



WATERBURY SENIOR CENTER



SEPTEMBER 2021

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.



Waterbury Senior Center

Waterbury Senior Center Newsletter



**8 IS
GREAT!**



It's our 8th Anniversary!

And this year we are celebrating in person!

So, come join us on
Friday, September 10th
11a to 1pm

PLEASE SIGN UP by Sept. 1st

Verona Pizza Fire Truck
Will be here!



**Every Tuesday until October 26th
10a-11:30a**

Fresh Grown produce will be available.
We accept SNAP, all credit cards, cash
and Farmers market checks.
Farmers market checks are available at
the Waterbury Senior Center
Monday - Friday ~ 9:30a - 1:30p
203-574-6746

Starting Sept. 8th Brass City Harvest
Nutrition class will be held here at WSC
on Wed. at 10:30a



Lunch & Learn sponsored by



Monday, September 20th at 11:30am

Topic: *Medication Review* by pharmacist
Frank Diaferio from Della Pietro pharmacy

Limited ~~ Please Sign Up

Senior Center Meeting

Monday Sept. 13th ~ 12:30am

Guest Speaker: Tim Brooks, General Manager
of Curtin Transportation

Curtin Transportation

Tim Brooks, General Manager of Curtin
Transportation will be at our Sept. senior
center meeting to talk about
signing up seniors to drive.



CAFÉ LUNCH RETURNS!



Tuesday, Sept. 7th ~ 11:30a to 12:30p
PLEASE SIGN UP!

BINGO

Tuesday, Sept 7th ~ 12:30p to 2p



**Lauren Hassan, MS, RD
Shop Rite Dietitian, & Jessica Dorner, MS
RDN**

Thurs. Sept 9th at 12:30p
"Make Once, Eat Twice"
~ Please Sign Up ~



Waterbury Senior Center Calendar



SEPTEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9a=Wii Bowling 10a=Chronic Conditions Workshop 9:30a=Stretch & Tone 10:30a=Brass City Harvest Nutrition 11a=BRASS Crochet & Knit w/Lindsey	9a=Wii Bowling 10a=BRASS Quilting 11a=Poker	9a=Wii Bowling 10:30a=BRASS Chair Exercise 11a=Poker
6	7	8	9	10
* HAPPY * LABOR DAY 	9a=Wii Bowling 10a=Blood Pressure 10a=Brass City Harvest Farmers Market 11:30a=Café Lunch 12:30p=BINGO	9a=Wii Bowling 10a=Chronic Conditions Workshop 9:30a=Stretch & Tone 10:30a=Brass City Harvest Nutrition	9a=Wii Bowling 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30a=Shop-Rite Nutrition Demo with Lauren Hassen	8th Anniversary Party No Classes 
13	14	15	16	17
9a=Wii Bowling 11a=Zumba 12:30a=Senior Center Meeting with Guest Speaker	9a=Wii Bowling 10a=Blood Pressure 10a=Brass City Harvest Farmers Market 11:30a=Café Lunch 12:30p=BINGO	9a=Wii Bowling 10a=Chronic Conditions Workshop 9:30a=Stretch/Tone 10a=BRASS Crochet & Knit w/Lindsey 10a=BRASS Chorus 10:30a=BCH Nutrt. 11:30a=Lunch at Annulus Diner	9a=Wii Bowling 10a=BRASS Quilting 10a=Dolce 11a=Poker 11:30a=Café Lunch	9a=Wii Bowling 10:30a=BRASS Chair Exercise 11a=Poker
20	21	22	23	24
9a=Wii Bowling 11:30a=Lunch & Learn by Autumn Lake: Medications	9a=Wii Bowling 10a=Blood Pressure 10a=Brass City Harvest Farmers Market 11:30a=Café Lunch 11:30a=Reflexology 12:30p=BINGO	9a=Wii Bowling 10a=Chronic Conditions Workshop 9:30a=Stretch/Tone 10a=BRASS Chorus 10:30a=BCH Nutrit. 11:30a=Hogan Cider Mill Trip	9a=Wii Bowling 10a=BRASS Quilting 11a='Scams' by the St of CT 11a=Poker 11:30a=Café Lunch	9a=Wii Bowling 10:30a=BRASS Chair Exercise 11a=Poker
27	28	29	30	
9a=Wii Bowling 11a=Know How to Go Transportation	9a=Wii Bowling 10a=Blood Pressure 10a=Brass City Harvest Farmers Market 11:30a=Café Lunch 12:30p=BINGO	9a=Wii Bowling 10a=Chronic Conditions Workshop 9:30a=Stretch/Tone 10a=BRASS Chorus 10:30a=BCH Nutrit Shopping Trip	9a=Wii Bowling 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Ice Cream Social: Goodbye Summer	

