



**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 2021**  
**by Bonnie Flannery**



GRACE BAPTIST MISSIONARY MINISTRY

**FREE GRABNGO MEALS**

EVERY SATURDAY AT 11:00AM

WAYS TO SPONSOR A MEAL: CASH APP: \$GIVE2GBC  
TEXT TO GIVE 860-530-5551

VISIT [WWW.GRACEBAPTISTCHURCH-WATERBURY.COM](http://WWW.GRACEBAPTISTCHURCH-WATERBURY.COM)  
JUST \$3.00 WILL COVER THE COST OF ONE MEAL!

GRACE BAPTIST CHURCH PARKING LOT  
65 KINGSBURY STREET | WATERBURY, CT 06702  
REV. KRISTOPHER S. REESE, SENIOR PASTOR



**WELCOME BACK!**



**GRACE BAPTIST**  
*Senior Center*

**WE'RE OPEN AND WE'RE COVID-19 SECURE**

Join us EVERY Wednesday, starting September 15, 2021  
for Senior Chair Yoga! If you are looking for  
some exercise and fun this is for you!!! | Time: 9AM - 11AM

Please call the Church at 203-756-5269 to  
RSVP your spot! Space is limited to 15 participants!  
Sponsored by Yoga for Change!!!

65 Kingsbury Street Waterbury, CT - 06702  
[www.gracebaptistchurch-waterbury.com](http://www.gracebaptistchurch-waterbury.com)  
Rev. Kristopher S. Reese, Senior Pastor



Grace Baptist Church is now offering Uberhealth. Do you need a ride to get a vaccine or a ride to a doctors appointment? Please call the church at 203-756-5269

They are available to help you.

Church hours are Monday through Thursday 9 am to 3 pm.

## IMPORTANT INFORMATION

Grace meets every week Wednesday from 9:00am to 10:00am for a relaxing hour of chair yoga. Chair Yoga is geared towards relaxation and health by stimulating the senses and body awareness for continued joint health. We also enjoy a prepared morning treat as well as community social gathering after the class. If your looking for a hour of fun while meeting continued health awareness, come by and join in on the fun at 65 Kingsbury Street. Please note we do wear mask to protect each other against COVID. You will not be disappointed!

## Forever Young News:

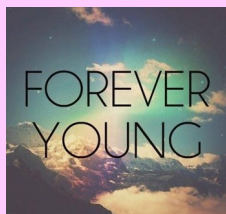
Dec 6th- 12 pm to 3 pm- meeting and Christmas Party

Dec 7th, 14th and 21st -10 am Knit/ Crochet class and at 1 pm- BRASS Chair exercise with Ed

Dec 13th- 1 pm arts and crafts

Dec 13th- 10 am Nutrition with Nichole

Please note: If Waterbury schools are delayed or cancelled, there will not be classes or meetings that day at Forever Young.



Active Older Adults with Ed on Tuesdays and Thursdays 10:15 am to 11:15 am

Tai Chi with Joe on Tuesdays 11:30 am to 12:30 pm

Please remember to show your BRASS key tag at the front desk.



Silas Bronson  
Library

## **BRASS BOOK CLUB**

Fourth Thursday of the month, 12 p.m. Zoom

Seniors 60+ are invited to join us for a monthly book discussion.

*Advance registration required. Sign up at [bronsonlibrary.org/programs](http://bronsonlibrary.org/programs) or call us at 203-574-8225.*



## **Willow Plaza Updates:**

Willow Plaza Community Senior Program will be closed from Wed., Dec 22 to Mon, Jan. 3, 2022. Will reopen Tues., Jan 4. The Seniors from Willow Plaza would like to wish everyone a Merry Christmas and a Most Joyous and Wonderful New Year. We hope that it will be a year of happy and miraculous new beginnings. Finally to quote "and to all a good night".

