



# WATERBURY SENIOR CENTER



## Happy, Healthy New Year 2026!

### January 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

Our postponed Christmas Hbliday Party will take place on Friday, January 2, 2026, 11a to 2p  
We will be using the same party list. If you can not attend, we will refund your \$5. Please let us know as soon as possible so we can add members from our wait list.

The time & menu are the same. Feel free to dress in any "Hbliday Style"!

This celebration will be "Good-bye" to 2025 & "Hello" to 2026



Eneida Melendez  
Jean-Marc Boivin  
Gene Trotman  
Juan Torres  
Melvin Weaver  
Mildred Herbert  
Peter Cuillo  
Mary Pierce  
Noris Quintana  
Peter Witko  
Armand LeVasseur  
Maxine Watts  
Zane Newell  
Martha Caesar  
Jeffery Watts  
David (Dave) Langin  
Pauline DiChiara  
Ronald Franco

### *To Our Waterbury Senior Center Family -*

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

All our activities have had increased at-  
tendance, from Art to Zumba.

We've said hello to so many new people reg-  
istering to be members and good-bye to  
people we have loved.

We learned, did crafts, cooked, lunched &  
exercised.

We celebrated our 12th Anniversary!!!

We had **197** New Members sign up!

And WE PARTIED!!!

We are touched & honored that you shared  
your Holiday Joy & Spirit with us!

So here's a toast to more of the same in  
2026!

~~ Mira, Debra,



Catreena, Maggie

& Miriam ~~



Thank you to the  
Following, who donated to  
our Thanksgiving ...

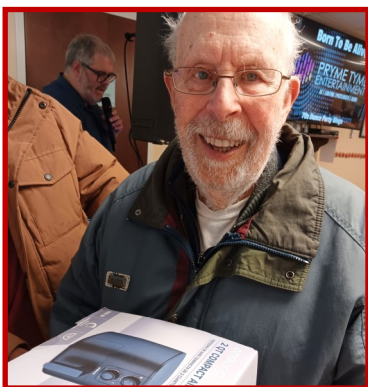
Veronica Abreu  
BRASS  
Beth Chmielewski  
City Mission  
The Jack Paul Noujaim Foundation  
Joanne Franco  
Stop & Shop  
Village at East Farms  
Always Best Care  
Fitness Fury X-Perience, LLC  
And to the many Waterbury  
Senior Center Volunteers













## ~ PLEASE NOTE ~

We are **CLOSED** Thurs, Jan 1 for New Year's Day & Mon, Jan 19 for MLK day  
In case of inclement weather watch Channel 3 or check the WSC Facebook page  
Sewing with Jessica is now on **Fridays at 11am**, starting **Friday, Jan 23rd**

# 84<sup>new</sup> mix

1/22/26 - 12:30p

The New Mix Program is a Connecticut Department of Transportation (CTDOT) program planning the future of the I-84/Route 8 interchange in Waterbury—known as the “Mixmaster.” This vital connection will reach the end of its serviceable life in about 25 years, and CTDOT is preparing now. The team recently completed a Planning and Environmental Linkages (PEL) Study, which explored transportation options for the next stage of review. The PEL Report is available online, but we invite you to join us to learn more, meet the team, and ask your questions!

~ Please Sign Up ~

## Jewelry Making Class

Wednesday, January 28 — > 12:30p

Make your own bracelet designs, with beads and charms

All supplies will be provided!

\$2.00/pre-paid, confirms registration  
20 Spots Available - Please Sign Up



## Health Supplements

With Estevan

Wed, Jan 14 —> 11am

Estevan Miranda, Onsite Health Coach for the City of Waterbury, will be here to teach you about supplements and share his top 5 supplements that may make a difference in your health.

~ Please Sign Up ~



## Fair Rent Commission

Wed, Jan 14 —> 10am

Join Nicholle & learn about FRC's mission & how they manage repairs, block or phase-in an unfair rent increase & force your landlord to accept a lower, fair-market rate. She'll explain the complaint process step-by-step so you can confidently use FRC to protect you.

This is for renters, not homeowners

~ Please Sign Up ~



## Amyloidosis

Thurs, Jan 29 ~12:30p

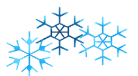
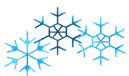
Amyloidosis is a usually undiagnosed progressive disease that looks like many others. It is a build up of a protein that can effect the heart, nerves, GI system, activities & more.

Join us to learn the signs, symptom & treatments.

