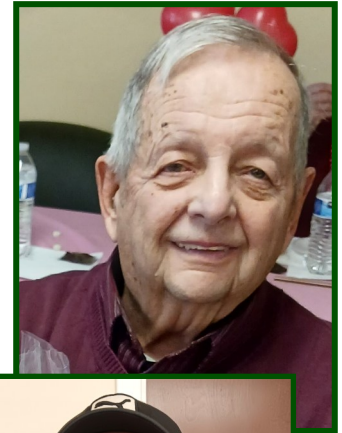
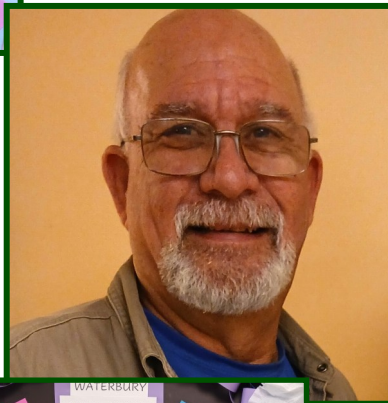
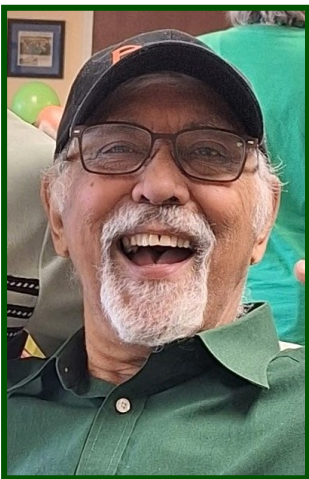




WATERBURY SENIOR CENTER



June 2026 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

Class Cancellation Reminder...

If you are unable to attend a class you registered for, please remember to call or email the Senior Center to cancel your spot as soon as possible. Many of our classes have limited capacity, and letting us know you will not be attending allows another member the opportunity to participate.

Please note that members who do not notify the center when they are unable to attend may not be allowed to register for that class the following month. Your cooperation helps us ensure that our programs remain fair and accessible for everyone.

Thank you for your understanding and support!

ENTER TO WIN A BEAUTIFUL HANDMADE QUILT CREATED BY OUR TALENTED SENIOR CENTER QUILTING CLASS!

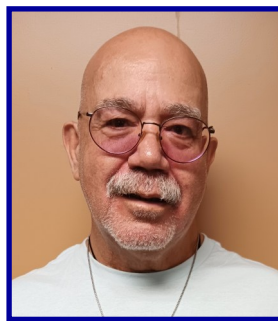
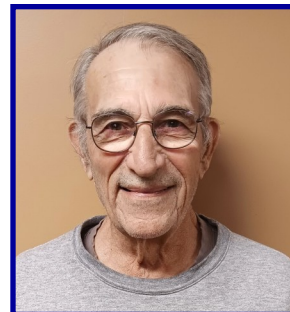
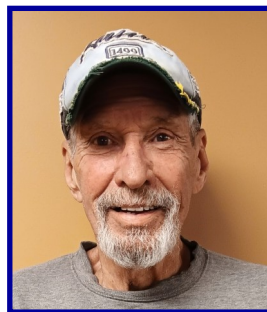
Raffle tickets are just \$1 each



The winning ticket will be drawn at the Waterbury Senior Center's 13th Anniversary Celebration on Friday September 11, 2026

Don't miss your chance to take home this one-of-a-kind piece!

PLEASE SEE STAFF IN THE OFFICE FOR TICKETS



BIG NEWS: Medicare Savings Program Updates

New Monthly Income Limits

Effective March 1, 2026

Eligibility is based on your gross monthly income.

Medicare Saving Program	Single	Married	What it Pays For
QMB	\$2,807	\$3,806	Part B premiums, deductibles, & co-insurance
SLMB	\$3,073	\$4,166	Medicare Part B premiums
ALMB	\$3,272	\$4,437	Medicare Part B premiums

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$577,233 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



Any Question?
Call: 203-757-5449 option 4
Email us info@wcaaa.org



Benefit Check-Up for Medicare Savings Program (MSP)

Wed., June 10 ~ 9am to 1:30pm

WCAAA → Here at Wtby Senior Center

Please Sign Up for a One-on-One Appointment

Wondering if you qualify for extra help with your Medicare costs? A Benefit Check-Up can help determine your eligibility for the Medicare Savings Program (MSP), which may assist with premiums and other healthcare expenses.

