



# WATERBURY SENIOR CENTER



## May 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



Instagram



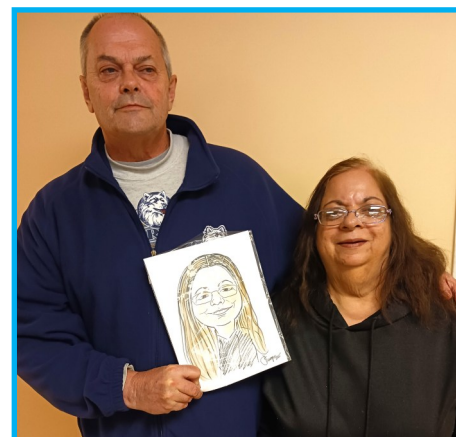
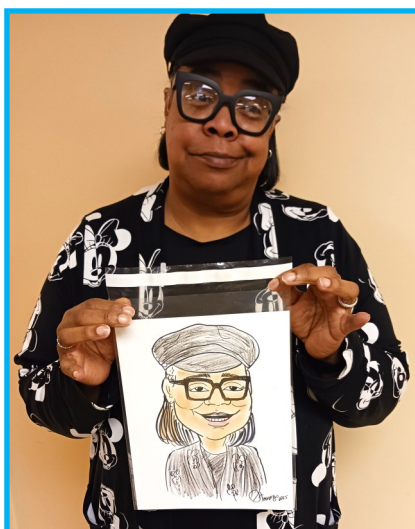
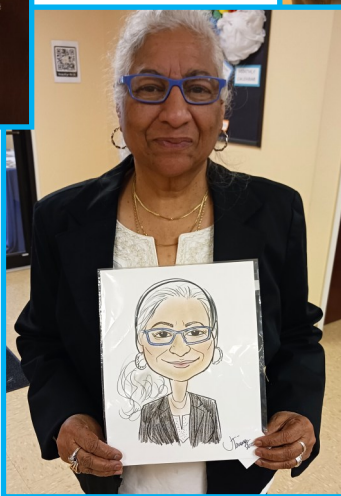
Waterbury Senior Center

# March & April 2025





April 2025



~ **PLEASE NOTE** ~

We are **CLOSED** Mon, May 26 ~ Memorial Day  
City Mission Grocery Bag—> Fri, May 9 = 11a  
No Farm Bag  
No Chair Strength—> Fri., May 2

**The Enchanted Teacup**

Wednesday, May 7th — > 12pm to 2pm

In the Multipurpose Room

Come make your own Enchanted teacup succulent garden  
in a vintage teacup!

All supplies will be provided!

\$2.00/pre-paid

20 Spots Available - Please Sign Up



**Free Shred Event  
By Secure ECO Shred**



Fri., May 16th—>10a to 12p

**In the Back Parking Lot**

Please bring one non-perishable,  
non-expired food item

Please Sign Up

**Henna Creations & Belly Dancing  
Lunch & Learn**

Jamilah will do henna designs  
Holly will dance



Henna has been used as  
body art & hair dye for



over 5000 years & is a time hon-

ored tradition among various cultures & religions.  
The history of belly dancing can be traced back  
to ancient civilizations such as Egypt, Mesopo-  
tamia & Greece. It is believed to have originat-  
ed as a fertility dance performed by women  
during childbirth rituals & celebrations. The  
exact origins remain mysterious.

If you received henna in the past, you're not  
eligible.

Friday, May 23rd ~ 12pm to 2pm

~ Please Sign Up ~

Lunch by Sultan's

**Senior Center Meeting**

Mon, May 5 ~ 12pm

Guest: Michael D'Elia-NW Reg.  
Mobility Mngr.



**FOXWOODS**  
RESORT CASINO

**Foxwoods Casino Bus Trip**

Wed., May 28th

\$10/pre-paid

**Limit 53**

Deadline = Fri., May 23rd

Bus Leaves WSC —> 8:00am

Bus Leaves Casino —> 2:00pm

**Ballroom Dancing-Waltz**

Wed., May 21st ~ 11:30am

Do you want to dance and have fun? Come  
learn the Waltz that came to us from Vienna;  
timeless, elegant with a 1-2-3 rhythm. Wear  
comfortable clothes and shoes that can slide,  
no sneakers; a partner is suggested.

