



WATERBURY SENIOR CENTER



June 2025 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

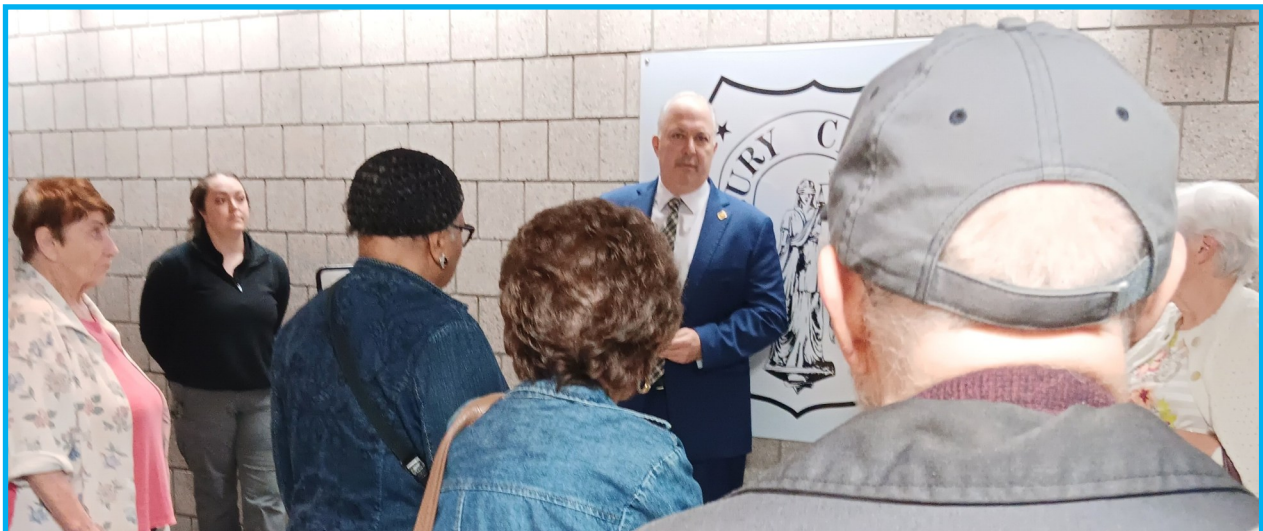


Waterbury Senior Center

May 2025



Mr & Mrs Goose-tav with Huey, Dewey & Louie



~ **PLEASE NOTE** ~

We are **CLOSED** Thurs, June 19 ~ Juneteenth

Last Farm Bag = Wed, June 11

City Mission Grocery Bag → Fri, June 13 = 11a

No Zumba June 16

No Stretch & Tone June 18

No Quilting June 5 & 26

Jessica Dorner Nutrition
"Summer Salsa"

Mon, June 9 —> 12:30p

Join Jessica Dorner RD for a delicious cooking & tasting demo featuring seasonal Summer Salsa. Salsa can be really high in salt, so she will show how to make some fresh salsas that are much lighter & are small-household friendly. Recipes & handouts will be available for attendees to take home.



Please Sign Up



Patty's Energizer Karaoke

Wed., June 18th —> 12p to 2p

Get those vocal chords, throats & songs ready because Patty returns to WSC for another fun-filled Karaoke Shindig!

~ Please Sign Up ~



Veterans Coffee Hour

Fri., June 20 ~ 10am

Coffee, Connection & Conversation

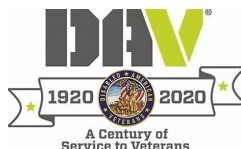
Come join CT DAV Chapter 11 for a get together where Veterans (and their spouses) meet, socialize and network. We discuss our military experiences, daily lives, healthcare benefits and claims, and how we get and stay connected to our communities.

Refreshments will be served.

***This event is for Veterans & the spouses of Veterans only.**



~ Please Sign Up ~



Senior Center Meeting

Mon, June 2 ~ 12pm

Guest: P. Gallagher, City Plan Commission

The Pottery Piazza

Come join Sarah Ewertowski, owner of the Pottery Piazza. She will be teaching a mosaic class on:

Wed., June 11th from 12:00pm to 2:00pm

We will have an assortment of wood plaque shapes to paint the backgrounds in acrylic & then decorate with mosaic glass tile. Choices of animal, floral, food or geometric shapes.



~ Please Sign Up ~
\$2.00



Silas Bronson Library
Something for Everyone

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

Waterbury Hospital Lunch & Learn
Wound Care

Mon., June 23 —> 12:30p

Wound care is the process of managing & promoting the healing of various types of wounds, such as surgical incisions, pressure ulcers & traumatic injuries. It involves diagnosing wound type, factors that affect wound healing, proper treatments. And prevention of wounds.