To learn more or schedule a confidential screening, contact a CHOICES Counselor through the Western Connecticut Area Agency on Aging (WCAAA) at 203-757-5449.

Take advantage of this free service to ensure you're receiving all the benefits you deserve!





2026 FARMERS MARKET



Once again this season, we are pleased to welcome Brass City Harvest's Farmers Market, starting on Tuesday, July 7, 2026, from 10:00am to 12:00pm. The market will continue until Tuesday, September 29, 2026.

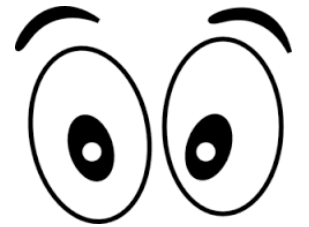
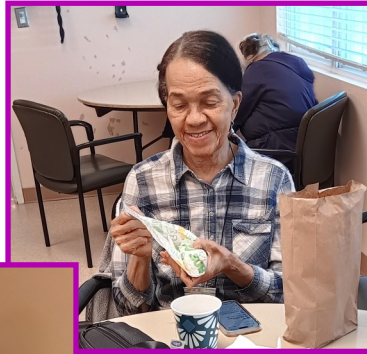
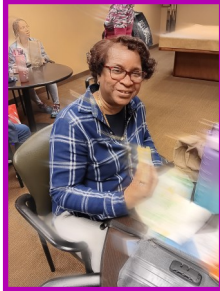
We are again using the farmers market debit card. If you have last year's, it will be loaded with **\$40**. We will load the card at the Senior Center. If you don't have last year's card, you will be issued a new one at the Senior Center. One card per person, per season. A married couple will receive one card each.

The income guidelines are: **\$2,461 per month for 1 person household**, and **\$3,337 per month for a 2 person household**. Please bring proof of income with you when you come to get your card reloaded.

Brass City Harvest also accepts cash, check, credit card, debit card or SNAP.



EYE HEALTH FAIR FRIDAY, APRIL 24, 2026



Information & Lunch

JUNETEENTH CELEBRATION

Lunch & Learn

Wed., June 17 ~ 12p == \$5/pp

“Story Tellers in Cloth”

Juneteenth is a federal holiday celebrated on June 19. It marks the day in 1865 when news of freedom finally reached enslaved people in Galveston, Texas—more than two years after the Emancipation Proclamation. Juneteenth honors African American history and culture.

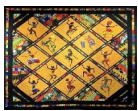
This year, we are honored to have Dr. Pamela Jones, a master quilt artist.

Through quilting, Dr. Jones shares traditions passed across generations in African American communities where fabric, stitching, and pattern carry stories of memory and ancestry.

She will cover the history of African American quilting from everyday use, in literature, to hidden messages, the Gee’s Bend quilters and modern day quilting techniques.

~Please Sign Up~

Sponsored By The Waterbury Women's Club
Catered by Southern Tree



Lions Club Eye Health Lunch & Learn

Free Low Vision Assistance

Cheshire Lions Club, Rosanna Arpaia &

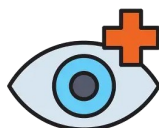
MaryLou Grendziszewski

Monday, June 8 → 12:30p

Rosanna and Mary Lou will be here to do a presentation on the Lions Club Low Vision program and the kind of assistance that is available for the seniors and families. Low Vision Centers (St. Mary’s Low Vision Center is right next door) offer many adaptive devices, free of charge, to assist in regaining function lost by visual impairment.

Please Sign Up

Lunch provided by The Village at East Farms



~ PLEASE NOTE ~

We are **CLOSED** on Friday, June 19 in honor of Juneteenth

No Sewing 6/12

City Mission = 6/12

The Center will close at noon on Mon, 6/15

Senior Center Meeting

Mon, June 1 ~ 12pm

Guests: New Britain Elderly Services, Always the Best Care

MY ENERGY CHOICES

Art Marcellinas returns to WSC with info on choosing an energy supplier. It’s important to know how to pick the most cost effective company. Art Marcellinas, a former state regulator at PURA will explain the process. He can review your bill and answer questions. Please visit mysupplymanager.com to learn about a service that manages the Supplier cost on your bill. Please bring a copy of your electric bill

Thurs., June 11 ~ 12:30pm

~ Please Sign Up ~

EVERSOURCE



Wisdom Years

Thurs, June 4 ~ 12:30p

Topic: Near Death Experiences

Please Sign Up



Chorus w/Anna

Thurs, June 4, 11, 18 & 25

9:30a-10:30a

~ Please Sign Up ~

New Singers Welcome!



