A MONTHLY PUBLICATION FOR THE SENIORS OF WATERBURY

Waterbury Senior Center



WE ARE THANKFUL!

November 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

Instagram

"like" us on Facebook
Keep in touch!
Waterbury Senior Center



CT Energy Assistance Program (CEAP)

The Connecticut Energy Assistance Program helps Connecticut residents afford to heat their homes. You must be 60 years of age or older. Proof of income for all household members (2026 SS Award Letter, if on SNAP current notice of action letter) Copies of utility bills (Electric, Oil, Gas), 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 5/30/2027

Annual Income:
1-person household: $48,714 annually.
2-person household: $63,703 annually

Reminder -

November 30 is the last day to use your farmer's market debit cards. *Funds do not rollover to next year*. If you don't use it, you lose it.

Brass City Harvest will continue to be on the Waterbury Green on Thursdays 10am-2pm or contact them at 203-759-7171










HISPANIC HERITAGE CELEBRATION

A special Thank You to Santos Calderon & an anonymous member for co-sponsoring this event! Thank you also to Ingrid Cuevas & Tina Alves for donating to this event.
























Class Cancellation Reminder...

If you are unable to attend a class you registered for, please remember to call or email the Senior Center to cancel your spot as soon as possible. Many of our classes have limited capacity, and letting us know you will not be attending allows another member the opportunity to participate.

Please note that members who do not notify the center when they are unable to attend may not be allowed to register for that class the following month. Your cooperation helps us ensure that our programs remain fair and accessible for everyone.

Thank you for your understanding and support!

Avon Pop-Up By Beth
Tues, Nov 10th 10:30am to 12:30pm

Work on your Christmas Holiday shopping (or treat yourself) the easy way with an Avon Pop-Up!
Beth will have make-up, lipstick, shower gel, jewelry, hand cream, lip balm, skin care, stocking stuffers & more!

Please Sign up, but Walk-ins are welcome!

AVON

Once again, the WSC has set up its Missing Man table. It is a ceremonial place setting kept to honor service members who are missing in action, held as prisoners of war, or who died in service to the country. The setting is for one. One chair. One plate. One glass. One slice of lemon. The whole point is that a comrade is missing, and that absence is being marked, not skipped. The table is considered sacred and nothing is to be placed on it.



WCAAA
Open Enrollment
Monday, Nov. 9 ~ 9a to 2p

Open enrollment is the annual period when individuals can enroll in, change, or cancel health insurance and other benefits.

It's time to review your Medicare Plan. Your "Annual Notice of Change" will explain the costs & changes associated with your plan. You can change plans from Oct 15 to Dec 7. Just because your plan covered your medical needs in 2026, it does not mean they will be covered in 2027. Even if you are happy with your coverage, the Plans change from year to year & you want one that will work for you. Medicare Advantage Plans with Drug coverage may change your drug costs but, the deductibles for doctors, hospital, nursing homes, etc. may also have changed.

You Must Sign up to Make a one (1) hour appointment. In order to have an appt, you MUST have a Medicare.gov account. If you do not have one & need help creating one, please sign up for Tech Help on Friday 11/6 & Becky from the Library will assist you

DRUMMING

Wed, Nov 4, 18 & 25 ~ 11am

Limited to 6 **~ Please Sign Up ~**



IN LOVING Memory

Troy Sherffield
Cindy Solomita

Birthstone: Topaz Flower: Marigold

"November ~ with uncanny witchery in its changed trees. With murky red sunsets flaming in smoky crimson...days full of a fine, pale sunshine that sifts through the late, leafless gold of the juniper-trees ... lighting up evergreen banks of moss and washing the colonnades of the pines…" L.M. Montgomery

Happy Birthday to our November Babies!







Thanksgiving Musical Bingo Lunch!

