



# WATERBURY SENIOR CENTER



## Sept 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

## Cheers to 10 YEARS!

The Staff of the Waterbury Senior center requests the honor of your presence at the 10th Anniversary Celebration of the opening of the Waterbury Senior Center

2013 ~ 2023

**Friday, September 15th**  
**11am to 1pm**

Menu: Verona Pizza Truck  
Entertainment: Timmy Maia

Dress: Blue & Gold

\$5/pp (Deadline 9/8)

**Thank you to our sponsors:**

*Autumn Lake Healthcare*

*Abbott Terrace*

*The Village at East Farms*



## **Farmers Market**

The 2023 season continues until Nov. 28  
10am to 12:30pm

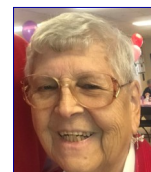
Accepted: Cash, SNAP, Credit Cards,  
Debit Cards & the NEW Farmers Market  
Debit Card

## SEPTEMBER

**Happy Birthday to our  
September Babies!**  
**Happy 10th Anniversary to US!**



**A Special Thank  
You To  
Dolores Harris  
For Her Generous  
Donation**



## ~ PLEASE NOTE ~

**Farm Bag Wed, Sept 20**

New Time: 10am to 12pm

## **Trivia Quiz**

**Friday, Sept 22 ~ 12:30p**

**Please Sign Up**



## **WISEWOMAN Workshop**

**Thur. Sept 7 ~ 12:30p**

**Topic: Mind, Body, Spirit**

**Connection**

**~ Please Sign Up ~**



*In Memoriam*

**MICHAEL SKIRKANICH**

**VIVIAN BERTELSEN**







## Dolce Haircuts

**Sept 21**

**10am-11am**

~ Please sign up ~



## Mandy DuPont 's Roundtable

**Topic: Steps for Positive Thinking**

**Sept 14 - 12:30p**

~ Please Sign Up ~



## **Cards & Crafts**

**Wed., Sept 27**

**12:30p ~ \$2**



## **Reflexology with Kim**

**By Appointment Only**

**Tues, Sept 19 ~ 11:30a**

**20 minutes for \$25**



## **Reiki with Amy**

Sign up for a private 20 minute Reiki session with Amy. \$20.

**Sept 29 ~ 11:30a to 2p**

~ Please Sign Up ~



## **BRASS Computer Class**

**Fridays at 11am**

**Sep 1 = Microsoft Word Pt 1**

**Sep 8 = Microsoft Word Pt 2**

**Sep 22 = Microsoft Excel Pt 1**

**Sep 29 = Microsoft Excel Pt 2**

~ Please Sign Up ~



## **One-on-One Tech Help**

**Fridays at 10am**

~ Please Sign Up ~

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



## **All Kinds of "Bugs"...**

## **Health Concerns for Fall**



Presented by the Waterbury Health Dept.  
Presentation on Ticks, Mosquitoes, Flu, RSV  
& Pneumonia

**Monday, Sept. 25 at 12:30p ~ Light Lunch**

~ Please Sign Up ~



## **Greetings from Tucson**

Author Cheri L. Genua will be here in October for a discussion of her novel.

**"Greetings from Tucson"**

The novel is available for free to anyone wishing to read it before the author's visit.

## **CONNECTING with BALANCE**

**RETURNS TO WSC WITH 8 CLASSES**

**THURSDAYS: SEPT 7, SEPT 14, SEPT 21 & SEPT 28**

**OCT 5, OCT 12, OCT 19, OCT 26**

**1PM TO 1:45PM**

~ PLEASE SIGN UP ~



## **Massage by Andrea**

Have you been enjoying Reflexology & Reiki?  
Well, we now have massage to add to your wellness routine.

30 minutes = \$35

60 minutes = \$60

**Friday, Sept 8 from 11:30a to 2p**

~ Appointments Necessary ~

~ Please Sign Up ~



## **BRASS Senior Center Chorus**

**"Everyone Can Sing!"**

**Starts Again—> Sept 14 ~ 10am**

~ Please Sign Up ~



## **Senior Center Meeting**

**Sept 11 ~ 12pm**

## People & Events from the Past 10 Years

















## 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.

**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** class.

## 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**

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



**All Events Subject to  
Change  
You Must Sign Up for ALL  
Activities**

**Sapphire: Birthstone for September**



**Aster: Flower for September**



**“Try to remember the kind of September  
When you were a young and a callow fellow...”**

***Try to Remember, Lyrics by Tom Jones and Harvey Schmidt***



# **MUNICIPAL AGENT PAGE**

## **Renters' Rebate**

65+ or totally disabled with income \$40,300 or less (single), \$49,100 or less (married). Filing period April 1 - Oct. 1, 2023. Documents Required: Proof of last year's income: Previous year's tax return and Social Security 1099, or if did not file, all 1099 forms including SS 1099 and proof of rent and utilities paid in previous year via note from Landlord or payment records. To apply please contact the Assessor's office at **203-574-6821** or visit their website <https://www.waterburyct.org/assessor>

