



WATERBURY SENIOR CENTER



September 2022 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

**9th ANNIVERSARY
PARTY!
Nine is Fine!**



Fri., Sept 9 ~ 11a to 1p

Menu: Verona Pizza Truck

Dress: Blue & Yellow

~Limited to 80 ~ Please Sign Up~

~ No Activities ~

September Is . . . Month

- Honey
- Italian Cheese
- Library Card Sign Up
- Neonatal Intensive Care Awareness
- Mortgage Professional
- Mushroom
- Pain Awareness
- Piano
- Potato
- Hispanic Heritage (9/15-10/15)



***Happy Birthday to our
September Babies! & The Waterbury
Senior Center!***

***Senior Center Meeting
Guest: StayWell Dental Clinic
Mon, Sept. 12 ~ 12:00pm***



Sapphire is the birthstone for September



Aster is the flower for September

...it's late September and I really should be back at school. Rod Stewart "Maggie May"

**Fall Prevention for Seniors
with Cesar Silverio of Emerest
Thurs, Sept. 15 ~ 12:30p**

Falls are common among Americans age 65 and older. **But** falls are preventable and **do not** have to be a part of aging. Every second of every day, an older adult suffers a fall in the US, making falls the leading cause of injury and death in this age group.



~ Please Sign Up ~



FRAUDS, ERRORS & ABUSE!!!

Thurs, Sept. 8 ~ 12:30p



Join Audrey Cole, WCAAA

Senior Medicare Patrol for a talk on protecting, detecting & reporting the latest frauds, errors & abuse occurring in Medicare.

This important event will help you protect confidential health & financial information.

~ Please Sign Up ~

Trivia Quiz

**Thursday, Sept 29 at 12:30p
following Café Lunch
Prizes Will Be Given!**



~ Please Sign Up ~



Chemicals can be our friends or enemies!

Come join Teresa Rojas for a presentation on Chemical Awareness Lunch & Learn

Mon, Sept. 19 at 12:30pm

Sponsored by B.R.A.S.S.

~ Please Sign Up ~





Dolce Haircuts

Sept 15 ~ 10am-11am

Please sign up

Space Limited ~ \$2



BRASS Hispanic Heritage Celebration

Friday, Sept. 16, 2022

11a to 3p



= Catered Lunch & Entertainment =

135 Liberty St. - River Baldwin Rec Center

~ Please Sign Up by Sept. 12 ~

If You Need Transportation, contact Giselle

Mandy DuPont 's Roundtable

Topic: TBA



Thurs, Sept. 22 - 12:30p ~ Please Sign Up

We will be
Closed
on
Labor Day

Monday
Sept., 5,
2022



Domino Lessons!



Have you ever wanted to learn how to play Dominoes? Do you need to brush up on what you already know? Well, now you can! Our own Miriam, is here to teach you.

In honor of Hispanic Heritage Month, Miriam will be giving lessons in the Pool Room starting **Wed. 9/21 at 11am to 12p. 3 players needed**

~ Please sign Up ~



SLIPAWAY RIVER TOURS

Friday, Sept. 23, 2022

\$15/pp

Bus leaves WSC at 10:15am

Returns approx. 2:30pm

See the Connecticut River in a whole new way! Leaving from Rocky Hill Ferry Park on a chartered riverboat at 11:00am for a one hour tour. Lunch will follow at Ferry Park Grill (not included in the \$15).

~ Please Sign Up ~ Limited to 16

~ Handicap Accessible ~

~No Reservations Will Be Accepted

Without Payment ~

If you went in August, you aren't eligible for this trip

Darryl Hammond

Darryl was a volunteer for the Mayor's Knock & Drop Lunch program lunch program during 2020.



In Memoriam



IF YOU ARE INTERESTED IN ANY OF THE FOLLOWING, PLEASE CONTACT THE SILAS BRONSON

- WI-FI HOTSPOTS AT HOME
- CHROME BOOKS NOW AVAILABLE AND TABLETS COMING SOON
- ONE-ON-ONE COMPUTER HELP
By Appointment

203-574-8225, website. <http://www.bronsonlibrary.org/programs>

HOME DELIVERY SERVICE

bronsonlibrary.org/homedelivery. 203-574-8225 or email bronsonlibrary@waterburyc.org

DONATIONS

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

Wrapped Snacks & Decafe Coffee... Thank you!

We have received:

- Thread — Cash
- Flatware
- Personal care products
- Coffee
- Snacks — Bread & Rolls



Reflexology with Kim

By Appointment Only

Tues, Sept 20

11:30am to 2pm

20 minutes for \$20



SCAM of the MONTH ... September

~ The Long-Distance Lover ~

"In these weeks of chatting, I've fallen so in love with you. Send money for a ticket & oh, the magic that will happen!"



