



# NOVEMBER



## Our BRASS Celebration's



### THE Nutcracker



CHRISTMAS SHOW FOR BRASS  
SENIORS OF WATERBURY, CT

Price is \$44.50 - Members only pay \$22.50

Palace Theater 100 East Main St. Waterbury, CT 06702

7 PM | NOVEMBER 25TH, 2022  
100 EAST MAIN ST. WATERBURY, CT

PLEASE CONTACT GISELE  
AT 203-574-6746  
FOR TICKET PURCHASING.



## BRASS Christmas Gala

Save the date: December 16th more information to follow

# Happy Thanksgiving

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**Attorney Daniel Petroskey**

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Brass, Waterbury, CT

06-5305





# Meet The Team



**BRASS encourage Waterbury's seniors to Connect - Stay Healthy - Keep Learning - Contribute - Enjoy Life!**

**Program Coordinator, Gisele Medina**

Phone: (203) 574-6746 Ext. 7107

**Interim Director and Municipal Agent of the elderly- Mira Levasseur**

Phone: (203) 574-6746

**Information & Benefits Specialist**

**Vivian Ciprian (203-574-6746) Ext 7486**

**Mt. Olive Senior Center** located within Mt Olive AME Zion Church ( Waterbury, CT's Oldest Black Institution.) Since 1975 it has served as a multi-purpose, comprehensive, inter-denominational facility open three to five days a week to all seniors in the community. The Program Coordinator is Banita Brewer

**Grace Baptist Senior Group** located within Grace Baptist Church. The church is located in the downtown Waterbury area. Grace Baptist is composed of approximately 500 predominately African-American disciples. Grace Baptist Church continues to serve the Waterbury community with programs like Call-N-Ride The program Coordinator is Lucinda Byrd

**Forever Young Senior Group** located within Our Lady of Mt Carmel. Forever Young is nestled in the historic Town Plot neighborhood. Every summer the seniors assist with the Greater Waterbury Italian Festival. You can also join the group for arts craft or chair exercise. The program coordinator is Nancy Decker

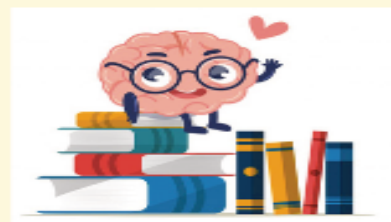
**Waterbury Senior Center-** city-run building for all seniors ages 60 and over, completely dedicated to our senior population. It has all of the comforts of home with access to services and information at your fingertips. In the summer the senior center is a cooling center and in the winter a heating center. The Program coordinator here is Debra Perugini

**La Casa Benevinda** within The Hispanic Coalition of Greater Waterbury, Inc. . HC has been in existence since 1988. The Coalition has over two decades of social services experience in the greater Waterbury area and is a principal leader for bilingual services, advocacy, collaboration, education, and policy development in the Latino community. The Program Coordinator/Director here is Milly Oliveras

**Willow Plaza Senior Center** located within St. Margaret's Willow Plaza Community Center . The community center has been opened since 2007, offering after school programs to the neighborhood youth, senior's day activity programs, summer programs and other community services. The Program Coordinator/Director is Rena Richardson



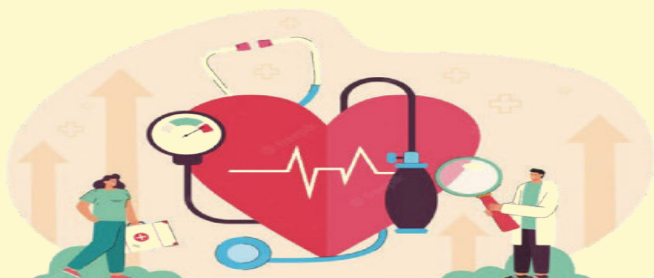
# Education & Awareness



## Blood Pressure Clinic

Tuesdays at the Waterbury Senior Center 10:30am-12pm

Tuesdays at the Hispanic Coalition 9am-11am



## Bronson Library

### BRASS Book Club

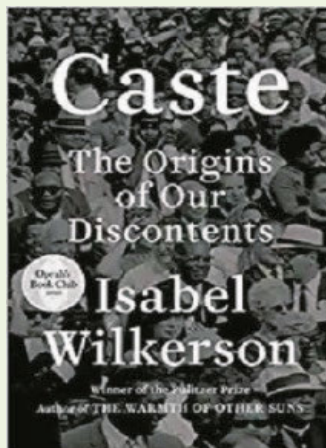
Rebecca Bridges the librarian is leading the BRASS book club.

