



WATERBURY SENIOR CENTER



March 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



Happy Valentine's Day Party



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

Offensive behavior towards other members or staff will not be tolerated. Misuse & abuse of senior center resources including food, office supplies, copier machine and other material is not allowed. (adapted from FASC-Sept 2025)

A Friendly Reminder:

Please keep personal items with you at all times. For everyone's safety and security, items should not be left unattended in all areas.

Thank you for your cooperation!

St. Patrick's Day Party

Tues, March 17... 10a to 12p

Snow Date -->

Menu = Corned beef

Dress = Green

**Entertainment = Police Bagpipes &
Drums**

**\$5 per person, pre-paid,
Non-Refundable**

Sign Up starts Mon, March 2.

Sign Up by Tues, March 10



Stay Connected with Alert Waterbury

The City of Waterbury has launched **Alert Waterbury**, a new emergency and community notification system that delivers timely, reliable updates straight from the City.

Mira & Maggie are happy to assist Waterbury residents with signing up on **Tuesday March 10 from 10am-11am** and **Thursday March 26 from**

12:30pm-1:30pm

Please Sign Up



Scrapbooking at the Mattatuck Museum

Wed, March 4 --> 9:30a to 11:30a

\$3 pp - Limit 15

Bring your photos, concert tickets, postcards & other memorabilia to create a unique scrapbook celebrating your favorite memories. With decorative paper, stickers, embellishments & cutting tools provided, you'll have everything you need to craft a keepsake to cherish.

Transportation Provided

Please Sign Up



Orthopedic Screening Connect Physical Therapy Monday, March 9 --> 12pm

The team will quickly evaluate concerns that you have such as knee pain, back pain, shoulder pain, postural concerns, etc. and give you some guidance based on what they see.

**Please Sign Up for Your 20 Minute
Appointment**



~ **PLEASE NOTE** ~

In case of inclement weather watch Channel 3 or check the WSC Facebook page Sewing will begin on Friday, March 20th **St. Patrick's Day party will start 1 hour earlier!** Ukulele Will Start at 10:30am

Senior Center Meeting
Mon, March 2 ~ 12pm

Guests: Essential Homecare
City HOME Program
Elderly Homeowners Tax Credit

Senior Meals Program Registration
Thurs, March 19 ~ 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** ~

Wisdom Years
(formerly Wisewoman)
Returns April 2nd



"Sewing With Jessica"

A New Project Starts the first Class of Each Month

~ **Please Sign Up** ~



Fri, March 20 & 27; 11a to 12p

Need Benefits Counseling?
Call WCAAA
203-757-5449
Appointments Necessary!



BLACK HISTORY MONTH
CELEBRATION

Join us for the 100th Anniversary of Black History Month

Presented by the Black History Committee of the Waterbury Senior Center
Gladys Douglas, Chair
Evelyn Brothers, Co-chair
Friday, March 6th ~ 11a to 2p

\$20 Due Upon Sign Up ~ Non-Refundable
Menu: Chicken, Ham, Collard Greens, Cabbage, Yams, Mac & Cheese, Rice & Beans, Rolls & Cake, Coffee, Tea
\$10 Raffle = 20 Chances to Win

In 1926, Dr. Carter G. Woodson, the founder of the Association for the Study of African American Life and History, the son of formerly enslaved parents, a former sharecropper and miner, and the second Black person to receive a Ph.D. from Harvard University, launched the first Negro History Week. He intentionally chose February because the Black community had already set aside the birthdays of Abraham Lincoln (February 12) and Frederick Douglass (February 14) to recognize and celebrate their contributions to emancipation and abolition.

BLACK
HISTORY
MONTH

Veterans Coffee Hour

Fri, March 20, 2026 ~ 10am

Veterans Coffee Hour is a relaxed, welcoming meetup where veterans connect over coffee, share stories & build community in a supportive space.

All branches & Spouses Welcome

Thank you for your service!

Thank you to Right at Home-Today's Sponsor

~ **Please Sign Up** ~



Suicide Prevention Crisis Hotline → 988

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

Jessica Dorner Nutrition Thurs, March 26 → 12:30p

Try It Thursday

Join Jessica Dorner RD for Try It Thursday, a fun, hands-on nutrition class where you will sample new foods, explore healthy choices, and build confidence trying nutritious options in a relaxed, supportive setting. So sign up to learn more and taste samples that Jessica will provide. You will also get nutrition information handouts and recipes to take home.

Please Sign Up



AARP Driver Course

Fri, Mar 20 → 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

DRUMMING WITH DEBRA

Wed., March 11 ~ 11am

Get some fun, light exercise while pounding to music!

Limited to 6

~ Please Sign Up ~



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, March 20 ~ 11:30a

20 minutes for \$25

Foot reflexology is a therapeutic practice that involves applying pressure to specific points on the feet, which correspond to different organs and systems in the body, promoting relaxation and overall health.

Please Sign Up in Office w/time



Reiki with Amy

Returns in April

\$20 for 20 minutes

Reiki is a form of energy healing originating in Japan, which focuses on the transfer of vital energy to promote relaxation, healing, and balance. During a session, the Reiki master places their hands above the body, acting as a channel for the energy, which flows to where it is needed.

