



BRASS Lead Program Agency

New Opportunities, Inc.
232 North Elm Street
Waterbury, CT 06702
203.575.4219

BRASS Program
Site Locations

Waterbury Senior Center
1985 East Main St, Bldg. 2
203-574-6746

Hispanic Coalition
135 East Liberty Street
203-754-6172

Mt Olive Senior Center
82-100 Pearl Street
203-528-4817

Waterbury YMCA
136 West Main Street
203-754-9622

Mattatuck Museum
63 Prospect Street
(144 West Main Street)
203-753-0381

Silas Bronson Library
267 Grand Street
203-574-8221

Willow Plaza
60 Elmwood Ave
203-575-1545

Grace Baptist Church
65 Kingsbury Street
203-756-5269

BRASS August 2021
by Bonnie Flannery

WELCOME MIRA!



Hello and Happy Summer to all of our BRASS members!

My name is Mira LeVasseur, and I am the interim Municipal Agent for the Elderly for the BRASS team. Some of you might remember me as I had the privilege to work with the BRASS team as the program coordinator from 2013-2016. During my time working with the BRASS sites; we shared great laughs, had fun and made wonderful memories. As the municipal agent, some of the help I am available to assist or refer older adults in Waterbury with are SNAP Applications, Fuel Assistance, Housing Referrals, Legal Services Referrals, Meals on Wheels Referrals, Medicaid Assistance, Nutrition Sites/Food Pantry Referrals, Protective Services Referrals, Social Security Referrals, Tax Assistance Referrals in addition to being a CHOICES counselor. I can assist you with understanding and obtaining services as well as help you complete forms or applications. I am so excited to be back working in the City of Waterbury, in the community I live in and love. If you have any questions or need assistance, please feel free to contact me at 203-574-6746 or mlevasseur@waterburyct.org. I look forward to getting to know all of you!



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Waterbury Senior Center, Waterbury, CT

06-5305

WATERBURY SENIOR CENTER IS NOW OPEN

PLEASE CONTACT DEBRA AT THE WATERBURY SENIOR CENTER IF YOU ARE INTERESTED IN THE PROGRAMS BELOW:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 am Library Reading	9 am BRASS City Harvest	9 am Library Reading	9 am Library Reading	9 am Library Reading	9:30 am BRASS Yoga for Change (zoom)
9 am Pool	9 am Library Reading	9 am Pool	9 am Pool	9 am Pool and Wii Bowling	
9:45 am Zumba fitness	9 am Pool and Wii Bowling	9 am Wii Bowling	9 am Wii Bowling	10:30 am BRASS computer class	
10 am Live Well Chronic Pain	10 am Blood Pressure	9:30 am Live Well with Chronic Conditions	10 am BRASS Quilters	AUGUST 6th-11:45 Shoprite Nutrition with Lauren	
11 am Women's setback	10 am Yoga for Change	10 am Stretch and Tone	AUGUST 19th-10 am Dolce Manicures	12 pm BRASS Chair Exercise	
	1 pm BRASS City Harvest Nutrition (zoom)	AUGUST 11th- 12 pm And How Hearing		11:45 pm TECH Help (PLEASE CALL THE WSC TO MAKE AN APPOINTMENT)	



WELCOME BACK SENIORS

Here is some excellent news; Waterbury Senior Center is open. The days and hours are Monday-Friday, 9 am-2 pm. Although things are not entirely back to normal, we are working harder to do so while keeping our members safe. As the BRASS information and benefits specialist, I am happy to announce I am resuming one on one appointments. Appointments are available only on Mondays and Thursdays

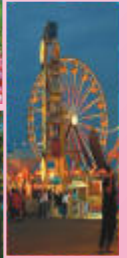
Mandates for one-on-one appointments
 *Wearing a mask is mandatory.
 *Unfortunately, no walk-ins at this time
 *Appointments will be limited to an hour.



Schedule an appointment with Paola Vargas

The phone number at the Western CT Area Agency on Aging: 203-757-5449 ext 168
 The phone number at the Waterbury Senior Center: 203-574-6746

Thank you!



FREE SUMMER WEEKEND RIDES

www.cttransit.com



For more information achaplin@kennedyctr.org or call (475) 298-3103



Free Chair Yoga

Join Yoga4Change online with ZOOM!

Our instructors are specially trained in the Silver Age Yoga program, shown to boost balance, strength, flexibility and stress management.

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- Each Saturday at 10:00 am
- Weekly

Contact to register:
Chaucey@yoga4change.org
 (203) 415-3271



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Tel (203) 415-3271

WWW.yoga4change.org

Summer Safety Tips



Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



Stay Cool

Stay in the A/C, indoors; go swimming, etc.



Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts

Have a list of people to call in case of emergency



Know the Weather Forecast

Plan your days accordingly depending on the weather

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BRASS Membership

Waterbury BRASS is a city-wide project funded by The Connecticut Community Foundation and the City of Waterbury.

BRASS is dedicated to the health and wellness of Waterbury residents age 60 and over. BRASS provides a variety of free social, educational and wellness programs for your enjoyment. Programs are held at various locations throughout the City and are coordinated by New Opportunities Inc.

As a **BRASS** member, you will also receive our program newsletters and access to local merchant discounts. For more information please call: 203-575-4219 or email: bflannery@newoppinc.org

Thank you for your interest.

We look forward to receiving your membership registration form!

Bonnie Flannery

BRASS Program Coordinator

BRASS Membership Registration

Mail to: Waterbury Senior Center
1985 East Main Street WTBY,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 check if you are presently a member of a BRASS Program Site:

- Mt. Olive Senior Center Hispanic Coalition Forever Young
 Waterbury Senior Center Willow Plaza Grace Baptist Church

Selected courses are also offered in the following locations:

Mattatuck Museum Silas Bronson Library YMCA

PHOTO CONSENT AND RELEASE

The undersigned does hereby promise, consent and agree that Waterbury BRASS and its affiliates (CT Community Foundation, New Opportunities, Inc., Western CT Area Agency on Aging and the City of Waterbury) or its employees, agents or representatives, may photograph the undersigned with television, video, movie or still camera. The pictures & any statements or voice recordings made at the time of photography or in connection with the photography may be processed in any manner and by whatever method or combination of methods that BRASS elects, unless restrictions on use are specified herein. Furthermore, the undersigned agree(s) to waive any right or claim they might have to any compensation, fees or other benefits by use or reuse of the video/photograph and the undersigned hereby releases BRASS & its affiliates named above from any claim or demands for compensation or liability arising from said use of or publication of said pictures anywhere and in perpetuity. Restrictions: none. **A copy of your photo id is required for proof of residency & identification purposes.**

Name _____ Signature (client/responsible party) _____ Date _____

IMPORTANT

RENTER'S REBATE: 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 to make an appointment with Mira at 203-574-6746 and be sure to 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), as well as a letter from your landlord stating the total amount of rent that was paid in the year of 2020. Please call the Waterbury Senior Center at 203-574-6746 to make an appointment.

EMERGENCY FEDERAL BROADBAND BENEFIT The Emergency Broadband Benefit is an FCC program to help families and households struggling to afford internet service during the COVID19 pandemic. The Emergency Broadband Benefit will provide a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on qualifying Tribal lands. A household is eligible if a member of the household meets one of the criteria below: Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid, or Lifeline; Experienced a substantial loss of income due to job loss or furlough since February 29, 2020 and the household had a total income in 2020 at or below \$99,000 for single filers and \$198,000 for joint filers; or meets the eligibility criteria for a participating provider's existing low income or COVID19 program. Contact your preferred participating broadband provider directly to learn about their application process.

FARMERS MARKET COUPONS

Call the Waterbury Senior Center at 203-574-6746 to check for updates as more details and information become available regarding distribution of Farmers Market Coupons to those eligible. The Waterbury Farmers Market is on Thursdays from 10:00 AM to 2:00 PM on the Waterbury Green until the end of October or at the Waterbury Senior Center on Tuesdays from 10:00 AM to 11:30 AM.

The Farmers' Market schedule is as follows:

Tuesdays, July 6th - October 26th from 10-11:30 am, Waterbury Senior Center

Thursdays, July 8th - October 28th from 9:00 am to 1:00 pm, Waterbury Green

Saturdays, July 10th - October 30th from 9:00 am to 11:30 am, Bucks Hill Park, Montoe Road

Tuesday thru Friday, 9 am to 1 pm, Brass City Regional Food Hub, 359 Mill Street and Saturdays from 9 am to 12 noon at the food hub through the growing season.

All markets accept cash, credit/debit, SNAP, and Farmers Market Nutrition Program checks.



Adult Summer Learning

June 7 to August 13

Grab our recommended reading list for suggestions. Bring in a written review of any adult book, and you will be entered for a chance to win a raffle prize.

Tail Trail – Downtown Waterbury

June 7 to August 13

Grab a Tail Trail pass and follow the trail downtown.

Complete your pass puzzle activity form and return it to the library for a chance to win a fabulous raffle prize.



HARRY POTTER DAY

Friday, July 30, All Day, Library Front Plaza Come and celebrate the series that has inspired so many! We'll have books, activities, a wand craft station, some fire magic and Cy the Sorcerer will all stop by as we find our way to Hogwarts fun!

Connecticut DEEP Wildlife Conservation

Enjoy monthly webinars on Connecticut's wildlife and the challenges facing them. Meet state biologists and outreach specialists involved in the research of our local wildlife as they talk about current wildlife conservation issues. All webinars start at 6 p.m. **August 5** One Bird, Two Climates- A Look at Shorebirds **August 26** Bats! Visit bit.ly/3owCRpU to register (case sensitive link).