Irena









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

## Waterbury Senior Center Calendar

# DECEMBER 2021

		<p>1</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10a=BRASS Chorus 10:30a=BCH Nutrition 11a=BRASS Crochet &amp; Knit w/Lindsey 12p=CallCaption=Lunch</p>	<p>2</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch</p>	<p>3</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Poker</p>
<p>6</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 11a=Zumba 11a=Women Cards 12:30p=Sr. Ctr. Mtg.</p>	<p>7</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo</p>	<p>8</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10a=BRASS Chorus 10:30a=BCH Nutrition 11a=BRASS Crochet &amp; Knit w/Lindsey</p>	<p>9</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch 12:30p=Mandy DuPont's</p>	<p>10</p> <p>9a=Wii Bowling 9a=Pool Table 10:30a=Computer Class 10:30a=BRASS Chair Ex 11a=Poker</p>
<p>13</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Lessard Lanes Mini-golf &amp; bowling Pizza~\$10 11a=Zumba 11a=Women Cards</p>	<p>14</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo</p>	<p>15</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10a=BRASS Chorus 10:30a=BCH Nutrition 11a=BRASS Crochet &amp; Knit w/Lindsey 11a=Matt Museum~ Norman Rockwell \$17</p>	<p>16</p> <p>9a=Wii Bowling 9:30a=AAA Driver Class (MP) 10a=BRASS Quilting 10a=Dolce (MP2) 11a=Poker 11:30a=Café Lunch</p>	<p>17</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex 11a=Poker</p>
<p>20</p> <p><b>NO CLASSES</b>  Candy Cane Christmas 11a~1p</p>	<p>21</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo 11:30a=Reflexology</p>	<p>22</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10a=BRASS Chorus 10:30a=BCH Nutrition 11a=BRASS Crochet &amp; Knit w/Lindsey</p>	<p>23</p> <p>9a=Wii Bowling 10a=BRASS Quilting 11a=Poker 11:30a=Café Lunch</p>	<p>24</p> <p><b>CLOSED</b>  </p>
<p>27</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table 11a=Setback  <b>NO CLASSES</b></p>	<p>28</p> <p>9a=Wii Bowling 10:30a=B/P 11:30a=Café Lunch  <b>NO CLASSES</b></p>	<p>29</p> <p>9a=Wii Bowling 9a=Open Computer 9a=Pool Table  <b>NO CLASSES</b></p>	<p>30</p> <p>9a=Wii Bowling 11a=Poker 11:30a=Café Lunch  <b>NO CLASSES</b></p>	<p>31</p> <p><b>CLOSED</b>  </p>

# Waterbury Senior Center Menu

 <span style="margin-left: 200px;"><b>DECEMBER 2021</b></span> 				
1	2	3	4	5
<b>Flower = Holly</b> 	<b>Menu Subject to Change</b>	<b>1</b>	<b>2</b> Oven-baked chicken quarter Roasted butternut squash Mixed veg, biscuit Baked apple slices	<b>3</b> <b>Birthstone = Tanzanite</b> 
<b>6</b>	<b>7</b> Stir-fry beef & broccoli Lo Mein Asian veg Wheat bread Lemon cookie	<b>8</b>	<b>9</b> Turkey/stuffing/gravy Green beans Wheat bread Applesauce	<b>10</b>
<b>13</b> 	<b>14</b> Fish sticks/tarter sauce Brown rice orzo pilaf Zucchini Whole grain roll Mandarin oranges	<b>15</b>	<b>16</b> Meatloaf/gravy Roasted potato Glazed carrots Dinner roll Apple juice Chocolate chip cookie	<b>17</b> 
<b>20</b>	<b>21</b> Chicken with Floren- tine sauce Green beans Sweet potato Breadstick Peaches	<b>22</b>	<b>23</b> Autumn squash soup Spinach quiche Stewed tomatoes Bean blend Grape juice Chocolate pudding & topping	<b>24</b>
<b>27</b>	<b>28</b> Pork loin/gravy Mashed potato Sautéed red cabbage Rye bread Applesauce	<b>29</b>	<b>30</b> Chicken rice soup/crx Ham & cheese on Rye bread Coleslaw vinaigrette Juice Birthday cake	<b>31</b>

# 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 \_\_\_\_\_

On November 12th, BRASS celebrated their 10 year anniversary at La Bella Vista. Thank you to all who attended this wonderful event. Thank you to our community leaders for supporting BRASS.





