



**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**



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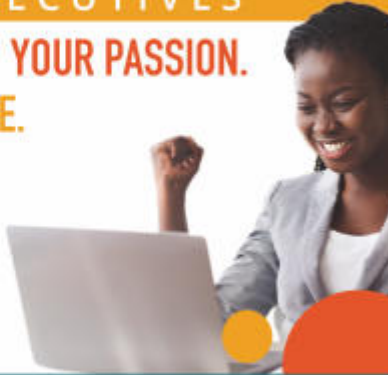
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Waterbury Senior Center, Waterbury, CT

06-5305

## WATERBURY SENIOR CENTER IS NOW OPEN

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

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
9 am– Wii Bowling	9 am Wii Bowling	9 am Wii Bowling	9 am Wii Bowling	9 am Wii Bowling	9:30 am BRASS Yoga for Change (zoom)
October 4th and 18th 11am— Zumba	10 am– BCH Farmer’s Market	9:30 am– AARP Safe Driver	10 am BRASS Quilters	10:30 am– BRASS Chair Exercise	
Oct 4th– Senior Center meeting with Paola from WCAAA	10 am Blood Pressure	9:30 am Stretch and Tone	11:30 am– Cafe Lunch	10:30 am BRASS computer class	
October 18th– Paola in the computer room 10 am to 1 pm	10 am Chair bingo	10 am– BRASS Chorus	12:30 pm– Shoprite Nutrition Demo	11 am– Poker	
October 25th– History of Waterbury presented by Raechel Guest, Silas Bronson Library	11:30 Café Lunch	10:30 am– BCH Nutrition with Nichole	October 14th– Mandy’s Roundtable discussion	11:45 pm TECH Help (PLEASE CALL THE WSC TO MAKE AN APPOINTMENT)	
	12:30 pm– bingo	October 13th– Water Dept. Presentation	October 21st– 11:30 am Bonnie from BRASS to purchase BRASS Anniversary tickets	12 pm BRASS Chair Exercise	
	October 19th– 11:30 am Reflex	October 20th– Elder Law	October 28th– Halloween Party 11am to 1 pm		

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

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**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

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- UTILITY BILLS

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Additional home heating assessments can  
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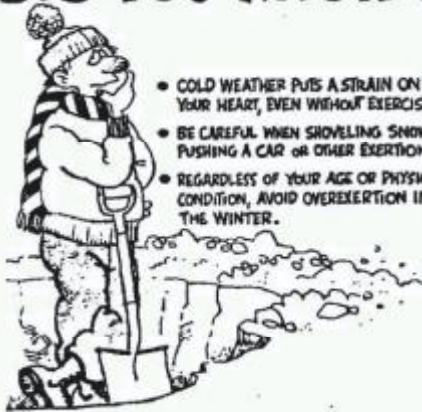


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New Opportunities Inc.

## DID YOU KNOW ?



- COLD WEATHER PUTS A STRAIN ON YOUR HEART, EVEN WITHOUT EXERCISE.
- BE CAREFUL WHEN SHOVELING SNOW, PUSHING A CAR OR OTHER EXERCISE.
- REGARDLESS OF YOUR AGE OR PHYSICAL CONDITION, AVOID OVEREXERCISE IN THE WINTER.

**BUILDING AN EMERGENCY SUPPLY KIT  
FOR YOUR CAR**

**WHY?**  
Because you never know when you will encounter winter weather or an emergency road closure.

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## Preparing For Cold Weather NATIONAL WEATHER SERVICE Houston, TX

### Protect People

Make sure to have extra blankets and layers ready in case power goes out. Road conditions may be treacherous, so have water and food supplies ready. Check in with your elderly family and neighbors to see if they need help.



### Protect your Plants

Know the temperature thresholds of your plants. If possible, cover your plants before the cold weather sets in to help retain some heat.

### Vehicle Preparedness

Make sure your car has supplies such as water and blankets in case you get stranded due to icy roads. Check to see if you need to fill up your tank before the cold weather event.



**Extreme cold weather is possible, what can you do now to prepare?**

### Stay Alert

Be sure to check in with the latest forecasts, and learn the signs of hypothermia and frostbite.



### Protect your Pipes

Insulate your pipes if possible, and open up the sink cabinets to expose the pipes to heated air. Disconnect outdoor hoses and turn off water to sprinkler systems.



### Protect your Pets

Please bring your pets inside.