## **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)

## **Operation Fuel**

Applications are now open through November 10th, 2023. Operation Fuel provides emergency energy and utility assistance to households in Connecticut that are facing financial crisis. This program can help households that have received a shut off notice or is more than 30 days past due on electric, gas or water. Before you apply for Operation Fuel assistance, you need to gather proof of the last four weeks of income for all household members, the name of your fuel vendor (if you are a deliverable fuel customer), or your utility bill and payment history (if you are an electric, gas, and water customer). To apply online please visit their website, <https://operationfuel.org/gethelp/> or apply in person at New Opportunities 232 North Elm Street Waterbury **203-575-4328**.

## **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@NewOpplnc.org](mailto:Energy@NewOpplnc.org).

Household of 1 = \$41,553 Annually

Household of 2 = \$54,338 Annually

# **TRANSPORTATION OPTIONS FOR WATERBURY SENIORS**

## **Be Well Bus**

If you need a ride to and from Waterbury Hospital, the Be Well Bus is a free service to patients. For a ride call: **203-573-7711**. The Be Well Bus runs on Monday to Friday from 7 a.m. to 5:30 p.m.

## **Dial-A-Ride**

Waterbury seniors call **203-756-5550 ext. 2** during the service hours of 9:00 to 4:00 pm on Mondays or Wednesdays. No cost for ride.

## **ADA & Non-ADA Paratransit**

Dispatch is available at **203-756-5550 ext. 1** from 8:30am–4:30pm Hours: Mondays–Saturdays 5:30am–12:15am, Sundays 9:00a–5:15p

Must make reservations at least 24 hours in advance and up to 2 weeks in advance. Please let dispatcher know if you need assistance, or if you will be bringing a personal care assistant. \$3.50 each way, exact change required.

## **The Waterbury Senior Shuttle Program**

First time riders must register by calling **203-346-3810 ext. 7274**. Then to schedule a ride call **(203) 757-5355**. Scheduling requires that you call 24 hours in advance between the hours of 9:00 a.m. and 12:00 p.m. Medical appointments can be made up to one (1) month in advance excluding weekends. Hours of Service are Monday through Friday: 8:00 a.m. - 5:00 p.m., Saturday: 8:00 a.m. - 1:00 p.m.

## **Veyo**

Non-Emergency Medical Transportation that is provided to eligible Medicaid members. Call **1-855-478-7350** Monday- Friday 7am-6pm and can be scheduled up to 30 days in advance.

## **Managed Medicare Plan Transportation**

Some Medicare Advantage plans may offer non-emergency transportation benefits to plan members. Call the customer service number on the back of your card for more details of what your plan provides.

If you need further assistance or are looking for transportation options outside of our area please contact the Regional Mobility Manager Meg Haffner at **203-365-8522 ext 2018**

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## **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.



## SEPTEMBER MARKET SCHEDULE

9/5 Waterbury Senior Center, 1985 E. Main St., 10-12:30

9/6 New Opportunities, Inc. 232 N. Elm St. 10-12

9/7 The Green 9-1

9/12 Waterbury Senior Center, 1985 E. Main St., 10-12:30

9/13 Willow Plaza, 60 Elmwood Ave., 10-12

9/14 The Green 9-1

9/19 Waterbury Senior Center, 1985 E. Main St., 10-12:30

9/20 Bunker Hill (Schofield) Park 268 Bunker Hill Ave, 10-12

9/21 The Green 9-1

9/26 Waterbury Senior Center, 1985 E. Main St., 10-12:30

9/27 Nottingham Towers, 31 Nottingham Terrace, 10-12

9/28 The Green 9-1

We will bring the freshest Connecticut-grown fruits and vegetables to you at these locations. Our products are seasonal and change weekly based on availability. Open for sales at 359 Mill St. Wed-Fri 9-12 and Sat 9:30-12:30

We accept WIC and Senior Farmers Market Nutrition Program cards, EBT, Cash and Credit Cards.

Can't make it out? We offer free Friday delivery to seniors. Order online at [www.brasscityharvestwaterbury.com](http://www.brasscityharvestwaterbury.com)

**We look forward to seeing you!**



**ARE YOU LOOKING TO MAKE A DIFFERENCE IN YOUR COMMUNITY  
&  
WORK PART TIME HOURS!!!**

**NEW OPPORTUNITIES INC**  
**Is seeking CAFÉ MANAGERS**  
**to serve lunch to seniors at your**  
**local Senior Center.**