Seniors can meet virtually via zoom to discuss

**Caste: The Origins of Our Discontent** by Isabel Wilkerson

Books can be reserved and picked up at the Silas Bronson Library. Advanced registration is required. **Call the Library to register (203)-574-**

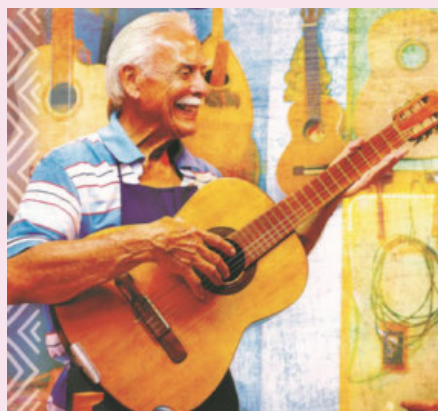
**8225.** You will be sent a link to join the *Zoom* meeting.



Medicare - Open Enrollment Period Oct 15th—Dec 7th

What is open enrollment? Open enrollment is a window of time that happens once a year, typically in the fall, when you can sign up for health insurance, adjust you current plan or cancel your plan.

Contact: CHOICES Team at WCAAA, the TEAM is here to help with any questions or concerns 203-757-5449 ext134.



**Guitar**—Music is magic for our souls. So we invite our BRASS members to join and learn how to play guitar. Beginner friendly and instruments provided.

**11 am on Tuesdays at the Hispanic Coalition.**

Painting —Monday at 10 am at the Waterbury Senior Center.

Crocheting—Wednesday at 10 am at the Waterbury Senior Center.

Arts & Crafts— Thursday at 10 am the Hispanic Coalition.

Quilting—Thursday at 10 am at the Waterbury Senior Center.





# In the Community



## Dolce Hair @ BRASS

Once a month, students from Dolce Hair Academy are coming to local brass sites to give seniors haircuts. Sign up while you can. \$2 per person.

DOLCE SALON



Hispanic coalition on Fri Oct 21st at 10 am.

Call Milly Oliveras to register (203)- 754-6172

**Rental Rebate**— A reminder for all seniors (65+) that are renters. The last day was to apply is **September 30th**. For more info call the Waterbury Senior Center (203)574-6746

## Yoga in Our City

Yoga In Our City began in 2012 in Hartford, as a program of Civic Mind, a social enterprise specializing in community development. Now it's in Waterbury! A great opportunity to be active for BRASS members, their families, and the community. It is free and ends October 9th  
**Tuesdays at 5:30 p.m. – Hamilton Park**  
**Wednesdays at 5:30 p.m. – Fulton Park**  
**Thursdays at 5:30 p.m. – Buck's Hill Park**  
**Saturdays at 10:00 a.m. – Chase Park**



## Farmer's Market– It is back

On Tuesdays the Farmer's Market is stationed at the Waterbury Senior (10am-11:30am) or you can go downtown Thursday on the green (10am-12:00pm) to get your fresh fruits and veggies.

If you haven't received your coupon book please call the senior center (203)-574-6746.

**Last day of the season to use coupons is November 30th**

# Honoring ALL WHO served

## THANK YOU VETERANS

## 2023 MEDICARE OPEN ENROLLMENT IS HERE!



Make sure to review your plan every year during Open Enrollment.

October 15 - December 7

Annual Enrollment Period Begins

Annual Enrollment Period Ends

OCT. 15

NOV

DEC. 7

Medicare plans change each year. Plans may change:

- Monthly Premiums,
- covered drugs (yes, prescriptions that may be covered right now, may not be covered in 2023,
- Preferred pharmacies change
- Providers Network lists change
- Copayments and Deductible amounts also change.