Contact Social Security

Ben Rhodes returns to the WSC for a Lunch & Learn

On Medicare & Social Security

Sponsored by the Waterbury Health Dept.

Friday, Sept. 30th at 12:00pm

~ Please Sign

Up ~



BRASS CITY HARVEST FARMERS MARKET

Tuesdays → 10am to 11:30am

Farmers market checks, SNAP, cash, credit cards accepted Located on our front porch until 11/29/22



BRASS Computer Class

Friday, Sept 30 at 11am

~ Please Sign Up ~



Tech Help

Mondays

10:00a to 11:00a

3 sessions of 20 minutes each

PLEASE NOTE:
TAI CHI with Brother Yah~Ya
Is now
1:00pm to 2:00pm
Starting Sept. 7, 2022

AAA Driver Class

See You in October



All Events Subject to Change

Waterbury Senior Center “Housekeeping”

You must sign up for all events, classes, trips & parties. Call us at (203) 574-6746, see us in person or circle what you want on a calendar, put your name on it & hand it into the office. We will enter the classes you want into the computer & give the calendar back to you.

Masks are now optional at the Center.

If you know of any member who has passed away, please let us know.

Remember: No open cups of liquid on the floor; sneakers or athletic shoes for the fitness room

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. Also, seats CANNOT be saved. First come, first served

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.

Newspapers can be taken home at 2pm, when we close.

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

- Renters Rebate Information – Ends September 30, 2022

65 years of age or older by 12/31/2021 OR 100% totally disable before turning 65 & getting benefits for entire 2021 year. Proof of rent paid stating the amount paid for rent for the year. Gas/electric payment history or oil payments - paid receipts, cancelled checks for 2021. Income proof = all taxable & non-taxable income for 2021: Income Tax returns, W2 Forms, Pension, Interest, Dividend or Social Security 1099 Statements for 2021.

Income Guidelines: Single \$38,100 Married \$46,400

Cards & Crafts

Wed., Sept. 28 ~ 12:30pm

\$2.00 ~ Please Sign Up

“Halloween”



Reiki with Amy

Sign up for a private 20 minute Reiki session with Amy. Reiki is a Japanese technique for stress reduction & relaxation that also promotes healing. \$20.

Friday, Sept. 23 ~ 11a to 2p

~ Please Sign Up ~



Americana Western Party August 19, 2022



Ice Cream Social w/Rep. Mike DiGiovancarlo, Sen. Joan Hartley, Rep. Ron Napoli & Pres. of the Board of Aldermen Paul Pernerewski, Jr. July 29, 2022



Local Food Purchase Assistance Grant



The Waterbury Senior Center is proud to announce that we have been selected to participate in the LFPA (Local Food Purchase Assistance Grant). This grant funds a partnership between WSC & Brass City Harvest to provide agricultural products from Connecticut farms at no cost to our seniors. These produce items will be delivered on Wednesdays & will need to be picked up the same day. Time & start date will be determined soon. You will receive a call to let you know more details. To sign up, please call the senior center at (203) 574-6746.



Please bring your own sturdy, non-plastic bag.



ENERGY ASSISTANCE

Waterbury Senior Center is now accepting applications for the 2022/2023 program. The Connecticut Energy Assistance Program assists eligible households, with heating sources such as oil, natural gas, electricity, propane, kerosene, coal and wood/pellets. Homeowners and renters may apply. Eligibility for energy assistance is based on income, liquid assets and size of household. Please bring your latest statement for all bank accounts, CDs, credit union accounts, retirement accounts, stocks, shares and bonds. If you are employed we will require one month's worth of paystubs or if self-employed, we will require your tax return from the previous year. Those with pensions will need to submit a 1099 or letter from the pension company. We will also ask for your Eversource bill, date of births and social security numbers for all that reside in the home. Please call **203-574-6746** to apply for the Energy Assistance Program.



2022-2023 Guidelines Household Size/Gross Income
Family of 1 = \$37,645; Family of 2 = \$49,228



COVID-19 TESTING

No Appointments Necessary!

StayWell Health Center
1309 South Main Street, Waterbury, CT 06708

Tuesday-Friday: 3pm-7pm
Saturday: 11am-4pm

ACCU REFERENCE MEDICAL LAB



All are welcomed—no proof of identification or insurance is needed

Prueba de COVID-19

¡No se Necesitan Citas!

