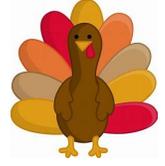


WATERBURY SENIOR CENTER



November 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



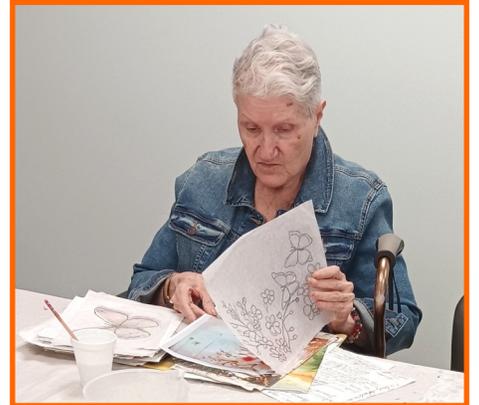
Waterbury Senior Center

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. This includes, but is not limited to profanity, yelling, excessive noise, bullying, angry tirades, sexual harassment, inappropriate talk or behavior, threats, intimidation or exploitation of others.

Misuse & abuse of senior center resources including food, office supplies, copier machine and other material is not allowed. (with thanks to FASC-Sept 2025)





~ **PLEASE NOTE** ~

We are **CLOSED** Tues, Nov 11 for Veterans Day
We are **CLOSED** Thurs, Nov 27 for Thanksgiving Day

No Sewing Wed, Nov 11/19 & 11/26
Yoga 3 starts Tues 11/4 & 11/18

Thanksgiving Lunch & Bingo

Join us for a Thanksgiving Lunch & special Musical Bingo with Pryme Tyme!

Tues, Nov 25 = 11:30a

Please Sign Up on Monday, Nov. 10
Your \$5 confirms your reservation



Senior Center Meeting

Mon, Nov 3 ~ 12pm

Guest: Elara Caring

Birthstone: Imperial Topaz

Flower: Peony



“In November, the trees are standing all sticks and bones. Without their leaves, how lovely they are, spreading their arms like dancers.” Cynthia Rylant, In November

Happy Birthday to our November Babies!



Medicare Open Enrollment with WCAAA

Review Your Medicare Plans

Wed., Nov 12 - 9am to 1pm
Fri., Nov 14 - 9am to 1pm



What you can do:

- Switch between Original Medicare (Parts A & B) and Medicare Advantage (Part C).
- Enroll in a Medicare Advantage plan or return from one.
- Join, switch, or drop a standalone Part D prescription drug plan. Coverage begins **January 1, 2026**

If you haven't reviewed your coverage for the upcoming year, now is a good time to do it.

Please sign up in the office for a **ONE** hour “one-on-one” appointment. Bring a list of your meds with you.

Timeless Beauty: Make-Up for the Mature Woman Workshop

Joby Rogers

Mon, Nov. 17 — 11a 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 & explore products & tools for your personal makeup collection.

Bring Your Own Personal Makeup and Brushes & Pen & Paper

~ Please Sign Up ~ Limited to 15 ~

N.B. - If you attended last year, you are not eligible

Dolce

DOLCE LLC
The Academy

Wed, Nov 19 —> 10am

\$2/ Please Sign Up

WISEWOMAN Workshop



Thurs, Nov 6 - 12:30p
Topic: The Harvest and The Ancestors

~ Please Sign Up ~

"Sewing With Jessica"

A New Session Starts the first Week of
Each Month

Wed, Nov 5 & 12
12:30p - 1:45p

~ Please Sign Up ~



New Session starts November 5th

Veterans Coffee Hour Returns January 2026

For veterans and/or their
spouses.

All branches Welcome

Thank you for your service!

~ Please Sign Up ~

**Thank you to Village at East Farms for
their sponsorship**



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



Martha Caesar

Tai Chi w/Matt at the Matt

Wed., Nov 5 —> 9am to 10am
Matt is teaching Tai Chi at
the Mattatuck Museum & we are invited to take a
class.