~ Please Sign Up ~



**WCAAA Benefits Counseling**

Wed., May 14

9:30am to 12:00pm

**Appointments Necessary!**



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](http://bronsonlibrary.org/programs)

•HOME DELIVERY SERVICE

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

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



**Emerald: Birthstone for May**  
**Lily of the Valley : Flower for May**



"It's May, It's May, that gorgeous holiday, when  
every maiden prays the her lad will be a cad!" -

Learner & Lowe

**Happy Birthday to our May  
Babies!**



## Chair Massage w/Eileen

**Wed, May 7 from 10a to 1:30p**

15 minutes for FREE

*Chair massages are clothed & in a chair*

*~Appointments Necessary~*

**Please Sign Up in Office with Time**



## Drum With Joyce

**Mon, May 12 → 10:30a**

**-Please Sign Up-**

## Lions Low Vision Lunch & Learn Mon, May 19th ~ 12:30p By Cheshire Lions Club, Rosanna Arpaia & MaryLou Grendziszewski

Join us to learn what low vision is & how to  
access resources at Lion's Low Vision Center.  
You will be provided with a list of Low Vision  
Centers in CT. The closest to us is St. Mary's  
Low Vision Center right next door.  
Low Vision Centers offer many adaptive de-  
vices, free of charge, to assist in regaining  
function lost by visual impairment. So, please  
join us to learn more.



**Please Sign Up**



## Reiki with Amy

**Thurs, May 22 - 11:30a**

**\$20 for 20 minutes**

## "Sewing With Jessica"

**Wed, May 14, 21, 28**

**12:30p - 1:45p**

**~ Please Sign Up ~**



## SBL Computer Class Fridays at 11am

**May 2 = Cut the Cable Cord**

**May 9 = Telehealth**

**May 16 = Smartphone Tips (Android or Apple)**

**May 23 = Virtual Reality**

**May 30 = Computer Basics**

**~ Please Sign Up ~**

**One-on-One Tech Help**

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



## Tai Chi w/Matt

**Wed, May 7 & 14**

**1:00pm to 1:45pm**

**~ Please Sign Up ~**



## Dolce

**Thurs, May 22 → 10am**

**\$2/ Please Sign Up**



**Mandy DuPont's Roundtable**  
**No Session in May**



**Chorus: Everyone Can Sing**  
**Thursdays → 10a**  
**Please Sign Up**

## Jessica Dorner Nutrition "Foods for Hydration"

**Fri, May 30 —> 12p**

Join Jessica Dorner RD for an informative & delicious cooking demo all about staying hydrated beyond drinking water! Jessica will discuss the best ways to stay hydrated & what foods are best to eat for their water content. She will prepare 2 recipes with these foods for attendees to taste test. Attendees will also be able to take home handouts & recipes.

Please Sign Up



## AARP:

What I Need to Know About My  
Energy Choices



Art Marcellinas returns to WSC with information about choosing an energy supplier. With energy prices increasing, it's important to know how to pick the most cost effective company

**Thurs., May 29 ~ 12:30pm**

Please Sign Up

**EVERSOURCE**



## AARP Driver Course

**Fri, May 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 ~**



## WISEWOMAN Workshop

**Thurs, May 1- 12:30p**

**5 Wishes -Gentle End of Life  
Planning**

**~ Please Sign Up ~**



## Police Station Tour & Lunch w/Chief Fred Spagnolo

*At the Police Station*

**Thurs., May 8th —> 11:30a to 2p**

**Transportation & Lunch provided**

**~ Please Sign Up ~**



## The "Farm Bag"

The Waterbury Senior Center is fortunate to collaborate with local farmers to bring farm fresh products to our seniors. Past distributions have included: butter, eggs, cheese, jam, meat, and a variety of vegetables. To benefit from this food distribution, you must sign-up on your calendar.



**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.

## 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.



## RENTER'S REBATE

Renter's Rebate runs from **April 1, 2025 – September 30, 2025**. You must be a Waterbury resident aged 65 or older.