Please Sign Up



Mandy DuPont's Roundtable

Topic: Travel for the Ages

March 12 - 12:30p ~ Pls Sign Up



Ukulele w/Ted

Thurs, Mar 5, 12, 19 & 26

10:30a

No Experience Necessary!!!

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

~ 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

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

March 13 = My Town, My Story

March 20 = Computer Basics

March 27 = 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

Birthstone: Aquamarine



Flower: Daffodil



"Our life is March weather, savage and serene in one hour" – Ralph Waldo Emerson

**Happy Birthday to our
March Babies!**



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!

CT Revenue Services

March 18 ~ 11am

The Connecticut Department of Revenue Services will be here to describe the services it provides to taxpayers, review the legislative changes regarding income tax that would affect seniors for this filing season, touch a little bit on payments, where to find information on their website and how to contact them.

Reps will be available to answer questions.

~ Please Sign Up ~





Mon., March 30 - 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 ~

WCAAA - Service Navigation Information Session
Monday, March 23

12:30p

The Service Navigation staff of WCAAA can provide information on housing, transportation, senior activities, caregiver support, home health services, legal assistance, food & nutrition & Medicaid & Medicare. The 20 minute presentation will be followed by a game.

~ Please Sign Up ~



Free Oral Health Screenings
Fri, March 27~ 9:30a to 1:30p

University of New Haven's Dental Hygiene Program & NW CT Area Health Education Center are partnering to offer this. Oral health screenings are intended to check for oral cancer, infections, or decay concerns that would require follow up with a dentist. UNH will provide referrals to those that need them, inform participants about their clinic that offers low, set-fee services for people without insurance, and educate about preventative oral care.



~ Please Sign Up to Make an Appointment ~



Sound Healing
Sound Healing with Zaida
Wed, March 25 - 11a



Join us for a different type of wellness –

Sound Healing is a therapeutic practice that uses vibrations from instruments like singing bowls, gongs or tuning forks to promote relaxation, reduce stress & support healing. By immersing yourself in soothing sounds, it will help restore your balance & harmony.

- Please Sign Up -

Monitor My Health
A Comprehensive 26-week Workshop on Diabetes Prevention
Starts Wed., March 4
12:30pm to 2:00pm

This 26-week program is specifically designed for participants aged 60+ who are at risk for diabetes or looking to make healthier lifestyle changes. The program includes a comprehensive team of professionals to support participants, including:

- **A Lifestyle Coach** to guide and motivate positive habit changes
- **A Fitness Instructor** to tailor physical activities that suit various abilities
- **A Certified Nutritionist** to provide personalized meal planning and nutritional advice
- **A Resource Support Specialist** to assist with any additional needs

The 1-hour classroom session will be followed by 1/2 hour exercise (chair yoga).

~ 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

CITY OF WATERBURY HOMEOWNER TAX EXEMPTIONS

Any homeowner in the city of Waterbury who is either over the age of 65 or totally disabled can apply for the Elderly/Disabled Homeowner Tax Exemption offered by the City. This is an *Income-based exemption*, so proof of all the applicant’s income for the previous calendar year needs to be brought in when the application is completed.

In order to qualify for this exemption, the maximum income for a **single person is \$46,300**, and the maximum income **for a married couple is \$56,500**.

If the applicant is married, both incomes need to be provided. If the applicant(s) still file Federal Income Tax, a copy of their 2025 Federal return is needed, along with all the documents used to create it. If they no longer file, they need to supply end-of-year statements from all their sources of income, for example a 1099 form showing the total Social Security they collected for the previous year, an end-of-year statement from their pension organization and from any source of interest collected.

Applications will be accepted at the Assessor’s Office from **February 1 to May 15** from **9 AM to 4 PM**. If there are any questions, please contact the **Assessor’s Office at (203)574-6821**.

In case of inclement weather, please watch Channel 3 news or check our Facebook page for closures or cancellation of Activities ~ We Do Not Follow The School Schedule





Are you participating in a food program for seniors? We'd love to hear from you!

Study participants wanted!

Our study wants to improve nutrition for older adults in Connecticut. We are looking for older adults to share their ideas on food and nutrition programs! You can earn \$40 for participating

We are looking for adults who are:

- Age 60 years or older
- Living in Connecticut
- Participating in at least one of the following: Meals on Wheels, SNAP, senior cafes, or meals at senior centers
- Willing to complete a 30–45 minute interview (virtual, phone or in person)
- Willing to share their ideas to help us improve nutrition and health programs for older adults



Contact Us Today

Your ideas can help us improve food and nutrition programs for seniors in CT!

 MealsPlusCT@uconn.edu

 (860)-786-2477

Scan QR
Code here



PIs: Drs. Caitlin Caspi and Kim Gans

Study Title: Bridging innovations in home-delivered meal programs to improve older adults' health and well-being in CT

IRB #: X25-0439

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 2nd. Documents required are: 2026 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.

DOLCE LLC
The Academy

To Be Announced