Bus leaves WSC at 8:30am &
returns to WSC at 10:15am

Limited to 20
~Please Sign Up~



Reiki with Amy



Thur, Nov 20 - 11:30a

\$20 for 20 minutes

Please Sign Up

Reflexology with Kim

By Appointment Only

Tues, Nov 18 ~ 11:30a

20 minutes for \$25

Please Sign Up in Office w/time



Mandy DuPont's Roundtable

Topic: Seasonal Changes & How
They Affect You

Nov 13 - 12:30p ~ Pls Sign Up



Jessica Dorner Nutrition Mon, Nov 10—> 12:30p Healthy Holiday Sides

Join us for a delicious cooking demon-
stration - Jessica Dorner RD will demon-
strate some of her favorite, better-for-you
Holiday Side Dishes, perfect for the fall
and coming holiday
season!



Attendees will be
able to sample the
recipes, and receive nutrition
handouts and recipes to take home.



Please Sign Up

Pottery Piazza

Wednesday, November 19th — > 12:30p

Get ready for the holidays with a ceramic light-up Christmas tree!

All supplies will be provided!

\$2.00/pre-paid

20 Spots Available - Please Sign Up

\$2 confirms registration



Chorus: Everyone Can Sing

Thur. Nov 6, 13 & 20

10:00a to 11am

New members: Please Sign Up to start the 1st Thursday of the month.

~ Please Sign Up ~

AARP Driver Course

Fri, Nov 21 —> 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 ~



Ukulele Classes w/Ted

Ted Jefferies is teaching ukulele classes again!

Thurs. Nov 6, 13 & 20

11am to 12pm.

No Experience Necessary!!!

Come Join the FUN!

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

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!

Senior Meals Program Registration Thursday, November 20 — 12:30 p.m.

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 ~

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

Nov 7 = Northstar: Windows 11

Nov 14 = Northstar: Social Media

Nov 21 = VR

~ Please Sign Up ~

One-on-One Tech Help

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



Silas Bronson Library
Something for Everyone

Free Oral Health Screenings

Fri, Nov. 21, 2025 from 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 ~



**All events/activities subject to change
You must register for ALL activities
If you can't attend, please call us to cancel**

THANKSGIVING

Meals for Veterans

IF YOU'RE A VETERAN WHO WILL BE SPENDING THANKSGIVING AWAY FROM FAMILY, WE'D BE HONORED TO PROVIDE A HOLIDAY MEAL WITH YOU.

TO RESERVE YOUR MEAL, PLEASE CONTACT:
THE WATERBURY SENIOR CENTER AT
203-574-6746 AND SPEAK WITH MIRA

DEADLINE IS NOVEMBER 3, 2025
MEALS GENEROUSLY DONATED BY



**ANNOUNCING
CHAIR YOGA 3!**

Due to popular demand, we will be adding another Chair Yoga class.

Tuesday, November 4

11:30am to 12:15pm

If you are signed up for Chair Yoga 1 or 2, you cannot sign up for Chair Yoga 3, unless 1 & 2 are filled. You can only take ONE chair yoga class.



VETERANS DAY



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.

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 (2025 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 5/30/2026**

Household of 1 = \$47,760 Annually

Household of 2 = \$62,460 Annually

Suicide Prevention Crisis Hotline —>988

This hotline will provide help, support & resources for resident 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

= 2025 FARMERS MARKET =

You have until Sunday, November 30 to use your Farmers Market Debit Card. The Farmers Market will be at the Waterbury Green on Thursdays from 9am-1pm or their location at 359 Mill St in Waterbury. If you have any questions about their schedule please contact them at (203) 759-7171. Please note if you do not use your benefits on your Farmers Market Debit Card by 11/30 you will lose the funds. Funds DO NOT roll over to next season.

The funds on your card are good until November 30th.

Any funds left on the card, revert back to the State. They DO NOT roll over!

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





In case of inclement weather, please watch Channel 3 news or our Facebook page for closures or cancellation of activities



You're Invited!

BRASS Holiday Party Buffet



Hosted by:

The Connecticut Community Foundation

Tuesday, December 16, 2025 ~ 11am to 2pm

La Bella Vista ~ 380 Farmwood Road, Waterbury, CT 06704

RSVP with Your Senior Center by November 14th!

Please join us for some Holiday Cheer & Celebration

As we come Together to Appreciate the Dedication and Collaborative Work that is BRASS!

The Party is Free, however, if you can, please bring a Non-perishable food donation

If you have already signed up with another senior center (Grace Baptist, Hispanic Coalition, Willow Plaza or Mount Olive) You do not need to sign up with the Waterbury Senior Center, you are counted!