When: Tuesday, November 24
Time: 11:30a
Menu: Turkey
Entertainment: Musical Bingo
(sponsored by B.R.A.S.S.)
Cost: $5/pp non-refundable
(*You are signed up when you pay, starting Monday, Nov. 9th*)

~ Please Sign Up ~





PLEASE NOTE



Senior Center Meeting = 11/2
No Health Worker
City Mission = 11/13
We are CLOSED = 11/11 & 11/26
Veterans Coffee Hour = 11/20
Dolce = 11/18 (there)
Wisdom Keepers was formerly Wisdom Years



Ukulele w/Ted
Nov 5, 12, 19
9:30am
Chorus w/Anna
Nov 5, 12, 19
10:30am



Share Your Story with a UConn Medical Student

Wednesday, November 18 —>10a~12p

Share memories from your life with a UConn School of Medicine and Dental Medicine students as part of a course called "Life Stories and Living Medicine." You will be paired with a student for a relaxed, one-on-one conversation about the moments, people, and lessons that have shaped your life. This is simply a conversation, ***not a medical visit***— no health questions are asked. Afterward, your student writes a short story capturing what you shared, and you keep a copy for yourself. Participation takes about 45–60 minutes.

~ Please Sign Up ~



Veterans Coffee Hour

November 20 —> 10am

Join us for our Veterans Coffee Hour as we welcome Senior Helpers Fairfield County as our special guest speaker! They will share information about their in-home senior care services, which are tailored to meet individual needs and help older adults maintain their independence and quality of life. Learn about the different levels of care available, including companionship and specialized support for individuals living with Alzheimer's disease, dementia, Parkinson's disease, and other chronic conditions. Come enjoy a cup of coffee, connect with fellow veterans, and learn about valuable resources available to seniors and their families. We look forward to seeing you there!

All branches & spouses welcome

Please Sign Up

Trip to Olde Mistick Village

Olde Mistick Village is an open-air shopping and dining destination in Mystic
Wed., Nov. 4, 2026 ... Bus leaving at 9:00am ... Leaving Mystic at 1:00pm ... $5pp ... Non-Refundable

Olde Mistick Village
Always in Season

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

Snow Removal = P.A.L. Snow Brigade
203-346-3921





Senior Dine
Meals Program Registration
Thurs, Nov 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.

Attention Senior Dine Participants: It's time to update our records! To prevent any interruption to your meal card benefits, please help us complete your **Form 5 renewal form** at the next senior dine sign up (11/19/26) where members from New Opportunities will be there to assist you, Thank you for helping us keep this wonderful program running smoothly!



~ Please Sign Up ~

NEW OPPORTUNITIES
Building Relationships to End Poverty



BRASS Crochet & Knitting w/Lindsey or Shirley

Wed, Nov 4,18 & 25
11a to 12p
Please Sign Up

Reflexology with Kim




By Appointment Only
Tues, Nov 17 ~ 11:30a
20 minutes for $25

Foot reflexology is a therapeutic practice that applies pressure to the feet to promote relaxation and overall health.

Please Sign Up in Office w/time

Estevan Miranda - City Health Coach
History of Diets
Monday, Nov 30 —> 12:30p

For hundreds of thousands of years, humans were hunter-gatherers, consuming a diet of wild game, fish, fruits, vegetables, nuts, and roots. These diets were seasonal, localized, and rich in protein and fiber, with lower carbohydrate intake. As time went on, and we started to introduce agriculture and farming, the human diet has gone through many evolutions. Some were beneficial while others were downright preposterous. Learn how our dietary intake has changed from when we were basic hunter-gatherers to what we have now with our modern food system.