**WE ARE HIRING**

**Join our team and help make a difference to  
keep our seniors fed.**

**Applications can be completed in person at  
our *Main Office* or *online*.  
call 203-575-4243 for all inquiries!**

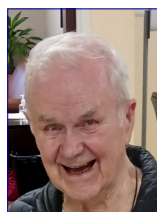
***We offer Earned time off.***



**NEW OPPORTUNITIES**  
Building Relationships to End Poverty™

232 North Elm Street Waterbury, CT 06702 Tel: (203) 575-4243  
Web site: [www.newoppinc.org](http://www.newoppinc.org)

***Special Thank You to Bob  
Cook for his very  
generous  
donation!***





# September 2023 Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Events &amp; Activities are Subject to Change</p> <p>Wii Bowling Daily 9a</p> <p>Computer room open Tues-Fri 9a-2p</p>	<p>Pool Room open 9a-2p</p> <p>~ Dominoes ~ Lessons - W=11a</p> <p>Farm Bag - Sept 20</p>			<p>1</p> <p>9:30a=BRASS Chair Strength 11a=City Mission 10a=Tech Help 11a=Computer Class</p>
<p>4</p> 	<p>5</p> <p>10a=B/P 9:30a-10:15a=Chair Yoga I 10:30a-11:15a=Chair Yoga II 10a-12:30=Farm mkt 11:30a=Café Lunch 12:30p=Bingo</p>	<p>6</p> <p>9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 1p=Boxing</p>	<p>7</p> <p>10a-11:30a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Wisewoman 1p=Balance (1 of 8)</p>	<p>8</p> <p>9:30a=BRASS Chair Strength 10a=Tech Help 10a-2p=Massage 11a=Computer Class</p>
<p>11</p> <p>10a-11:30a=Painting \$2 11a=BRASS Zumba 11a=Setback 12p=Senior Ctr Mtg</p>	<p>12</p> <p>10a=B/P 9:30a-10:15a=Chair Yoga I 10:30a-11:15a=Chair Yoga II 10a-12:30=Farm mkt 11:30a=Café Lunch 12:30p=Bingo</p>	<p>13</p> <p>9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 1p=Boxing</p>	<p>14</p> <p>10a-11:30a=BRASS Quilting 10a=Chorus 11a=Poker 11:30a=Café Lunch 12:30p=Mandy Dupont Roundtable 1p=Balance (2 of 8)</p>	<p>15</p> <p>10th Anniversary Party 11a ~ 1p No Activities \$5/pp</p> 
<p>18</p> <p>10a-11:30a=Painting \$2 11a=BRASS Zumba 11a=Setback</p>	<p>19</p> <p>10a=B/P 9:30a-10:15a=Chair Yoga I 10:30a-11:15a=Chair Yoga II 10a-12:30=Farm mkt 11:30a=Café Lunch 11:30a=Reflexology 12:30p=Bingo</p>	<p>20</p> <p>9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 1p=Boxing 10a-1p=Farm Bag</p>	<p>21</p> <p>10a-11:30a=BRASS Quilting 10a=Chorus 10a=Dolce \$2 11a=Poker 11:30a=Café Lunch 1p=Balance (3 of 8)</p>	<p>22</p> <p>9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class 12:30p=Trivia</p>
<p>25</p> <p>10a-11:30a=Painting \$2 11a=BRASS Zumba 11a=Setback 12:30p=All Kinds of Bugs</p>	<p>26</p> <p>10a=B/P 9:30a-10:15a=Chair Yoga I 10:30a-11:15a=Chair Yoga II 10a-12:30=Farm mkt 11:30a=Café Lunch 12:30p=Bingo</p>	<p>27</p> <p>9:30a=Stretch/Tone 10a=BCH Nutrition 11a=BRASS Crochet 12:30p=Cards &amp; Crafts 1p=Boxing</p>	<p>28</p> <p>10a-11:30a=BRASS Quilting 10a=Chorus 11a=Poker 11:30a=Café Lunch 1p=Balance (4 of 8)</p>	<p>29</p> <p>9:30a=BRASS Chair Strength 10a=Tech Help 11a=Computer Class</p>

# September 2023 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Café Lunch served 11:30a to 12:30p Tuesday &amp; Thursday</b>  <b>All menus are subject to change</b>	<b>5</b> Beef Stroganoff & Cauliflower Green beans-peppers Marble rye bread Diced pears		<b>7</b> Greek chicken breast Seasoned orzo Spinach salad Dinner roll Pound cake Fruit juice	<b>Suggested Donation \$3.50</b>
	<b>12</b> Hamburger patty, bun & American cheese Steak fries Broccoli Seasonal fruit		<b>14</b> Orzo vegetable soup Chef salad (ham, turkey Egg & cheese) Ranch dressing Kidney Bean salad Multigrain bread Diced pears	
	<b>19</b> Potato-crust fish Roasted sweet pota- toes Green peas White bread Diced peaches		<b>21</b> Eggplant Parm Penne pasta Mixed green salad Ranch dressing Italian bread Seasonal fruit	
	<b>26</b> Turkey breast/gravy Whipped potatoes Mixed vegetables Multigrain bread Mandarin oranges		<b>28</b> Orzo vegetable soup Tuna salad Lettuce, cucumbers Broccoli salad Dinner roll Diced peaches	
				





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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_