Photos by Matt A from NOI





**Building a Mindfulness Foundation  
With Ranji Latchmansingh  
Fridays, 10:00 am–11:00 am  
Price: \$3 BRASS Members**

Mindfulness teacher, Ranji Latchmansingh will provide students with tools to build and maintain a mindfulness foundation that will help relieve stress. In each class, Ranji will lead students through a guided meditation. Some guided meditations will utilize art to show how we can see more clearly and be more open emotionally after meditating and focusing on various pieces of art.



**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.



**Ice is Nice Family Winter Extravaganza  
Saturday, December 18, 1:00–4:00pm  
\$10 per Museum and YMCA Member Child/\$15 per Child  
Accompanying Adults are FREE**

Grab your grandchildren and join the Mattatuck Museum and the YMCA for some winter fun including family arts and crafts activities and an ice carving demonstration by Ice Matters. Participate in mini workshops at 1:00 and 1:30pm to create your own holiday ornaments, a snowperson, and snowflakes. At 2:00pm head out to our heated rooftop terrace for cookies and hot chocolate with marshmallows and a 90-minute ice carving demonstration with Ice Matters, professional ice carvers located in Cheshire, CT.

**Seniors Only Hour**

The MATT has reserved special tours for seniors and immunocompromised visitors to enjoy the Museum's collection and special changing exhibitions in a safe and comfortable environment.

Wednesday December 15, 10 AM – 11 AM

BRASS Member Price: \$12 per person (includes regular museum admission)

# Holiday Tunes

- Away in a Manger
- Choir of the Bells
- Dominick the Donkey
- Frosty the Snowman
- Holly Jolly Christmas
- Jingle Bell Rock
- Jingle Bells
- Let it Snow
- Little Drummer Boy
- Little St Nick
- O Holy Night
- Rudolph
- Santa Baby
- Silent Nigh
- Silver Bells
- The Christmas Song
- The First Noel
- Winter Wonderland



S G R D A M A F C I F Z Z X F K U H J X  
 W A W A Y O B R E M M U R D E L T T I L  
 C K M B H P L O D U R J T G J I H Z N O  
 Z D W T Z E D S Y E L C B Y R T G C G K  
 G N O S S A M T S I R H C E H T I J L L  
 Q A N K O I D Y A L F D G I R L N B E D  
 X L S O X Q R T B T I N W X N E T O B J  
 D R T J T I R H V A A H X I P S N A E W  
 F E I F W V T E C M B E U U B T E S L S  
 N D T U C C H S A Y A A I N S N L C L Q  
 B N E V X E G N X I L M T R I I Y R W  
 F O L N I A I O Z T K L I N X C S J O U  
 B W V E S Y N W K M G F O O A K T E C N  
 G R O K A C Y M V Z E U A J Y S L D K U  
 M E Q W Q O L A O H K P I T Y K B N M Q  
 G T A P U I O N T S L L E B E L G N I J  
 L N F G C Z H N S L L E B R E V L I S E  
 I I Y E K N O D E H T K C I N I M O D S  
 L W B T K S L L E B E H T F O R I O H C  
 U I M U Y F C J H B X B V R U M Q C Y B

New Year  
 New Beginnings  
 New Intentions  
 New Thoughts  
 New Focus  
 New Results

Dear Brass Members,

Thank you to our amazing members and community for supporting BRASS.

Thank you for all you do to make BRASS WONDERFUL!

Much happiness to all of you,

Bonnie, BRASS Program Coordinator