Ukulele w/Ted

Thurs, June 4, 11, 18 & 25

10:30a-11:30a

Ukuleles will be provided or bring your own
~ Please Sign Up ~



"Sewing With Jessica"

~ Please Sign Up ~

Fri, June 5 & 26
11a to 12:30p



Reflexology with Kim

By Appointment Only

Tues, June 16 ~ 11:30a

20 minutes for \$25

Foot Reflexology involves applying pressure to the feet to promote relaxation & overall health.

Please Sign Up in Office w/time



Reiki with Amy

June 26 ~ 11:30a

\$20 for 20 minutes

Reiki is a form of energy healing that transfers vital energy to promote relaxation, healing, and balance.

Please Sign Up with time

Jessica Dornier Nutrition No Class in June

Estevan Miranda - City Health Coach

Reading & Understanding Labels

Mon., June 22 —> 12:30p



Food labels provide essential information on nutrients, ingredients & serving sizes to help you make informed & healthier food choices.

~ Please Sign Up ~

Laugh with Nurse Nancy

Thurs, June 25 — 12:30p

Laughter can boost mood, reduce stress, and bring people together. Come enjoy jokes, funny stories, and plenty of smiles with friends.

~ Please Sign Up ~



The United Way of Greater Waterbury recently helped facilitate a donation of adult incontinence products at the request of the Waterbury Senior Center. UConn Health Waterbury Hospital quickly answered the call to support local seniors, while United Way helped coordinate pathways toward longer-term solutions.

Pictured are Yarixa Lopez, United Way Board Member from UCONN Health at Waterbury Hospital, and Mira Levasseur, Director of the Waterbury Senior Center.

Far too many seniors in our community are struggling to make ends meet while facing rising costs for housing, utilities, food, transportation, and medications. Incontinence products are not a luxury. They are an essential health and wellness need that is often not covered by insurance.

Strong community partnerships and responsive leadership continue to make a meaningful difference for our seniors and families.

Thank You to all who made this donation possible!

Veterans Coffee Hour

See You In September!



Birthstone: Alexandrite Flower: Rose

"June, the time of perfect young summer..." – Gertrude Jekyll (She designed the Glebe House garden in Woodbury)

**Happy Birthday to our
June Babies!**



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

- HOME DELIVERY SERVICE
- bronsonlibrary.org/homedelivery
email bronsonlibrary@waterburyct.org

SBL Computer Class

Fridays at 11am

June 5 = Shopping on Line

June 12 = Power Point

June 26 = Virtual Reality

~ Please Sign Up ~

One-on-One Tech Help

Please Sign Up

2 Sessions Available

(10a & 10:30a)

Limit 2 sessions per month per person



Silas Bronson Library
Something for Everyone.



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 & 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!

Need Benefits Counseling?

Call WCAA

203-757-5449

Appointments Necessary!



All events/activities subject to change
You must register for **ALL** activities
If you can't attend, please call us to
Cancel, including Café Lunch

American Senior Benefits

**Retirement Planning & Wealth Management
Lunch & Learn**

Monday, June 29 – 12:30p

Retirement planning and wealth management helps individuals understand their pension and Social Security options while creating a comprehensive income plan to support long-term financial stability. It also prepares for long-term care needs, reviews potential 2026 changes to Medicare and Medicaid, and addresses final expense planning to ensure costs are covered when the inevitable happens.

Please Sign Up





LATE BREAKING NEWS!



Dolce Hair Academy

91 Schraffts Dr, Waterbury, CT 06705 ~ 2nd Floor

Dolce will no longer be coming here to the Waterbury Senior Center, so we have arranged for you to go to Dolce on June 24 at 10:00am. There will be a \$5.00 cash only charge for haircuts. Transportation will be provided for those who NEED it from the senior center to Dolce and back again. We encourage seniors who can drive, to do so. Or if you take the shuttle, you can have them *pick you at home, take you to Dolce and then back home again.* The shuttle will NOT take you from home to Dolce and then to the senior center from Dolce and then take you home.