StayWell Health Center
1309 South Main Street, Waterbury, CT 06708

Martes-Viernes: 3pm-7pm
Sábado: 11am-4pm

ACCU REFERENCE MEDICAL LAB



Todos son bienvenidos—no se necesita prueba de identificación o seguro



WATERBURY
HEALTH
DEPARTMENT



If you need a Covid vaccine or booster, please make an appointment at an area pharmacy. Costco also gives shots. Walk-ins are welcome at Municipal Stadium, South Lot for testing only. Homebound Waterbury residents call **203-574-6780 x4681** for a home visit to receive the vaccine. Please check The City of Waterbury's Health Department's Facebook page, Waterbury Health Department and Instagram page, waterburyhealthdepartment for further information on closings due to inclement weather or holiday schedules.

People with Special Health Care Needs, Older Adults, English as a Second Language, Homebound Adults & Children can call the Waterbury Health Department at **203-573-6631** for help getting a Covid-19 Test kit.





8 Are Great! Pictures of Past Anniversaries



SEPTEMBER 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>All Events Subject to Change</p>			<p>1</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch 11a=Poker</p>	<p>2</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table</p>
	<p>5</p>  <p>HAPPY LABOR DAY</p>	<p>6</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 10a-BC Harvest Mkt 11:30a=Café Lunch 12:30p=Bingo</p>	<p>7</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=BCH Nutrition 11a=BRASS Crochet 1p=Tai Chi</p>	<p>8</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch 11a=Poker 12:30p=Medicare Fraud</p>
<p>12</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 10a=Tech Help 11a=BRASS Zumba 11a=Setback 12p=Senior Ctr Mtg 1p=Lifestyle care</p>	<p>13</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 10a-BC Harvest Mkt 11:30a=Café Lunch 12:30p=Bingo</p>	<p>14</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=BCH Nutrition 11a=BRASS Crochet 1p=Tai Chi</p>	<p>15</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 10a=Dolce - \$2 11:30a=Café Lunch 11a=Poker 12:30p=Fall Prevention</p>	<p>16</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 11a-3p=BRASS Hispanic Heritage Celebration</p>
<p>19</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 10a=Tech Help 11a=BRASS Zumba 11a=Setback 12:30p=Chemical Awareness Lunch/Learn</p>	<p>20</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 10a-BC Harvest Mkt 11:30a=Reflexology 11:30a=Café Lunch 12:30p=Bingo</p>	<p>21</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=BCH Nutrition 11a=Domino Lessons 11a=BRASS Crochet 1p=Tai Chi</p>	<p>22</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch 11a=Poker 12:30p=Mandy DuPont Roundtable 12:30p=Sr Dine signup</p>	<p>23</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:15a=Slip-a-Way River Tour 10:30a=BRASS Chair Ex. 11a=Reiki 11a=Domino Lessons</p>
<p>26</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 10a=Tech Help 11a=BRASS Zumba 11a=Setback 1p=Lifestyle care</p>	<p>27</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 10a-BC Harvest Mkt 11:30a=Café Lunch 12:30p=Bingo</p>	<p>28</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=BCH Nutrition 12:30p=Cards/Crafts\$2 11a=Domino Lessons 11a=BRASS Crochet 1p=Tai Chi</p>	<p>29</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Trivia Quiz</p>	<p>30</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Computer Class 11a=Domino Lessons 12p=How to contact Social Security</p>

SEPTEMBER 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Café Lunch served 11:30a to 12:30p Tuesday & Thursday</p> <p>All menus are subject to change</p>			<p>LABOR DAY SPECIAL¹ Cheeseburgers Lettuce/tomato/onions German potato salad Summer vegetables Sugar cookie</p>	
<p>WE WILL BE CLOSED ON LABOR DAY</p>	<p>⁶ Lentil soup/crx Roast beef/mushroom gravy Bowtie pasta Green beans Wheat bread Pears</p>		<p>⁸ Greek chicken breast Seasoned orzo Spinach salad Pita bread Fruit juice Pound cake</p>	
	<p>¹³ Hamburger patty/roll French fries Broccoli Tropical fruit</p>		<p>¹⁵ Herbed chicken qtr. Whipped potato Mixed vegetables Wheat roll Brownie Fruit juice</p>	
 <p>apple</p>	<p>²⁰ Potato-cruste fish Tartar sauce Roasted potatoes Green peas Rye bread Peaches</p>		<p>²² Chicken Parmesan Penne w/sauce Tossed salad w/Ranch dressing Italian bread Seasonal fruit</p>	
	<p>²⁷ Sliced turkey breast w/ gravy Roasted sweet potato Brussel sprouts Biscuit Mandarin oranges</p>		<p>²⁹ Chicken noodle soup Egg salad Italian bread Lettuce & cucumbers Carrot & raisin salad BIRTHDAY CAKE</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.

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
