



# WATERBURY SENIOR CENTER



## November 2023 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

# BRASS CITY HARVEST

OUR FUTURE IS GROWING

## Farmers Market

Nov. 28 is the last Farmers Market at the  
Waterbury Senior Center  
10am to 12:30pm

Accepted: Cash, SNAP, Credit Cards,  
Debit Cards & the NEW Farmers Market

*Senior Center Meeting*  
*Nov 6 ~ 12pm*

*Guests: Meg Haffner*  
*Kennedy Mobility Collective*  
*DOT: New Mix Mobility*



## NOVEMBER

- ◆ November is the last of the four months, which have 30 days. Sept, April & June are the others
- ◆ Anglo-Saxons called November "Wind Monath," or wind month .
- ◆ In all of the works that Shakespeare wrote, the month of November isn't mentioned a single time.



*Happy Birthday to our*

## ~ PLEASE NOTE ~

City Mission Grocery Bag Nov 3

Farm Bag Nov 8

We are Closed  
Nov 10 & Nov 23



We are open Nov 24th,  
but no classes



Boxing will be on hiatus,  
starting Nov 1st, until Spring  
No classes 11/21

## Trivia Quiz

Thurs, Nov 30 ~ 12:30p  
Please Sign Up



## WISEWOMAN Workshop

Thur. Nov. 2 ~ 12:30p  
"Amazing Grace"

~ Please Sign Up ~







## Dolce Haircuts



Resumes January 2024

## Mandy DuPont 's Roundtable

Topic: Loneliness

Nov 16 - 12:30p

~ Please Sign Up ~



## Cards & Crafts

Wed., Nov 29 ~ Gnomes

12:30p ~ \$2



## Reflexology with Kim

By Appointment Only

Tues, Nov 21 ~ 11:30a

20 minutes for \$25



## Reiki with Amy



No Reiki in November  
Please join us in December



## BRASS Computer Class

Fridays at 11am

Nov 3 = Gmail Basics

(If you have your own Gmail account please bring your Gmail email address & password & smart phone to class)

Nov 17 = File Explorer, Files, and Folders

~ Please Sign Up ~



## One-on-One Tech Help

Fridays at 10am

~ Please Sign Up ~

2 (10a & 10:30a) Sessions Available



## Holiday Favorites Re-Imagined



Join Jessica Dorner RD for a food demonstration just in time for the holidays! Jessica will prepare holiday favorites featuring "better for you" options that still satisfies the taste buds. Attendees will be able to sample the food, as well as get handouts and recipes to take home.

Nov 13 @ 12:30pm

~Limited to 25~Please Sign Up ~

Citrine: Birthstone for November



Chrysanthemum : Flower for November



Don't wait until the fourth Thursday in November, to sit with family and friends to give thanks. Make every day a day of Thanksgiving!" ~ Charmaine J. Forde



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
- HOME DELIVERY SERVICE

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

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

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

In Memoriam



Henry Goudreault

Elinor Heck

# Emergency Preparedness Presented by the City of Waterbury Department of Public Health

Are you ready for **Winter**????

**Do You Know What to do in an  
EMERGENCY?**

***Join us on Thurs, Nov 9 at 12:30pm***

**This event will cover:**

- \*Recognizing Diverse Emergency Scenarios**
- \*Developing personalized Emergency Plans**
- \*Staying Abreast of Critical Updates**
- \*Evacuation Procedures & Shelter Guidelines**
- \*Ensuring Access to Healthcare & Medications**

***~ Please Sign Up ~***



***Waterbury Health Dept. presents:***

***Stress & Illness***

***Mon, Nov 20 ~ 12:30p***

Did you know that stress can cause illness just the same as viruses or germs? Some of the health problems associated with stress include: Anxiety, depression, digestive problems, headaches, muscle tension & pain.

**Join us & the Health Dept. as  
we learn to deal with stress.**



## Medicare Open Enrollment

**Oct. 15 to Dec. 7**



It's very important to review your Medicare benefits every year. If you need assistance with Medicare Open enrollment at this time, call the Western CT Area Agency on Aging (WCAAA) at

**203-757-5449**

and ask for Choices and someone will be able to assist you.

***~ Please Sign Up ~***

## ***Make-Up for the Mature Woman***



***Workshop***

***Joby Rogers***

***Nov. 27***

***12p to 1:30p***



Joby Rogers, celebrity makeup artist & the only Michael Jackson tribute artist personally chosen by MICHAEL JACKSON, returns to WSC with makeup tips & tricks for the Mature Woman!

