



WATERBURY SENIOR CENTER



October 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 kind & respectful manner. Kindness rubs off & good manners never go out of style!



~ **PLEASE NOTE** ~

We are **CLOSED** Mon, Oct 13 for Columbus Day
Farmers Market at Wby Sr Ctr Ends Tues, Oct 28

No BRASS Crocheting Wed, 10/1, 10/8 &
10/15

No Sewing 10/15

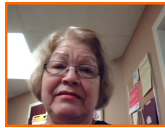
Hispanic Heritage Lunch
= Honoring Noris Quintana =

Thurs, Oct 9
11:30am

Noris & her husband, Pedro were two of our
earliest members, signing up in October 2013.
Noris passed away in May of this year. Thanks to
two of our members, as part of our celebration,
we will be dedicating one of our outside benches
to her.

Please join us for a celebration of Noris &
Hispanic Heritage month.

Please Sign Up



No October Senior Center
Meeting



Dr. David Mullen, DPM
Foot Care Lunch & Learn
Wed., Oct 8 —> 11:30a



Join our Lunch & Learn with Dr. Mullen to
learn about senior foot health & preventative
care.

~ Please Sign Up ~

Need Benefits Counseling?
Call WCAAA
203-757-5449



**Happy Halloween
Party!**



Friday, October 31st
11am to 1pm
\$5.00/pp

NO ACTIVITIES

Menu: Frankie's
Entertainment:
Dress: Costumes

~ Please Sign Up with
\$5 on October 20th~
Your payment con-
firms your registration

**For Brass City Harvest Nutrition
Class Students Only**

Trip to Aldi's on 464 Reidville Drive
Wed., Oct 15 ~ 10am to 11am
Van Leaves WSC at 9:30am



Transportation Provided, or You can Drive Yourself
Nichole will teach you how to shop, read labels &
make good nutritional choices.

~ Please Sign Up ~

"Sewing With Jessica"

A New Session Starts the first Week of
Each Month

Wed, Oct 1, 8, 22, 29
12:30p - 1:45p

~ Please Sign Up ~



New Session starts November 5th

Birthstone: Tourmaline



Flower: Marigold

"Pale amber sunlight falls across
The reddening October trees..."

Ernest Dowson, The Poems & Prose of Ernest Dowson

**Happy Birthday to our
October Babies!**

The Enchanted Teacup Workshop

Wednesday, October 1st -> 10am to 12pm

In the Multipurpose Room

Come make your own Autumn-themed Enchanted teacup garden in a vintage teacup! All supplies will be provided!

\$2.00 payment confirms your registration

20 Spots Available - Please Sign Up

Non-refundable



Silas Bronson Library Tour & Lunch

Friday, October 3rd

10a to 1p

Join us for an outing to the Silas Bronson Library!

This trip offers a perfect opportunity to explore a wide selection of books, magazines, movies, and to learn what the library has to offer. Staff will be available to assist with library cards and answer any questions. Afterward, we'll have lunch, catered by Spirit Cafe.

Come rediscover the joys of your local library.

==Transportation Provided==

=Please Sign Up=



Silas Bronson Library

Something for Everyone

Terri's Flower Shop

Come join the owner of Terri's Flower Shop in Naugatuck. She will be teaching a class on autumn floral arranging

Wed, Oct 22 from 12:30p to 2:00p

Supplies will be provided

~ Please Sign Up ~

\$2.00 payment (starting 10/8) confirms your registration

Non-refundable



Chair Massage w/Eileen

Wed, Oct 1 from 10a to 1:30p

15 minutes for \$15

Chair massages are clothed & in a chair

~Appointments Necessary~

Please Sign Up in Office with Time



Reiki with Amy

Thur, Oct 23 - 11:30a

\$20 for 20 minutes



Reflexology with Kim

By Appointment Only

Tues, Oct 21 ~ 11:30a

20 minutes for \$25

Please Sign Up in Office w/time



Mandy DuPont's Roundtable

Topic: Good Night's Sleep



Oct 16 - 12:30p ~ Pls Sign Up

Dolce

Wed, Oct 29 -> 10am

\$2/ Please Sign Up



Jessica Dorner Nutrition

Mon, Oct 20 -> 12:30p

October Desserts



Join Jessica Dorner RD for a delicious and nutrition cooking demonstration featuring desserts for the fall season! Jessica will demonstrate dessert recipes using fall-flavors that are tasty and still good for us. Attendees will get to sample the desserts, and take home nutrition handouts and recipes.