Come learn about the Waterbury Hospital Wound Care Center & setting up appointments.

~ Please Sign Up ~



Moonstone: Birthstone for June
Rose : Flower for June



All June I bound the rose in
sheaves... Robert Browning

Happy Birthday to our June
Babies!



WISEWOMAN Workshop
Thurs, June 5 - 12:30p



Egypt: Pyramids, Temples
& Tombs

~ Please Sign Up ~

Chair Massage w/Eileen

Wed, June 4 from 10a to 1:30p

15 minutes for FREE

Chair massages are clothed & in a chair

Please Sign Up in Office with Time

If you've already had a FREE chair massage, you
are not eligible.



Lions Low Vision Eye Testing

Fri, June 6th ~ 10a-2p

By Cheshire Lions Club, Rosanna Arpaia
& MaryLou Grendziszewski

The testing will take a photo of your eyes,
one at a time. The photos will show signs
of eye disease. The analysis will be put on
the photos which you can give to your
doctor.



Please Sign Up
15 minutes per
appointment



Drum With Joyce

Mon, June 9 —> 10:30a

-Please Sign Up-

Reflexology with Kim

By Appointment Only

Tues, June 17 ~ 11:30a

20 minutes for \$25

Please Sign Up in Office w/time



Reiki with Amy

Fri, June 27 - 11:30a

\$20 for 20 minutes



"Sewing With Jessica"

Wed, June 4, 11, 25

12:30p - 1:45p

~ Please Sign Up ~



Mandy DuPont's Roundtable

Topic: TBA

June 12 - 12:30p ~ Pls Sign Up



Chorus: Everyone Can Sing

Thursdays —> 10a..Please Sign Up



SBL Computer Class

Fridays at 11am

June 6 = Streaming Service Overview ~ Hu-
lu, Netflix, Amazon prime, Crackle, Pluto

June 13 = iPhone Tips

June 20 = Android Tips

June 27 = VR

~ Please Sign Up ~



One-on-One Tech Help

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

~ Please Sign Up ~

Dolce

Thurs, June 26 —> 10am

\$2/ Please Sign Up

DOLCE LLC
The Academy

JUNETEENTH CELEBRATION LUNCH & LEARN

MONDAY, June 16 —> 11:30am

In honor of Juneteenth, we will have Kevin Johnson, an employee of the State Library's History and Genealogy Unit, portray Jordan Freeman, an African-American servant of John Ledyard and the body servant of Col. William Ledyard in the Revolutionary War. Although Jordan Freeman did not enlist himself, he witnessed key events of the war for independence while with Col. Ledyard. Historians estimate the number of black soldiers in this war to have been about 5,000 men, serving in militias, seagoing services, and support activities, including nearly 500 from Connecticut.

- Please Sign Up -



Curious Creatures

+ Live Animal Program +

Thurs., June 26 - 12:30p

What type of animals will we see at a Curious Creatures event ??? Just a sample...

THREE TOED BOX TURTLE, RED FOOTED TORTOISE, CORN SNAKE, GIANT COCK-ROACHES, FERRET, CHINCHILLA, BEARDED DRAGON, LEOPARD GECKO, BLUE TONGUED SKINK, HEDGEHOG, AMERICAN BUNNY ...



= Please Sign Up =



Quilting Class Trip

Thurs, June 26

9:30a to 1:30p

With the proceeds from their quilt raffle, the Quilting Class will be taking a field trip to Hobby Lobby & Panera.

Open to Quilt students only

-Please Sign Up-



Tranquility Vineyard &

Winery Trip = \$10/pp

Wed., June 25 —> 10:30a

Tranquility Vineyard & Winery is located on Lake Quassapaug in Middlebury, CT on the remaining 45 acres of the original 300-acre historic JH Whittemore Tranquillity Farm, which was founded in 1892.

Join us for a wine tasting & lunch.

- Please Sign Up -



THE FARM BAG



The Farm Bag The Waterbury Senior Center is fortunate to partner with local farmers to bring farm-fresh produce to our seniors. Past distributions have included butter, eggs, cheese, jam, meat, and a variety of vegetables. To benefit from this distribution, please sign up on your calendar. **The last event will be Wed., June 11, 2025, from 11am to 12pm.** *Please Sign Up*



AARP Driver Course

Fri, July 18 —> 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 ~



Need Benefits Counseling?