Waterbury Senior Center Menu



SEPTEMBER 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Menu Subject to Change	 			
6	7	8	9	10
* HAPPY * LABOR DAY 	Chix w/Florentine Sauce Sweet potato pone Green beans Breadstick Carrot cake		Turkey & gravy Roasted potato Broccoli Corn bread Fresh fruit	8th Anniversary Party 
13	14	15	16	17
	Pork loin & gravy Mashed potato Sautéed red cabbage Rye bread Applesauce		Meatballs Spaghetti Spinach Wheat breadsticks Pudding & topping	
20	21	22	23	24
	Spinach Grandioli with White sauce Stewed tomato Zucchini Italian bread Peaches		Oven baked chicken Roasted butternut squash Mixed vegetables Biscuit Birthday cake	
27	28	29	30	
	Veal Parmesan Penne pasta Zucchini Italian bread Fresh fruit		Macaroni & cheese with ham Carrots Spinich Dinner roll Orange juice Jello & Topping	



Dolce Haircuts

Wed., Sept. 16th

10am-11am

Please sign up

Space Limited ~ \$2 (MP)



New & Old Scams

“Although it’s been said many times, many ways”, people are still getting scammed.

Don’t let this happen to you!

Join Christine Buck, of the State of Connecticut, to learn about the newest scams that are currently going around

Thurs., Sept. 23 at 11a

Please Sign Up



Attorney General's Office

Complaint System

The **Attorney General’s Office** has launched the **Elder Justice Hotline – 1-860-808-5555**, a new resource to help older adults seek information, assistance and justice.

The hotline will be staffed by the **Attorney General’s Office Monday-Friday from 8a to 5p**. If you are calling after hours, please leave a message You may also call **1-888-385-4225** (during regular business hours) or **Infoline at 211** after hours, weekend and state holidays.

COMPLAINT

September Is . . . Month

- ◆ Cold & Flu Awareness
- ◆ Food Allergy
- ◆ Healthy Aging
- ◆ Mold Awareness
- ◆ National Immunization Awareness
- ◆ National Cholesterol Education
- ◆ Organic Harvest
- ◆ National Pain Awareness
- ◆ National Skin Care
- ◆ Sports & Home Eye Safety

Happy Birthday, September Babies!



Know How to Go!

Presented by April Chaplin, North West Region
Mobility Manager of the Kennedy Center

Monday, Sept. 27th at 11a

There are many ways to get around. Come & learn about them.

There will be a raffle drawing for \$25 worth of transportation vouchers/passes of your choice!
Ice Cream Refreshments!

Please Sign Up!



ENERGY ASSISTANCE

Waterbury Senior Center is now accepting applications for the 2021/2022 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 the senior center at 203-574-6746 to make a Thursday appointment

2021-2022 Guidelines Household Size/Gross Income

Family of 1 = \$37,645; Family of 2 = \$49,228,
Family of 3 = \$60,811





We have lost many of our beloved members this past year and a half. They brought us laughs, friendship, companionship, love, challenges and new experiences. They will be missed...

Mary Musco	January 2020
Mildred "Millie" Pavlak	February 2020
John Laudati	February 2020
Lois Longo	March 2020
Julie Walkinshaw	April 2020
Tina Kelly	May 2020
Anne Swift	May 2020
Bette Bergin	May 2020
Helen Lavigne	May 2020
Eva McWilliams	June 2020
Sherman Marsh	July 2020
Raymond Galli	August 2020
Darlene Craft	September 2020
Lucille Sewell	September 2020
Gerry Hertel	October 2020
Mary Alseph	October 2020
Nina Laudano	November 2020
Daniel Codianni	November 2020
Helen Mullen	December 2020
Asela Harris	December 2020
Dorothy Caggiano	December 2020
Barbara Shappy	December 2020
Joyce Thibodeau	January 2021
Frank Mirto	January 2021
Sylvester Fox	January 2021
Toddy Connelly	February 2021
Peter Hayes	May 2021
Jose Rodriguez	May 2021
Mary Ann Fusco	July 2021
Stephen Brunetti	July 2021
Wilbrod Dionne	August 2021

Waterbury Senior Center members getting back to normal...