Genealogy Tip Club

Second Tuesday, August 10

Meet on Zoom, register at bronsonlibrary.org/programs

Brass Book Club

Fourth Thursday of the month, 12 p.m. Meet on Zoom, register at bronsonlibrary.org/programs

July 22: *The Woman in the Window* by A. J. Finn

August 26: *The Beauty in Breaking* by Michele Harper



One-on-One Computer Help

Call for a zoom or in person appointment if you have computer, online or technology questions/issues

Sisters to Sisters Book Club

First Monday of the month, 6 p.m. Meet in person at Library (weather permitting), Call 203-574-8225 to register/join

September 13: *The Street* by Ann Petry and a review of the summer reading selection "Tears We Cannot Stop" by Michael Eric Dyson

Seat of the Pants Cooking

Thursday, August 26, 7 p.m. Meet on Zoom, register at bronsonlibrary.org/programs

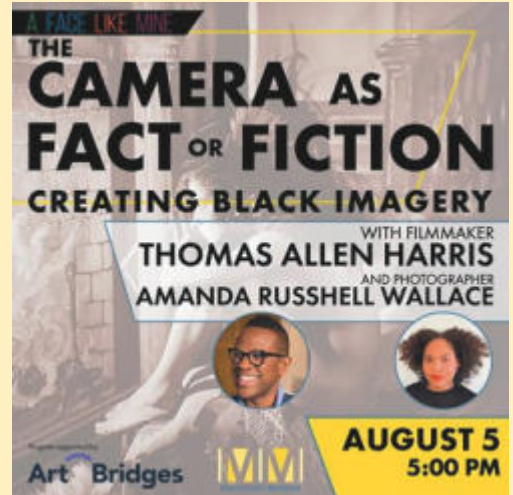


Email tashae@mattmuseum.org to register for a program or call Tashae at 203-753-0381 ext 117

The Camera as Fact or Fiction: Creating Black Imagery
August 5 @ 5:00 pm - 6:00 pm
Price: Free for BRASS Members

Does the camera capture fact or fiction? Photographer and filmmaker, Thomas Allen Harris and photographer, Amanda Russhell Wallace will explore different African American artists such as James VanDerZee who used their photography to create a specific black imagery compared to images created by nonblack artists. Both Harris and Wallace will highlight their own work and talk about their experience in focusing on black imagery in their films and photography.

Virtual Option: You can also watch this discussion virtually by purchasing a Zoom ticket over the phone.



African American Connecticut: Local Voices in the National African American Story, 1915-Present
August 10 @ 3:30 pm - 4:30 pm
Price: Free for BRASS Members

In celebration of National Connecticut Day, join Eastern Connecticut State University Professor, Stacey K. Close as he dives deeper into the lesser known histories of Connecticut's African American history. Close will focus on local African American stories and voices in connection with major historical events such as World War II, The Civil Rights Movement, and the Black Lives Matter Movement.

Virtual Option: You can also watch this discussion virtually by purchasing a Zoom ticket over the phone.

Deeper Than Skin: Music Showcase
August 21 @ 4:00 pm - 6:00 pm
\$5 per person Before August 9
\$10 per person After August 9

All ages are invited to the closing celebration for our exhibition, A Face Like Mine. Enjoy a night of music on our rooftop terrace as you listen to talented rappers, singers, and spoken word artists from Connecticut. Kevin "DJ KG" Grant from 100.9 The Beat will DJ this concert. During the concert, DJ KG will choose one song or spoken word piece from the artists to be played on his radio station 100.9 The Beat. The audience will also get an opportunity to choose a fan favorite song or spoken word piece to be played on 100.9 The Beat.



Please email **Tashae Smith**
tashae@mattmuseum.org to register for a program or
call **203-753-0381 ext 117**

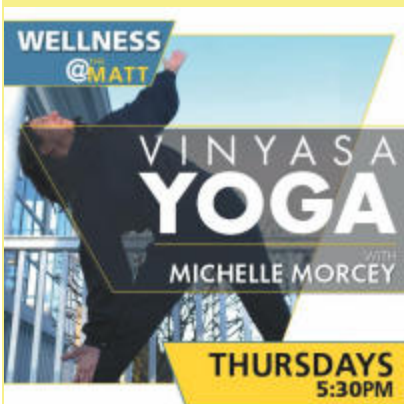
Mindfulness With Ranji
Virtual Program
Every Monday, 11:00 am–12:00 pm
Price: Free for BRASS Members

Learn to create more peaceful and calming thoughts with the help of Mindfulness teacher Ranji Latchmansingh. During these sessions, Ranji will teach the foundations of Mindfulness which will help you manage life's stresses.