You will learn to create a makeup style that compliments you! We will explore products & tools & 'must haves' for your personal makeup collection. You will participate in 'hands-on' makeup demonstrations. With a little practice you can perfect your personal appearance for all occasions.

**Bring Your Own Personal Makeup and Brushes  
& Pen & Paper**

***~ Please Sign Up ~ Limited to 15 ~  
~ Light Snacks ~***





## 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 & 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. \*\*\***

- Masks are optional at the Center. 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 of milk & 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.
- **Sign Up Requirements**: 60+ years of age & a Waterbury resident. Please bring a photo ID with you. Most sparkly glitters are made from plastic .
- **No Saving Seats ... First Come First Served ...**
- If any of our members are in need of pet food for their pets please call Mira 203-574-6746 to sign up
- If class times overlap, please pick **ONE**
- **In case of inclement weather, please watch Channel 3 news or listen to WATR Radio**



# MUNICIPAL AGENT PAGE

## MyHomeCT

The MyHomeCT Program will offer grant assistance (up to \$50,000) which can reinstate (“catch-up”), provide up to 12 months’ worth of go-forward payments, or a combination of both to eligible Connecticut homeowners who have suffered a financial hardship as a result of the COVID-19 pandemic. Qualified expenses for either program can include: real estate taxes (2018 Grand List forward), homeowners' insurance and flood insurance, water and sewer liens, ground lease or lot payments, condominium and/or homeowners' association fees, condominium and/or homeowners' association special assessments, fees that were advanced by the loan servicer/mortgage company on behalf of an applicant with a reverse mortgage. For any questions or to apply please contact MyHomeCT Call Center at 1- (877) 894-4111 (Mon-Fri 10 AM – 8 PM EST)

## CHOICES

What is 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. To schedule an appointment please call the Energy Division at (203) 756-8151 in Waterbury or email [Energy@NewOppInc.org](mailto:Energy@NewOppInc.org).

Household of 1 = \$41,553 Annually

Household of 2 = \$54,338 Annually

## Thanksgiving Boxes

The Grace Senior Center is collecting names of seniors, age 60 and over for their annual Thanksgiving box giveaway. Only one box is allowed per household. Each box will contain uncooked food consisting of meat (chicken), dessert, beverage and meal fixings, depending upon availability or food substitutions. To reserve your box please contact Grace Baptist church at 203-756-5269 Monday through Thursday 9 AM to 1 PM. The last day to request your box is Tuesday, October 31, 2023. Each household should appoint a pick up person to pick up their box on Tuesday, November 21, 2023 at 11 AM from the Grace Senior Center located at 65 Kingsbury St in Waterbury. Please note the church will be closed after November 21 and boxes will not be distributed after that date.

## DONATIONS

**If anyone would like to donate to the senior center, we are in need of:**

**Decafe, Wrapped Snacks & Wrapped Straws ... Thank you!**

**We have received: Coffee/Decafe, Snacks, Bread & Rolls & Cash**

**Thank you to everyone, including, Mary Gluodenis, Santos Calderon, City Mission & Nancy Decker for bringing to us donated baked goods, chips, sandwiches, drinks & snacks & crafting items.**