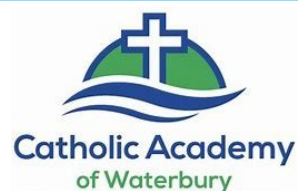
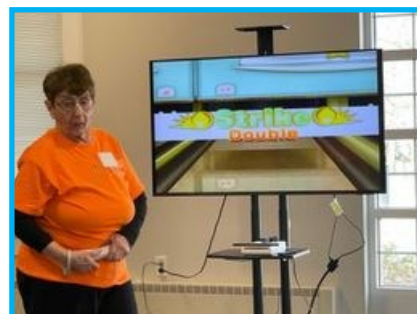
Income Guidelines:

**Single: \$45,200 Married \$55,100**

You Must provide proof of ALL income for 2024, landlord's name, address, and rent receipts.

You Must also provide 2024 utility payments.

Please contact Maggie with any questions or to make an appointment at 203-574-6746 ext. 7107



**Catholic Academy of Waterbury**  
**Fri., May 2 → 9:30a to 11:30a**

**Come join 6th graders from Catholic Academy of Waterbury in a spring craft!**  
**The 11 & 12 year-olds will partner up with us to create flowers & enjoy a snack with us.**

**~ Please Sign Up ~**

## 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 & 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!**

All events/activities subject to change

You must register for ALL activities



*Peter Ciullo*



# 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.

## CT Energy Assistance Program (CEAP)

The Connecticut Energy Assistance Program helps Connecticut residents afford to heat their homes. Proof of income for all household members, copies of utility bills, Renters must show copies of their rent receipts or lease, names, date of births and social security numbers for all household members. Please contact Maggie with any questions or to make an appointment at 203-574-6746 ext. 7107. **Expires 5/30/2025**

Household of 1 = \$45,505 Annually

Household of 2 = \$59,507 Annually

## **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 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 \$45,200, and the maximum income for a married couple is \$55,100.

If the applicant is married, both incomes need to be provided. If the applicant(s) still file Federal Income Tax, a copy of their 2024 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**.



### Membership Registration

**Mail to:** Waterbury Senior Center, 1985 East Main Street, Waterbury, CT 06705  
Phone = (203) 574-6746 -- Fax = (203) 574-8636

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Waterburyct.org, Facebook=Waterbury Senior Center, Instagram = seniorcenter1985  
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**Name/Nombre:** \_\_\_\_\_

**Address/Direccion:** \_\_\_\_\_

**Town, Zip Code/Pueblo, Codigo de Correo:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **DOB/FED:** \_\_\_\_\_ **Gender/Genero** \_\_\_\_\_

**Cell Phone/Numero de Telefono:** \_\_\_\_\_

**Email/Correo Electronico:** \_\_\_\_\_

**Are you a Veteran or Spouse of a Veteran? / Eres un Veterano o la esposa de un veteran?**

☐ Yes ☐ No

**Race/Raza:** ☐ Caucasian ☐ African-American/Black ☐ Asian/Pacific Islander ☐

**Hispanic/Latino** ☐ **Other** ☐ **Native American**

☐ **Marital Status** \_\_\_\_\_

**Emergency Contact & Relation** \_\_\_\_\_

**(Contacto de emergencia y la relacion)**

**Phone Number/Numero de Telefono:** \_\_\_\_\_

### PHOTO CONSENT AND RELEASE/ Consentimiento De Fotos

The undersigned does hereby promise, consent and agree that the City of Waterbury or its employees, agents or representatives, may photograph the undersigned with television, video, movie or still camera. The pictures & any statements or voice recordings made at the time of photography or in connection with the photography may be processed in any manner and by whatever method or combination of methods that WSC elects, unless restrictions on use are specified herein. Furthermore, the undersigned agree(s) to waive any right or claim they might have to any compensation, fees or other benefits by use or reuse of the video/photograph and the undersigned hereby releases the City from any claim or demands for compensation or liability arising from said use of or publication of said pictures anywhere and in perpetuity. Restrictions: None. **A copy of your photo id is required for proof of residency & age.**

**Name/Nombre**

**Signature/Firma (client/responsible party)**

**Date/Fecha**