Please Sign Up





Chorus: Everyone Can Sing

Thur. Oct 2, 9, 16, 23, 30

10:00a to 11am

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

~ Please Sign Up ~

Ukulele Classes w/Ted

Ted Jefferies is teaching ukulele classes again!
Thursday, Oct 2, 9, 16, 23, 30
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—



Veterans Coffee Hour

Friday, October 24 ~ 10 a.m.

Join us for Veterans Coffee Hour — a time to relax, share stories, and connect with fellow veterans and spouses in a welcoming, supportive setting. Whether you served yourself or stood by someone who did, this is your time to enjoy good coffee, great conversation, and meaningful camaraderie.

Sponsored by: Village at East Farm

Please Sign Up

All Branches Welcome!

We thank you for your service and look forward to seeing you there!



Protect Yourself This Flu Season – Bunker Hill Pharmacy Flu Clinic

Stay healthy this fall!

Bunker Hill Pharmacy will be here with a **flu vaccine clinic**. Getting vaccinated helps prevent serious illness and keeps our community safe.

Date: Thursday, Oct. 2

Time: 10:30a to 11:30a

Location: Multipurpose 2 Room



Please See the Office Staff for an appointment

The Powerful Connection Between Food and

Cancer by Linda Kolton A “Food for Life” Class

October is Breast Cancer Awareness Month, and this Food for Life class will explore the connection between diet and cancer prevention. Today, one in eight women will face a breast cancer diagnosis in her lifetime. The good news is that healthy lifestyle choices—including food—can make a difference. In this class, you’ll learn how everyday food choices can help reduce your risk, improve overall health, and support recovery and prevent recurrence. We’ll discuss the latest research and demonstrate how to cook delicious, recipes that you’ll taste and can recreate at home.

Friday, Oct 24 ~ 11:30am to 1:30pm

~ Please Sign Up ~



Sound Healing with Zaida

Wed, Oct 29 - 11a



**Join us for a different type of wellness –
“Sound Healing”**

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 -

No WISEWOMAN Workshop in October



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**



Oct 3 = Intro to

NorthStar Digital Literary Series

Oct 10 = Google Docs

Oct 17 = NorthStar: Internet Basics

Oct 24 = Virtual Reality

~ Please Sign Up ~

One-on-One Tech Help

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

= 2025 FARMERS MARKET =

The Brass City Harvest's Farmers Market, Tuesday mornings, from 10:00am to 12:30pm will continue until **Tuesday, October 28, 2025** at the **Waterbury Senior Center**. You still 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!*

Brass City Harvest also accepts cash, check, credit card, debit card or SNAP.

Tuesdays, 10am to 12:30pm

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



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



October is Italian Heritage month. Italian Heritage Month celebrates the rich culture, history, and contributions of Italian Americans. It honors traditions, cuisine, art, and achievements that have shaped the United States and the world.



Hispanic Heritage month (Sept 15 to Oct 15) is celebrated to recognize and honor the contributions, history, culture, and influence of Hispanic and Latino Americans to the United States and the world.



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, wrapped snacks & dish detergent
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!

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 ~

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 ...

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

Senior Meals Program Registration **Thursday, Oct 23, 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 ~



NEW OPPORTUNITIES
Building Relationships to End Poverty™



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: 2025 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.

All events/activities subject to change ~

You must register for ALL activities ~

If you can't attend, please call us to cancel



ZANE NEWELL