~Please Sign Up with Waterbury Senior Center ~

FREE! Health Screenings By Monitor My Health Tuesday, June 16th — 10a to 1p

Know your numbers! Come to the Monitor My Health's free health clinic. Get screened for...



- ✓ A1C - Blood Glucose Level
- ✓ Blood Pressure
- ✓ Fall Risk

All participants will be entered into a raffle to win a \$20 gift card.



Senior Dine Meals Program Registration Thurs, June 18 ~ 12:30pm

Senior Meals 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 ~



NEW OPPORTUNITIES
Building Relationships to End Poverty™

Hamilton Park Swim!

Fri., June 26 = 9a to 10:30am

Join us for a refreshing and fun-filled swim event at Hamilton Park Pool! Enjoy a relaxing morning in the water with friends, Transportation will be provided and a delicious box lunch is included. Spaces are limited, so be sure to sign up soon! Bus leaves at 8:30am.



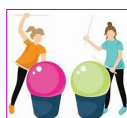
Box Lunch Provided By Cheshire House

DRUM WITH DEBRA

Wed., June 3, 10 & 24 ~ 11am

Fun & exercise while pounding to music!

Limited to 6



Suicide Prevention Crisis Hotline → 988

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

On Tuesday, June 2, 10a to 12p, Amanda Mihaly will be here to take surveys on the 988 national suicide prevention hotline number. Participants will receive a \$10 gift card as a thank you.

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

Renter’s Rebate The **Connecticut Renters' Rebate Program** offers financial assistance to eligible elder or disabled renters. Applications are accepted **April 1st through September 30th**.

Applicants must be 65 or older or determined disabled. Income guidelines are \$46,300 for a single person and \$56,500 for married couples. Documents needed:

2025 Social Security award letter/ 1099

Rent - Letter from your landlord, on their letterhead, stating the amount PAID in rent for all of 2025. If landlord is a relative, need their (landlord) tax return

Electric/Gas/Oil– payment history for all of 2025. Must include company name, address, and account number

2025 Federal Income Tax (if filed)- return and all attachments

SSI–verification letter including monthly breakdown

Pension- Letter from pension company showing what you earned in 2025

Disabled – determination letter with date determined disabled

Income – proof of all other income



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 (WCAAA) at 203-757-5449 EXT 134.



CITY MISSION

City Mission bags are distributed to our seniors with food insecurity. If you would like to benefit from this generous food distribution, please sign-up each month.

Incontinence Supplies

The Waterbury Senior Center is partnering with NOW Inc. and Charm medical to assist with an adult incontinence product bank here at the center. You will need ALL of your insurance cards and complete a form. Please call Maggie at 203-574-6746 when supplies are needed. One product limit per month. This is a donation-based program for low-income seniors. Please see Maggie for more information.

Animeals

Phone calls will no longer be made to remind seniors to pick up their pet supplies. They should now call Maggie at 203-574-6746 to request their pet supplies. Please note that you can receive supplies for up to two pets per month.

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 x7274.

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.

BRASS Crochet & Knitting w/Lindsey

**June 3, 10 & 24==11a to 12p
Please Sign Up**

Mandy DuPont's Roundtable

Topic: "Boundries"

June 18 - 12:30p ~ Pls Sign Up



STRUGGLING TO COVER HEALTH OR FOOD COSTS?

WE CAN HELP!

Your Gateway To State, Federal & Local Benefits Starts Here!



SNAP (FOOD STAMPS)

Helps you afford groceries every month



HUSKY (MEDICAID)

Low-cost health insurance coverage for individuals & families,



MSP (MEDICARE SAVING PROGRAM)

Help pays for Medicare premiums, deductibles, and co-pays



LIS (EXTRA HELP FOR MEDICARE)

Reduces your prescription drug costs and plan premiums



Call Us Today! Free, Confidential & Unbiased Support

Get personalized help applying for benefits with our SHIP-Certified counselors & support team

1-800-994-9422 | 203-757-5449 option 4

84 Progress Lane, Waterbury. CT 2nd floor | www.wcaaa.org |



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SHIP

Navigating Medicare