# 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 \_\_\_\_\_



Protect Yourself

# AVOID COVID-19 Vaccine Scams

As COVID-19 vaccine distribution begins, here are signs of potential scams:

- You are asked to pay out of pocket to get the vaccine.
  - You are asked to pay to put your name on a vaccine waiting list or to get early access.
  - Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources.
  - Marketers offering to sell or ship doses of the vaccine for payment.
- ✓ **Protect Yourself. Do not give out your personal information to unknown sources.**

! If you believe you have been the victim of COVID-19 fraud, immediately report it to:

- HHS-OIG Hotline: 1-800-HHS-TIPS | [tips.hhs.gov](https://tips.hhs.gov)
- FBI Hotline: 1-800-CALL-FBI | [ic3.gov](https://ic3.gov)
- CMS/Medicare Hotline: 1-800-MEDICARE



For accurate, up-to-date information about COVID-19, visit:

[oig.hhs.gov/coronavirus](https://oig.hhs.gov/coronavirus)  
[fbi.gov/coronavirus](https://fbi.gov/coronavirus)  
[justice.gov/coronavirus](https://justice.gov/coronavirus)



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If you are a Waterbury resident who is homebound or otherwise unable to visit the library in person, we can bring the library to your home. We now have a home delivery service! You must be a Waterbury resident and have a current, active library card to apply. Applications are available online and can be mailed to you. Contact us at 203-574-8225 or email us at [bronsonlibrary@waterburyct.org](mailto:bronsonlibrary@waterburyct.org) to request an application.



### BRASS BOOK CLUB

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

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

Oct. 28 : *Midnight in the Garden of Good and Evil* by John Berendt

Nov. 18: *The Wife, the Maid and the*

*Mistress* by Ariel Lawhorn

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



**BRASS COMPUTER CLASSES** Fridays, 10:30am – 11:30a.m.  
(Beginner Computer Class) Fridays, 11:45 a.m.– 12:15p.m.  
(One-on-one Tech Help)

Waterbury Senior Center Librarian Mary-Beth Mason provides technology, computer, cellphone and tablet assistance each week. If you need one-on one assistance or want to sign up for a beginner class, please contact Debra Perugini.



### GENEALOGY TIP CLUB

Fourth Tuesday of the month, 6 p.m.

September 28, October 26, November 23 Zoom

Are you stuck in your genealogy research? Join library director and local historian Raechel Guest to learn expert tips and tricks for finding more about your family tree.

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



### HISPANIC HERITAGE CELEBRATION:

#### LIVE MUSIC ON THE PATIO

Saturday, October 2 Patio

Join us for a fun afternoon of live music outside on the library's patio celebrating Hispanic Heritage Month. Refreshments will be served.

Advanced registration requested but not required. Sign up at [bronsonlibrary.org/programs](http://bronsonlibrary.org/programs) or call 203-574-8225.

Sponsored by the Hispanic Coalition of Greater Waterbury





## BRASS Community news, September 11th Remembrance

Sandy Lombardi, Director of Community Engagement, introduced a moment of silence. William R. Rybczyk, President/CEO of New Opportunities, Inc. led the Pledge of Allegiance while Patricia Donovan, Director of Human Resources held the American Flag. Remarks were shared by Monroe Webster, representing Mayor Neil O'Leary, State Representative Geraldo Reyes Jr., State Representative Larry Butler, and Rodney & Ressie Parker of Klub Hope. FGP volunteers joined Olin Dorsey in singing three songs celebrating patriotism and peace. The service ended with flags from around the world placed in the Courtyard. Photos by Matt Antonacci, NOI



William R. Rybczyk, President/CEO of New Opportunities, Inc. led the Pledge of Allegiance while Patricia Donovan, Director of Human Resources held the American Flag



Rodney Parker and his wife Ressie, Co-Founders of Klub Hope, both shared memories from 9-11-2001 along with messages of hope.



State Representative Geraldo Reyes, Jr., Mayoral Aide Monroe Webster, and State Representative Larry Butler.



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



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

**In-person and virtual sessions are available only for the month of September.  
All sessions beginning October 15 will be virtual.**

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



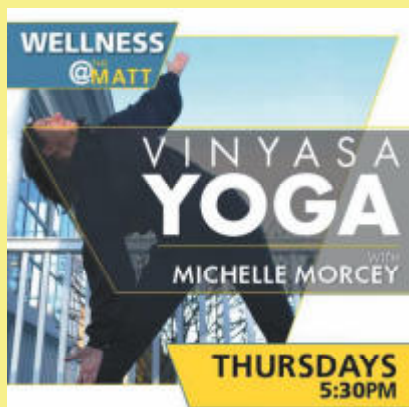
**Every Wednesday, 10:00–11:00 am**

**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!



Every day is a new beginning,  
take a deep breath and start again.



**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.

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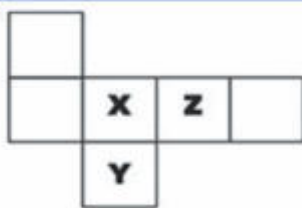
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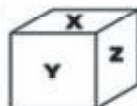
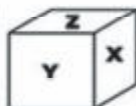
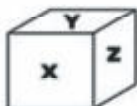
BRASS INC. ©



A

B

C



## BEGIN AND END

Each phrase below is a clue for an answer that begins and ends with the same letter.

1. A continent at the south pole
2. Payment to stockholder
3. Physical exertion done for fitness
5. One television show in a series
6. One who reviews and gives judgements
7. A brief advertisement
8. A place for performers
9. An Amount over and above what is needed
10. A great work of art or literature
11. A ray of moonlight
12. An edible seed of a bean plant
13. Accepting of others
14. Handwriting skill
15. Blue-green
16. An official list of names
17. One thousand years

*Happy Fall to all BRASS members and to the BRASS Community!*

*Bonnie, BRASS Program Coordinator*