TAI CHI
Every Wednesday, 10:00–11:00 am
Price: \$3 BRASS Members

Improve your energy and stamina as you move to the music with certified Tai Chi instructor Joe Atkins. Joe will teach gentle movements that improves balance, flexibility and mobility, and reduce stiffness and soreness. All levels welcome!

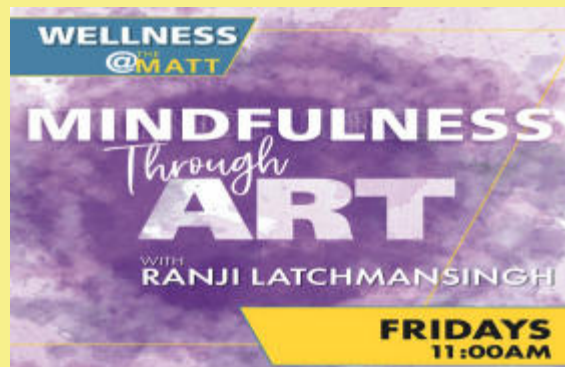


Yoga-Intermediate Vinyasa
Every Thursday, 5:30–6:30 pm
Price: \$3 BRASS Members

Join Michele Morcey as she teaches strength-building poses, balances, and flows that link breath with movement. Students will explore pranayama (breath work), meditation, and final relaxation. While this practice is more vigorous than a gentle yoga class, it is accessible to most levels, as it is led with the idea that all practices serve us differently. Bring your own mat.

Mindfulness Through Art
Virtual Program
Every Friday, 11:00 am–12:00 pm
Price: Free for BRASS Members

Leave behind today's concerns and distractions with Mindfulness teacher, Ranji Latchmansingh, as he leads you through a guided mindfulness session utilizing art. Interact with art in a different way as you learn to slow down and focus.



If you are interested in trying out one of the classes (Tai Chi and Yoga) please contact Bonnie at bflannery@newoppinc.org

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1 CANDLE COUNT

Casey and his mom are both celebrating birthdays and turning ages that are perfect squares. In four years, Casey's age will be exactly half his mother's age. How old are they now?

2 WHAT'S NEXT?

What number is missing from this sequence?

1 3 4 3 9 5 16 4 25 _ 36 3

3 WORD WATCH

What do the following words have in common?

- Awning
- East
- Earned

4 RESCUE LOG

Firefighters Dean and Henry rescued a number of cats from trees in one week. Henry rescued twice as many cats as Dean. The total number of cats rescued is a perfect square. Neither rescued more than one cat a day. How many cats did each man rescue?

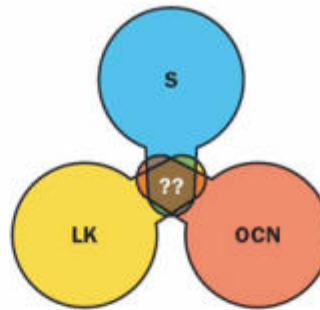
5 SOUNDS OF SCIENCE

The following is a clue for what science-related word?

4N6

6 FINDING VOWELS

The same two vowels have been plucked from these three related words. Can you put the words back together?

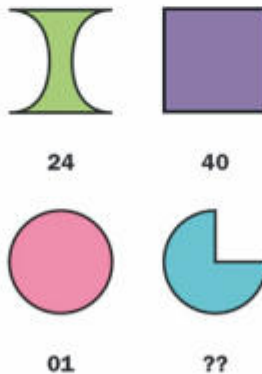


7 SCHEDULING PROBLEM

If JT works one shift every second day, Laura works once every third day, and Aditya works every fifth day, how often do all three colleagues work together?

8 TAKING SHAPES

Using the first three shapes and values as a guide, find the value that corresponds to the last shape.



9 GREEN FIGURES

A recycling dumpster holds a maximum of 27 bags of recycled materials. An apartment building puts out about nine bags of recycling every month. Two dumpsters could service how many apartment buildings in one month?

10 MISSING DIGITS

What number should replace the question mark below?

- 24 ... 8.5
- 35 ... 15.6
- 18 ... 8.125
- 68 ... ?

Answers

1. 16 and 36.
2. 4. The sequence shows each perfect square up to 36, followed by the number of letters in the word for its square root—in this case, "five."
3. Each word can become a new word by adding "Y": yawning, yeast and yeared.
4. Henry rescued six cats, and Dean rescued three.
5. Forensics (four N six).
6. A and E. SEA, OCEAN and LAKE.
7. Every 30th day ($2 \times 3 \times 5$).
8. 21. Each number displays the number of straight lines, followed by the number of curves. The last shape has two straight lines and one curved line.
9. Six.
10. 48.75. The answers are made by multiplying the digits (48), then dividing them (0.75) and writing those answers together.