Call WCAAA

203-757-5449

Appointments Necessary!



Pryme Tyme Musical Bingo!

Tuesday, June 24 - 12:30pm

Due to popular demand, Aaron returns to host this

special

Musical Bingo

Please Sign Up





CASTING CLASS

Fri., June 20 —> 11a to 12p

Taught by Art Hendrickson

For Apple Devices Only!



Do you want to cast from your smart device to your smart TV? We're not talking fishing—we're talking "projecting" your **iPhone or iPad** display to a smart TV. Bring your **charged** iPhone or iPad and learn how to display your photos or streaming content on to a smart TV that has AirPlay capability.



~ Please Sign Up ~



2025 FARMERS MARKET

Once again this season, we are pleased to welcome Brass City Harvest's Farmers Market, starting on Tuesday, July 8, 2025, from 10:00am to 12:30pm. The market will continue until Tuesday, October 28, 2025.

This year we will be using a **new farmers market debit card**. Everyone will be issued a new card. Last year's cards are no longer valid.

It will be loaded with **\$40**. One card per person, per season. A married couple will receive one card each.

The income guidelines are: **\$28,953** for 1 person household, **\$39,128** for a 2 person household. Please bring proof of income with you when you come to get your new card.

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



**BRASS CITY
HARVEST**
OUR FUTURE IS GROWING



COMMUNITY PET FOOD PANTRY

No Fee

Thursday, June 12, 2025

pantry open 2pm-3:30pm

Waterbury Police Activity League
64 Division Street
Waterbury, CT

Appointments are required

please call 860-594-4500 x6308
to schedule your pick up.

There is a 4 pet per household limit.



TOP BIRTHDAY FREEBIES

- **Applebee's:** Free birthday dessert
- **Auntie Anne's:** Free pretzel
- **Baskin Robbins:** Free ice cream scoop
- **Chick-Fil-A:** Free dessert
- **Chili's:** Free dessert
- **Chipotle:** Free side of chips and guacamole
- **Culver's:** Free one-scoop
- **Denny's:** Free grand slam breakfast
- **Firehouse Subs:** Free medium sub
- **IHOP:** Free stack of pancakes
- **Jeni's Ice Cream:** Free ice cream scoop
- **Krispy Kreme:** Free donut
- **McDonald's:** Free medium french fries
- **Moe's:** Free queso or guacamole
- **Nothing Bundt Cake:** Free bundlet
- **Panera Bread:** Free pastry
- **P.F. Chang's:** Free appetizer or dessert
- **Red Robin:** Free burger
- **Starbucks:** Free beverage or food item



WSC Wii Bowling Team, the Brass City Strikers,
prepares to leave for the end of season
tournament in Bristol.

Pat, Gary, Carol, Carmen, Elaine, Joan, Rosita,
Bobbie, Modesto.
Missing: Maria



The BRASS Quilting class gives Mira a quilt for Mira
to use for demonstration purposes when she does
outreach programs.

L to R: Olga, Monica, Theresa, Deb, Grace, Mira,
Donna & Kim



Mary Pierce

Noris Quintana



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 ext. 7274. To Schedule a Ride please call 1 (800) 757-7782. 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 is a Waterbury based non-profit that provides non-perishable food items monthly to our seniors. We are very fortunate to have City Mission assist our seniors with food insecurity. This food distribution is held in the main room of the senior center. Bags are distributed in the order that people signed up. If you would like to benefit from this generous food distribution, please sign-up each month. 11a to 12p. Check your calendar for the monthly date.

Incontinence Supplies

The Waterbury Senior Center, partnering with NOW Inc., has an adult incontinence product bank here at the center. Beginning in February, the Incontinence program will be a one time sign up. Please see Maggie if you are in need. You will receive a form to fill out. Please notify Maggie if you have any changes.

There is a 2-product limit per month. We do not know what supplies we will be getting each month. Products will be distributed monthly from the sign-up list. Please see Maggie for more information.

All events/activities subject to change ~

You must register for ALL activities ~ If you can't attend, please call us to cancel

Waterbury Senior Center “Housekeeping”

Welcome to the City of Waterbury Senior Center. We are a social center. Please treat everyone in a kind & respectful manner. Kindness rubs off & good manners never go out of style!

*****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.

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 ...

Animeals is a one time sign up. Please see Maggie if you are in need. You will receive a form to fill out. Please notify Maggie if you have any changes.

If class times overlap, please pick **ONE** class.

NO FOOD OR DRINK IS ALLOWED IN THE COMPUTER ROOM

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!