### WHAT CHANGES CAN BE DONE DURING OPEN ENROLLMENT PERIOD?

- Join a new Medicare Advantage Plan or Prescription Drug Plan (PDP)
- Change Prescription Drug Plan to another Prescription Drug Plan
- Switch from Original Medicare to a Medicare Advantage Plan
- Switch from a Medicare Advantage Plan to Original Medicare (with or without Part D plan)
- Change from Medicare Advantage to another Medicare Advantage

## SHIP can help YOU!



Understand costs and coverage



Compare options



Enroll in or change plans



Correct billing issues

Contact your local SHIP Counselor

SHIP counseling services are confidential and free of charge.

In Connecticut, when it comes to Medicare



Call us now to speak with a Certified CHOICES Counselor; we:

- Are not affiliated with any insurance company; therefore the information you receive from us is unbiased.
- Can help you with plan comparisons, so you can make an informed decision.


• Can help you enroll in the plan of your choice, based on your needs.

• Can conduct eligibility screenings from state and local programs, to help you save money & receive the benefits that you may be entitled to receive.

Local: (203) 757-5449 | In State Toll Free: 1800-994-9422

CHOICES is the official State Health Insurance Program (SHIP) for CT. Certified CHOICES Counselors provide free, unbiased information & enrollment assistance.

# November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Willow Plaza 10:45a— Alzheimer's Presentation	2	3 BRASS Police Awareness – WTBY Senior Center Donut's W/ an Officer	4 Grace Baptiste Anniversary Party At the ARIA	5
6 DON'T FORGET TO CHANGE YOUR CLOCKS BACK	7 Mt.Carmel - Fall Meeting w/ all BRASS Members  Chicken Noodle Soup 11:30am	8 	9 <u>Mattack Museum</u> Tour FREE 11am- 12:30pm Tai Chi class after tour	10 EBENEZER Health Talk 10:30 @ Willow Plaza	11 	12
13	14 Chromebook Training 10:30am Willow Plaza	15 Thanksgiving Lunch Celebration @ Willow Plaza & La Casa Bienvenida 11:30am	16	17 Thanksgiving Lunch Celebration at WTBY Senior Center 11:30am	18 Grace Baptiste Thanksgiving Basket Distribution ALL Day—pre-sign ups ONLY	19
20	21	22	23	24 	25 Nut Cracker Show @ Palace Theatre at 7pm - Pre Ordered Tickets Only	26
27	28 Chromebook Training 10:30am Willow Plaza	29	30 Hispanic Coalition - Parkinson and Movement Awareness 1p- 3p			WINTER PROTO- COL IN EFFECT

Some Brass Sites Closed for Thanksgiving Week



# 7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

## Warm-Up



**1. Stationary March with Arm Swing/Seated March**

## Strength Exercises



**2. Sit to Stand**



**3. Standing Hip Extension**

## Balance Exercises



**4. Side Leg Raise**



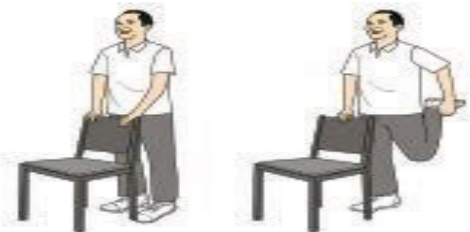
**5. Single Leg Stand**

## Flexibility Exercise



**6. Triceps Stretch**

## Cool Down



**7. Standing Quadriceps Stretch**





# Fitness & Healthy Living



## WORKOUT SCHEDULE

### MONDAY

10:00 - Chair Exercise (HC)  
11:00 am - Zumba (WSC)  
12:00 pm - Chair exercise (FY Once a month)

### TUESDAY

10 am - Zumba (HC)  
10: am - Chair Yoga (WSC)  
11:30 am - Tai Chi (YMCA)

### WEDNESDAY

10 am - Waterbury Walks (YMCA)



### THURSDAY

10:15 am Active older Adults aerobic (YMCA)

### FRIDAY

10 am - Waterbury Walks (YMCA)  
10am - Chair exercise (WSC)



### NOTES

Getting older doesn't mean slowing down. You should aim for at least 150 minutes (2 ½ hours) a week of moderate-intensity aerobic exercise. As well as drinking 6 to 8 glasses of fluid a day.

