNISH
A TPQY STATEMENT FROM THE SOCIAL SECURITY OFFICE OR WRITTEN
DOCUMENTATION FROM ANY OTHER GOVERNMENT SOURCE STATING
APPLICANT IS TOTALLY DISABLED AND DATES OF CERTIFICATION OR 1099 SA
STATEMENT FROM SOCIAL SECURITY SHOWING A MEDICARE DEDUCTION.
VETERANS PENSIONS AND RAILROAD RETIREMENT EARNINGS ARE ALSO
INCLUDED.

NO POSTAL MONEY ORDERS OR ANY OTHER MONEY ORDER RECEIPTS OR
VERBAL VERIFICATION WILL BE ACCEPTABLE FORMS OF PROOF OF RENT
PAYMENTS. APPLICANTS ARE ASKED TO BE SURE THEY HAVE ALL THE
NECESSARY PAPERWORK WITH THEM WHEN THEY FILE OR THE
APPLICATION CANNOT BE PROCESSED AT THAT TIME. ANY MAILED-IN
APPLICATIONS SHOULD INCLUDE A CONTACT PHONE NUMBER.






INCOME GUIDELINES: SINGLE \$40,300 MARRIED \$49,100.

ASSESSOR'S OFFICE, 235 GRAND ST, WATERBURY CT 06702

JUNE 2023 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Events & Activities are Subject to Change</p> <p>Wii Bowling Daily 9a</p> <p>Computer room open Tues-Fri 9a-2p</p>	<p>Pool Room open 9a-2p ~ Dominoes ~ Lessons - W=11a Farm Bag = 6/2</p>		<p>10a=BRASS Chorus 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Trivia</p>	<p>9a-1p=Mobile Health Van 9:30a=BRASS Chair Strength 10a-1p=Farm Bag 11a=Computer Class</p>
<p>5</p> <p>10a=Painting \$2 11a=BRASS Zumba 11a=Setback 12p=Sr. Ctr. Mtg.</p>	<p>6</p> <p>9:30a=Chair Yoga1 10a=B/P 10:30a=Chair Yoga2 11:30a=Café Lunch 12:30p=Bingo</p>	<p>7</p> <p>9:30a=Stretch/Tone 11a=BRASS Crochet 12p-1p=Connecting with Balance (4 of 6)</p>	<p>8</p> <p>10a=BRASS Quilting 10a=BRASS Chorus 11a=Poker 11:30a=Café Lunch 12:30p=Wisewoman</p>	<p>9</p> <p>9:30a=BRASS Chair Strength 11a=Computer Class</p>
<p>12</p> <p>10a=Painting \$2 11a=BRASS Zumba 11a=Setback</p>	<p>13</p> <p>9:30a=Chair Yoga1 10a=B/P 10:30a=Chair Yoga2 11:30a=Café Lunch 12:30p=Bingo</p>	<p>14</p> <p>9:30a=Stretch/Tone 11a=BRASS Crochet 12p-1p=Connecting with Balance (5 of 6)</p>	<p>15</p> <p>10a=BRASS Quilting 10a=BRASS Chorus 10a=Dolce - \$2 11a=Poker 11:30a=Café Lunch honoring Fathers</p>	<p>16</p> <p>9:30a=BRASS Chair Strength 11a=Computer Class</p>
<p>19</p> <p>10a=Painting \$2 11a=BRASS Zumba 11a=Setback</p>	<p>20</p> <p>9:30a=Chair Yoga1 10a=B/P 10:30a=Chair Yoga2 11:30a=Café Lunch 11:30a=Reflexology 12:30p=Bingo</p>	<p>21</p> <p>9:30a=Stretch/Tone 12p= Balance (6 of 6)</p> <p>NO CROCHET</p>	<p>22</p> <p>10a=BRASS Quilting 11a=Poker 11:30a=Reiki 11:30a=Café Lunch 12:30p=Mandy Dupont</p>	<p>23</p> <p>Welcome Summer Party 11a - 1p No Activities</p> 
<p>26</p> <p>10a=Painting \$2 11a=BRASS Zumba 11a=Setback 12:30p=Jessica Dorner Nutrition</p>	<p>27</p> <p>9:30a=Chair Yoga 1 10a=B/P 10:30a=Chair Yoga 2 11:30a=Café Lunch 12:30p=Bingo</p>	<p>28</p> <p>9:30a=Stretch/Tone 11a=BRASS Crochet 11:30a=Wellness Wed. 12:30p=Cards & Crafts</p>	<p>29</p> <p>10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Trivia</p>	<p>30</p> <p>9:30a=BRASS Chair Strength 11a=Computer Class 11:30a=Year in Kimono</p>

JUNE 2023 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>Mexican chicken Yellow rice & beans Zucchini Whole wheat dinner roll Fresh Fruit</p>	<p>Suggested Donation \$3.50</p>
	<p>6</p> <p>Honey ginger chicken Cilantro Lime Rice Peppers & onions Wheat bread Fruit juice Chocolate pudding</p>		<p>8</p> <p>Puerto Rican chicken stew White rice Bean blend Grape juice Crumb cake</p>	
	<p>13</p> <p>Meatloaf w/gravy Mashed potatoes Broccoli Wheat dinner roll Applesauce</p>		<p>15</p> <p>Chix tortilla soup/crx Chicken fajitas Mexican rice Peppers & onions Wheat tortillas Pineapple</p>	
	<p>20</p> <p>Spinach quiche Roasted potatoes Stewed tomatoes Blueberry muffin Pears</p>		<p>22</p> <p>Spanish-style pot roast Spanish rice Beans & corn blend Apple juice Rice pudding</p>	
	<p>27</p> <p>Chicken a La King White rice Green beans & peppers Wheat dinner roll Fresh fruit</p>		<p>29</p> <p>Arroz con pollo (chicken & rice) Broccoli Corn niblets Cornbread Fresh fruit</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
