



WATERBURY SENIOR CENTER



Happy, Healthy New Year 2026!

January 2026 Newsletter

seniorcenter1985

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.



Instagram



Waterbury Senior Center

Our postponed Christmas Holiday 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 "Holiday 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**



1/22/26 - 12:30p

The New Mix Program is a Connecticut Department of Transportation (CDOT) 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 CDOT 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



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



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 ~

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 & resources 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

Wed, Jan 21 —> 10am

\$2 / Please Sign Up

DOLCE LLC
The Academy

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 cooking demo featuring foods for the MIND Diet! The MIND Diet helps reduce risk for cognitive decline, so sign up to learn more, and sample 2 recipes that Jessica will demonstrate. Attendees will also get nutrition information 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 ~



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



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



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 ~

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 ~



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

- HOME DELIVERY SERVICE

bronsonlibrary.org/homedelivery

email 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.

Animals

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

CEAP

The CT energy assistance program begins September 2nd. 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!