~ Please Sign Up ~



In case of inclement weather, please watch Channel 3 news or our Facebook page for closures or cancellation of activities



## WISEWOMAN Workshop

Thurs, Jan 8 - 12:30p

Topic: Beating the Winter Blues

~ Please Sign Up ~



## "Sewing With Jessica"

A New Project Starts the first Week of  
Each Month

~ Please Sign Up ~

New Session starts Fri, Jan 23; 11a to 12p



## Veterans Coffee Hour

January 16, 2026 ~ 10am

All branches Welcome

Spouses Welcome

*Thank you for your service!*

~ Please Sign Up ~

Thank you to Village at East Farms for  
their sponsorship



## Need Benefits Counseling? Call WCAAA

203-757-5449

**Appointments Necessary!**



## Suicide Prevention Crisis Hotline —>988

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

**988**

All events/activities subject to change

You must register for ALL activities

If you can't attend, please call us to cancel

## Reflexology with Kim

By Appointment Only

Fri, Jan 9 ~ 11:30a

20 minutes for \$25

*Please Sign Up in Office w/time*



DOLCE LLC  
The Academy

**Dolce**

**Wed, Jan 21 —> 10am**

**\$2/ Please Sign Up**

## Reiki with Amy

Fri, Jan 30 - 11:30a

\$20 for 20 minutes

**Please Sign Up**



## Mandy DuPont's Roundtable

*Topic: Recapping the Year*

**Jan 15 - 12:30p**

~ Pls Sign Up ~



## Jessica Dorner Nutrition

**Mon, Jan 12—> 12:30p**

*The MIND Diet*

Join Jessica Dorner RD for a delicious cook-  
ing demo featuring foods for the MIND Diet!  
The MIND Diet helps reduce risk for cogni-  
tive decline, so sign up to learn more, and  
sample 2 recipes that Jessica will demon-  
strate. Attendees will also get nutrition infor-  
mation handouts and recipes to take home.

Please Sign Up



## Senior Center Meeting

**Mon, Jan 5 ~ 12pm**

**Guests: Angel Care  
Charm Medical**

### AARP Driver Course

Fri, Jan 16 → 9:30a to 1:30p

\$20 for AARP Members

\$25 for non-AARP members

Make check payable to AARP & give  
to instructor the day of class



~ Please Sign Up ~



### Chorus: Everyone Can Sing

Thurs, Jan 8, 15, 22 & 29

10:00a to 11am

New members: Please Sign Up to start  
the 1st Thursday of the month

~ Please Sign Up ~

### 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

### Ukulele w/Ted

Thurs, Jan 8, 15, 22 & 29 -- 11am to 12pm



No Experience Necessary!!!



Ukuleles will be provided  
If you have your own, please feel  
to bring it!

~ Please Sign Up ~

### 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, raffle tickets & Lipton teabags. *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

### Senior Meals Program Registration

Thurs, Jan 15 ~ 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 ~



Thank you to the Following, who  
donated to our Christmas ...

Jean Solla

Selim and Linda Noujaim

Kathy Ghio

Brianna Mini Mart

Cavallo's

Crucito Cruz

Amanda Marcantonio

And to the many Waterbury Senior Center  
Volunteers



## 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**

**PLEASE CONTACT THE SILAS BRONSON:**

- WI-FI HOTSPOTS AT HOME
- ONE-ON-ONE COMPUTER HELP  
By Appointment

203-574-8225, [bronsonlibrary.org/programs](http://bronsonlibrary.org/programs)

- HOME DELIVERY SERVICE

[bronsonlibrary.org/homedelivery](http://bronsonlibrary.org/homedelivery)

email [bronsonlibrary@waterburyct.org](mailto:bronsonlibrary@waterburyct.org)

**SBL Computer Class**

**Fridays at 11am**

**Jan 9 = Computer Basics**

**Jan 16 = Facebook Basics**

**Jan 23 = Intro to Chat GPT**

**Jan 30 = VR**

**~ Please Sign Up ~**

**One-on-One Tech Help**

**Please Sign Up ~2 (10a & 10:30a) Sessions  
Available**



**Silas Bronson Library**

Something for Everyone



*Jeffery Watts  
Dave Langin  
Paula DiChiara*





# 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 at 203-757-5449 EXT 134.

## **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.

**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.



## 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**

Incontinence products are distributed monthly. One (1) product limit per month. Please see Maggie.

## **Animeals**

Pet food is distributed monthly. 2 pets per household limit. Please see Maggie to sign up.

## **CEAP**

The CT energy assistance program begins September 2<sup>nd</sup>. Documents required are: 2025 social security award letter, most recent utility bills, all income. The state has not given out the income guidelines yet. Please see Maggie to apply.



**Birthstone: Garnet**



**Flower: Carnation**



*"In January, you can hear the quiet of the world starting again." Anon*

**Happy Birthday to our  
January Babies!**