### Waterbury Walking

While walking may not seem like a very strenuous fitness activity, it is an excellent form of exercise. It can decrease stress and improve balance and cardiovascular health. And it requires only a pair of sturdy walking shoes to get started.

**Chair Yoga.** One of the best things about yoga for seniors is how easy it is to practice from a seated position. Chair yoga helps build strength and endurance, while also protecting balance and mobility. Each of these is essential for avoiding falls.

**Tai chi** is an exercise that combines slow, graceful movements with breath control. Because it is gentle, it is an excellent option for seniors who are just starting to incorporate exercise into their routine.



### BRASS Senior Program Remembrance

Family & friends of the beloved Edward Rock it is with a great sadness that we lost such a very special person with the BRASS family & our community.

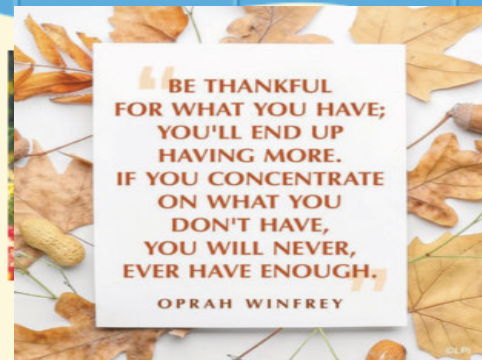
Our seniors called him a gem and will most certainly live on through his vivid memories he had created with us all.

May you Forever SIP 'ED Rock " Your BRASS Senior Family





# OUR BRASS SITES



Take a BRASS program at one of these fabulous BRASS Sites .

BRASS stands for Bringing Resources to Action to Serve Seniors. It is a project to serve Waterbury seniors (60+) by providing low cost health, wellness, and leisure programs at their local senior center.

We are funded by the Connecticut Community Foundation and the City of Waterbury.

We are grateful for not only our funders but our BRASS members who show up time and time again for these programs. Our sites



BRASS seniors @ our FALL Festival & our local community PD



Willow Plaza & there volunteers helping the seniors

La Casa Bienvenida educational & luncheon



African lunch & learn @ the Waterbury Senior Center

Farmer's Market at the Waterbury Senior Center



# PUZZLES OF THE MONTH

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.



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DIFFICULTY: ★☆☆☆☆

## ENIGMA™ CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "E" = "I"

"UWAS FSA LTYM GL G MESYHA  
LWESY ES SGLTQA, WA OESBM EL  
GLLG CWAB LF LWA QAML FO LWA  
UFQHB." — RFWS XTEQ

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E041

"When one tugs at a single thing in nature, he finds it attached to the rest of the world." — John Muir