Wii Bowling



Bingo



Quilting



Pool



Saying Hello!



Waterbury Senior Center "Housekeeping"



Just like before, you **must** sign up for all events, classes, trips & parties. You can sign up for one at a time or the whole month. You can 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.

The "poker boys" are looking for new players. They play Thursdays & Fridays from 11am to 2pm. All are welcome; boys or girls.

Mary Ariola is looking to start a "Spades" group. No experience necessary-Mary will teach you!

We will be slowly re-introducing classes & trips. Again, you must sign up. Also, some trips & classes will be limited, please be considerate. There will also be a \$2.00 charge for the van.

Farmers Market checks are available here at the senior center Monday through Friday from 9:30am to 1:30pm. You need to be 60 years of age, a Waterbury resident and you only get 1 booklet a year. Married couples get 1 each. Please bring a photo ID with you. The checks are good until Oct. 31, 2021.

We will be holding our monthly senior center meetings on the first Monday of the month at 12:30pm. If there are changes or holidays, we will let you know by robocall the re-schedule date.

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

Starting Sept. 3rd, Chair Exercise with Ed Rock moves to 10:30am.

Starting Wed., Sept. 8th, Brass City Harvest Nutrition with Nichole will move to "In-Person" classes here at WSC at 10:30am. Sept. 29th at 10:30a = Shop-Rite shopping trip.

Remember: No open cups of liquid on the floor

TRIPS

(Van Limited to 9 - Please sign up)
(The Van Is Not Handicap Accessible)

Wednesday ~ Sept. 15th

Lunch at Annula's Diner, Woodbury ~ a senior dine location (\$2 for the van) Leaving WSC at 11:30am

Wednesday ~ Sept. 22nd

Hogan's Cider Mill (hard & sweet cider) Burlington, CT (\$2 for the van) Leaving WSC at 11:30am. \$3 for box lunch. \$5 total.



RENTER'S REBATE APPOINTMENTS

At The Waterbury Senior Center

APRIL 1ST - OCTOBER 1ST

If you are a renter and turned 65 or were deemed Social Security Disabled in 2020 and your income is below \$37,600 for individuals and \$45,800 for couples, you may be eligible for a Rebate from the State of CT.

Please call the Senior Center at 203-574-6746 to make an appointment with Mira.

Please have with you:

- A completed 2020 tax return including your SSA 1099 form (if you filed taxes), or your 2020 income (W2's, and all 1099 forms including the SSA 1099),
- A letter from your landlord stating the total amount of rent that was paid in the year of 2020.



WCAAA

LiveWell with Diabetes

“A Phone-In Workshop”

Wed., Sept. 14th thru Wed., Oct. 19th

10am to 11am

- What to Eat
 - High & Low Blood Sugar
 - When You're Sick
 - Stress
 - A \$25 gift card upon completion
 - Books & Materials
- ~Please Sign Up~

CHORUS IS BACK!
 Starting Sept. 15th at 10a
 With Keturah Russell
 ~ Please sign up ~



Medicare Open Enrollment will be starting On Oct. 15th. Review your coverage with Paola. Call her at WCAAA to make an appointment. (203) 757-5449 x168 She will meet with you at WCA or WCAAA

~~ Ice Cream Social ~~
 Say Good-Bye to Summer
 Thursday, Sept. 30th ~ 12:30pm
 ~ Please Sign Up ~



Lindsey will have 2 crocheting & knitting classes in September ...

9/1 at 11am
 9/15 at 10am (only)

She will be back to a regular 11am schedule in October.



~ Please Sign Up ~





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:

Farmers market checks Meals Transportation Housing Benefits Information

Name

Signature (client/responsible party)

Date