# Hispanic Heritage Lunch





## Past Novembers















# November 2023 Calendar





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Pool Room open</b> 9a-2p ~ Dominoes ~ Lessons - W=11a <b>Computer room open</b> Mon~Thurs 9a-2p <b>Wii Bowling Daily-9a</b> <b>All Events/Activities</b> <b>Subject to Change</b></p>		<p>1 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet</p>	<p>2 10a-11:30a=BRASS Quilting 10a=Chorus 11a=Poker 11:30a=Café Lunch <b>12:30p=Wisewoman</b></p>	<p>3 9:30a=BRASS Chair Strength <b>9:30a=WSC vs New Britain (there)</b> 11a=Computer Class <b>11a=City Mission</b> <b>Grocery Bag</b> 10a=Tech Help</p>
<p>6 10a-11:30a=Painting \$2 11a=BRASS Zumba 11a=Setback <b>12p=Senior Center meeting</b></p>	<p>7 10a=B/P 9:30a=Chair Yoga I 10:30a=Chair Yoga II 10a-12:30=Farm mkt 11:30a=Café Lunch 12:30p=Bingo- Sponsored by Anthem</p>	<p>8 9:30a=Stretch/Tone 10a=BCH Nutrition <b>10a-12p=Farm Bag</b> 11a=BRASS Crochet</p>	<p>9 10a-11:30a=BRASS Quilting 10a=Chorus 11a=Poker 11:30a=Café Lunch <b>12:30p=Emergency Preparedness</b></p>	<p>10 </p>
<p>13 10a-11:30a=Painting \$2 11a=BRASS Zumba 11a=Setback <b>12:30p=Jessica Dorner Nutrition</b></p>	<p>14 10a=B/P 9:30a=Chair Yoga I 10:30a=Chair Yoga II 10a-12:30=Farm mkt 11:30a=Café Lunch 12:30p=Bingo</p>	<p>15 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet</p>	<p>16 10a-11:30a=BRASS Quilting 10a=Chorus 11a=Poker 11:30a=Café Lunch <b>12:30p=Mandy Dupont Roundtable</b></p>	<p>17 9:30a=BRASS Chair Strength 10a=Tech Help <b>10a-2p=Massage</b> 11a=Computer Class</p>
<p>20 10a-11:30a=Painting \$2 11a=BRASS Zumba 11a=Setback <b>12:30p=Health Dept Illness &amp; Stress</b></p>	<p>21 <b>11:30a=Thanksgiving Lunch—&gt;\$5</b> <b>12:30p= Special Thanksgiving Bingo</b></p>	<p>22 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet</p>	<p>23 </p>	<p>24 OPEN No Activities <b>OUTTA MY WAY... IT'S BLACK FRIDAY!</b></p>
<p>27 10a-11:30a=Painting \$2 11a=BRASS Zumba 11a=Setback <b>12p=Make-up for Mature Woman-Joby Rogers</b></p>	<p>28 10a=B/P 9:30a=Chair Yoga I 10:30a=Chair Yoga II 10a-12:30=Farm mkt 11:30a=Café Lunch 12:30p=Bingo</p>	<p>29 9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 12:30p=Cards &amp; Crafts</p>	<p>30 10a-11:30a=BRASS Quilting 10a=Chorus 11a=Poker 11:30a=Café Lunch 12:30=Trivia</p>	



# November 2023 Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Café Lunch served 11:30a to 12:30p Tuesday &amp; Thursday</p> <p>All menus are subject to change</p>			<p>2</p> <p>Minestrone Soup Salisbury Beef w/gravy Rice Pilaf Broccoli florets Marble Rye bread Pineapple tidbits</p>	<p>Suggested Donation \$4.00</p>
	<p>7</p> <p>Cranberry Dijon chicken Brown Rice Mixed vegetables Whole Wheat bread Fruit juice Cookie</p>		<p>9</p> <p>Cream of Mushroom soup Roast pork &amp; gravy Mashed spiced yams Broccoli florets Rye bread Diced peaches</p>	
	<p>14</p> <p>Salisbury beef w/ gravy Confetti brown rice Green beans Marble Rye bread Mandarin oranges</p>		<p>16</p> <p>Mexican chicken Yellow rice &amp; beans Zucchini Dinner roll Birthday cake</p>	
	<p>21</p> <p>Turkey w/stuffing Mashed potatoes Green beans Dinner roll Cranberry sauce Juice Pumpkin pie</p>		<p>23</p> 	
	<p>28</p> <p>Cheese Quiche Red Bliss potatoes Spinach White bread Tropical fruit</p>		<p>30</p> <p>Vegetable Soup Roast pork w/mushroom gravy Whipped potatoes Broccoli florets Rye bread Applesauce</p>	





Waterbury BRASS is a city-wide project funded by the Connecticut Community Foundation and the City of Waterbury, dedicated to the health and wellness of Waterbury residents age 60 and over.

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**BRASS Membership Registration**  
**Mail to:** Waterbury Senior Center  
1985 East Main Street • Waterbury, CT 06705  
**ATTN:** BRASS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town, Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Gender M or F

Cell Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Veteran or Spouse of a Veteran ☐ Yes ☐ No

Race: ☐Caucasian ☐African-American ☐Asian/Pacific Islander ☐Hispanic/Latino ☐ Other

Emergency Contact & Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Please circle if you are presently in need of:**

☐ Meals ☐ Transportation ☐ Housing ☐ Benefits Information

Name

Signature (client/responsible party)

Date

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_