Answer to Sudoku



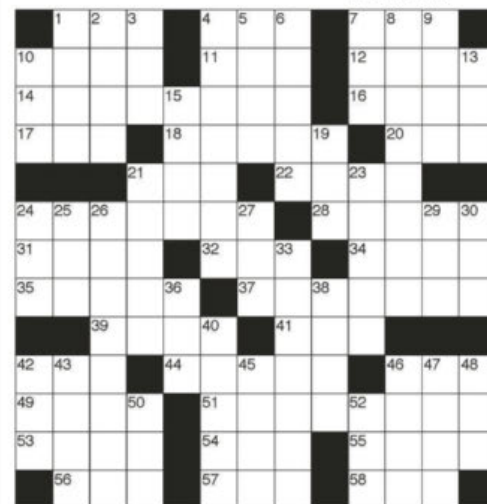
## CROSSWORD PUZZLE

### ACROSS

- 1 Federal Aviation Admin. (abbr.)
- 4 Sinbad's bird
- 7 Postpaid (abbr.)
- 10 Festival
- 11 Amateur Boxing Assn. (abbr.)
- 12 Islamic teacher
- 14 Mensa (2 words)
- 16 Maori seagoing canoe
- 17 Sheep's cry
- 18 Portion out
- 20 Tactical Air Command (abbr.)
- 21 Birds (pref.)
- 22 Fist
- 24 Bait
- 28 Funeral oration
- 31 Aoudad
- 32 Corrode
- 34 "Dies \_\_\_\_"
- 35 Fit
- 37 Father of Ajax
- 39 Air (pref.)
- 41 Badly (pref.)
- 42 Priest's garment
- 44 Pollen brush
- 46 Tennis stroke
- 49 Semitic deity
- 51 Pimento
- 53 Shak. villain
- 54 Council for Econ. Advisors (abbr.)
- 55 Tanning solution
- 56 Son of Hermes
- 57 Propeller
- 58 River rapids

### DOWN

- 1 FDR's dog
- 2 Alberta (abbr.)
- 3 Narrower than AA
- 4 Naut. rope
- 5 Old Gr. coin
- 6 Fowl
- 7 Animal's foot
- 8 Dais
- 9 Wild mango fruit
- 10 Witless chatter
- 13 Son of, in Gaelic names
- 15 Harangue
- 19 Golf peg
- 21 Vestment
- 23 Pseudonym
- 24 Hat
- 25 Pray (pref.)
- 26 Turnip
- 27 Knot lace
- 29 General Accounting Office (abbr.)
- 30 Poetic contraction
- 33 Knight
- 36 Hours (abbr.)
- 38 Geological epoch
- 40 Fruit
- 42 Mother of Hezekiah
- 43 Eucalyptus secretion
- 45 Olive genus
- 46 River into the Yellow Sea
- 47 Eight (Lat.)
- 48 Insect
- 50 Longitude (abbr.)
- 52 Public Broadcasting Service (abbr.)



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A39



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**Classes and events**  
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anyone over 50

- ✓ August 5 - Fall Open House
- ✓ August 8 - Fall registration opens
- ✓ September 6 - Fall classes start

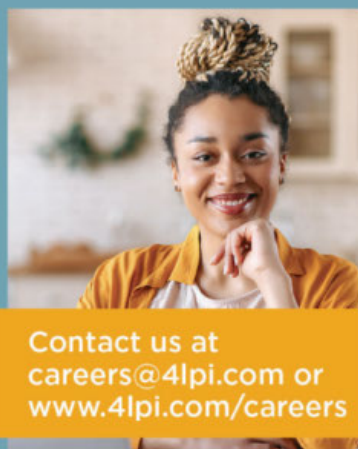
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Brass, Waterbury, CT

06-5305

**BRASS Membership Registration**  
**Mail to:** Waterbury Senior Center  
1985 East Main Street • Waterbury, CT 06705  
**ATTN:** BRASS

Name/Nombre: \_\_\_\_\_  
Address/Direccion: \_\_\_\_\_  
Town/Pueblo: \_\_\_\_\_  
Zip Code/Codigo de Correo: \_\_\_\_\_  
Home Phone: \_\_\_\_\_  
DOB/FED: \_\_\_\_\_ Gender/Genero: M or F  
Cell Phone/Numero de Telefono: \_\_\_\_\_  
Email/Correo electronico: \_\_\_\_\_

Are you a Veteran or Spouse of a Veteran ?/ Eres un Veterano o la esposa de un veteran?

☐ Yes ☐ No

Race/Raza: ☐Caucasian ☐African American ☐Asian/Pacific Islander ☐Hispanic/Latino  
☐ Other

Emergency Contact & Relationship: \_\_\_\_\_

(Contacto de emergencia y la relacion)

Phone Number/Numero de Telefono: \_\_\_\_\_

**Please check if you are presently a member of a BRASS Program Site/  
Por favor seleccion de cual BRASS centro eres miembro:**

☐ Mt. Olive Senior Center ☐ Hispanic Coalition ☐ Grace Baptist  
☐ Waterbury Senior Center ☐ Willow Plaza

**Selected courses are also offered at the following locations:**

☐ Mattatuck Museum ☐ Silas Bronson Library ☐ YMCA

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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.**

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