~ Please Sign Up ~



Reiki with Amy



November 20 ~ 11:30a
$20 for 20 minutes

Reiki is a form of energy healing originating in Japan. It focuses on the transfer of vital energy to promote relaxation, healing, and balance

AARP Driver Course

AARP

Fri, Nov 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
~ Please Sign Up ~

Mandy DuPont's Roundtable



Topic: "What Are You Thankful For?"
Nov. 12 - 12:30p ~ Pls Sign Up

Sewing with Maggie
Fridays ~ 11:30a to 1p
$5 for All 3 Classes ~ Pre-Paid
You are not signed up until you pay

November's Project: *Thanksgiving/Fall Apron*
11/6, 11/13 & 11/20
1 1/2 yards of fabric = Bring your own or it will be provided along with the pattern

~ Please Sign Up ~ Limited to 6 ~

If you can not attend all 3 classes, please do not 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**

THE SILAS BRONSON LIBRARY

•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

Nov 6 = iPhone Settings Basics
Nov 13 = Android Settings Basics
Nov 20 = Awesome iPhone Apps
Nov 27 = No class

~ Please Sign Up ~

One-on-One Tech Help
Please Sign Up
2 Sessions Available
(10a & 10:30a)

Limit 2 sessions per month per person

Silas Bronson Library
Something for Everyone

Need Benefits Counseling?
Call WCAAA
203-757-5449

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, PENS & 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!



Wisdom Keepers

Thurs, Nov 5 ~ 12:30p
Topic: *Holiday "Presence"*
~ Please Sign Up ~

FREE BUS PASSES FOR VETERANS

Connecticut is expanding free public transit access for students and veterans under two new state laws. Veterans have gained access to no-cost bus passes through the Department of Veterans Affairs, usable on specific transit district systems, with an easy online application that only requires an ID to verify eligibility.

CT.GOV



Hearing Health Day with Mobile Hearing Solutions of CT

Monday, Nov 16 ~~ 10a to 12p
15-minute appointments

Aida Vargas, owner of Mobile Hearing Solutions of CT, will be here for a complimentary Hearing Health Day. Learn about hearing health, communication, and balance & receive hearing screenings, ear inspections, and hearing aid checks and cleaning. Aida provides convenient mobile hearing care and is happy to answer questions about mobile in-home hearing care services.



~ Please Sign Up ~

Dolce Hair Academy ~ At 91 Schraffts Dr, Waterbury, CT 06705

Nov 18 at 10:00am. ***There will be a $5.00 cash only charge***

Transportation provided for those who NEED it from the senior center to Dolce & back. **We encourage seniors who can drive, to do so.** If you take the shuttle, have them ***pick you at home, take you to Dolce, then home.***

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.

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

The Waterbury Senior Center is partnering with NOW Inc. and Charm medical to assist with an adult incontinence product bank here at the center. You will need ALL of your insurance cards and complete a form. Please call Maggie at 203-574-6746 when supplies are needed. One product limit per month. This is a donation-based program for low-income seniors. Please see Maggie for more information.

Animeals

Phone calls will no longer be made to remind seniors to pick up their pet supplies. They should now call Maggie at 203-574-6746 to request their pet supplies. Please note that you can receive supplies for up to two pets per month.

Free Transportation through the Waterbury Senior Shuttle Program

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 x 7274.

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.



All events/activities are subject to change
You *MUST* register for *ALL* activities, including lunch…
If you can't attend, please call us to cancel

Suicide Prevention Crisis Hotline 988

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

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

Fragile Beauty Stained Glass

Taught by Sarah Sergovia
Wed, Nov 18 ~12p to 2p
Sponsored by B.R.A.S.S.
$5 pre-paid/non-refundable

Join us to make a beautiful stained glass angel.



Please Sign Up~Limited to 6

If you took the previous class, you are not eligible



Structural Heart - Part 2 - TARV
with Dr. Ehsan Ansari
Lunch & Learn
Thurs., Nov 19 ~ 11:30a to 1:30p

TAVR (transcatheter aortic valve replacement) is a way to fix your failing valve without open heart surgery. It's a minimally invasive way to replace a failing aortic heart valve. Most patients are finished with the procedure in about 1 hour, are up and walking within hours and go home the next day. They recover quickly and start feeling like themselves in about 30 days.

Please Sign Up





PLEASE NOTE:

If you can, please consider donating pens to the senior center.
It will be greatly appreciated!!!
Thank You!



