



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 JUNE 2021
by Bonnie Flannery



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Waterbury Senior Center, Waterbury, CT

06-5305

JUNE EVENTS

Please contact Debra at the WSC to register for these programs.

Wed. June 2 = Senior Center Meeting (1pm)

Tue. June 8 = Chit Chat - Talk with your friends on Zoom or Dial in → Topic: WW2/D-day (11am)

Wed. June 9 = Bingo (1pm)

Wed. June 30 = AAA-Oh, The Places You'll Go (12pm)

Live Well Telephone Workshops

Live Well workshops are alive and well, but now in a new format. WCAAA offers free, one hour per week, six-week telephone workshops for small groups of 6 participants. All you need is a phone to connect to the toll free WCAAA conference call line. No other technology is needed, and you can participate from the comfort of your own home! We'll mail you books to keep. We have leaders facilitating workshops for diabetes, chronic conditions and chronic pain. This program is made possible by a generous grant from the Connecticut Community Foundation.

Nutrition Classes

Join Brass City Harvest's nutritionist Nichole Texiera weekly on zoom for a cooking and nutrition class. Fridays at 10 am. Participants can cook along with the class from the comfort of their own kitchen or watch and make at a later time. Please email

Nichole nicholet6080@gmail.com and she will include you!

Art Hendrickson Jr. photos.

Looks delicious! Great job!



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FOOD PANTRY
PLEASE CALL TO FIND OUT ABOUT DAY AND
TIME DISTRIBUTION

The Hopeville Church Food Pantry,
160 Piedmont Street 203- 754-8154.

Waterbury Baptist Food Ministries,
222 West Main St., 203-754-5143

Salvation Army Waterbury,
74 Central Ave., 203-754-7056

Shalom Seventh Day Adventist Food Pantry,
84 Crown St. 203-756-8131

Community Tabernacle Outreach Center (food & clothing),
12 Hewlett St., 203-756-5981

St. Vincent de Paul Mission of Waterbury,
327 Baldwin St., 203-757-0411

Greater Waterbury Interface Ministries,
770 East Main St., 203-756-2830

Church of God Food Pantry,
122 East Farm St., 203-768-9968

First Assembly of God Food Pantry,
1245 Thomaston Ave., 203-753-8023

Evangelical Christian Church Food Pantry
1325 Watertown Ave. 203-756-1293



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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.

And our group classes bring neighbors together to have fun while we get fit.

- Each Saturday at 10:00 am
- Weekly

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



CONNECTING WITH BALANCE



Dates & Times:

Wednesdays at 1:00 PM
MAY 5, 12, 19 & 26

Fridays at 10:00 AM
MAY 7, 14, 21 & 28

Register:

Call Deb
at the Waterbury Senior Center:
203-574-6746

About Connecting with Balance:

Created by the dance company Pliobolus, Connecting with Balance is a one hour workshop tailored to help people of any age reconnect with their bodies and environment. This class is open to all levels of ability - even those who remain seated throughout. No previous experience is required, and no special equipment needed.

This progressive exercise program promotes the balance behind everything we do; from working around the house to keeping up with grandkids.

Give it a try!

Take Control

Feel Better

Energize

Live

Enjoy



Get healthier this summer!

DIABETES PHONE WORKSHOP

"It's Your Life...Live it Well"

FREE DIABETES SELF-MANAGEMENT TELEPHONE WORKSHOP from HOME!
Learn about diabetes & pre-diabetes including

- What to eat
- Low and high blood sugar
- Guidelines for when you're sick
- Tips for dealing with stress
- How to set small and achievable goals

These are just some of the topics covered in a free weekly one-hour group telephone call for 6 weeks with a trained Live Well Leader! Class size is limited, so register early!



Wednesdays, June 16-July 21, 2021 from 6-7pm

To register, please call Dana at 203-575-4325 or email devora@NewOppInc.org

Free books for all & a \$25 gift card for workshop completers!

Live Well is an evidence based self-management workshop developed at Stanford University. This program is supported by funds made available for the Centers for Disease Control and Prevention, Office of State, Tribal, Local and Territorial Support under grant DPL13-105. Generous support is also provided by the Connecticut Community Foundation.



Sponsored by the CT State Unit on Aging & CT Department of Public Health

Many of you have received the Covid-19 vaccine. If you need more information regarding the vaccine please visit the City of Waterbury's website www.waterburyct.org

The website has a current list of all vaccination locations.

The May BRASS newsletter also contained the vaccination sites and sites to be tested for Covid-19.



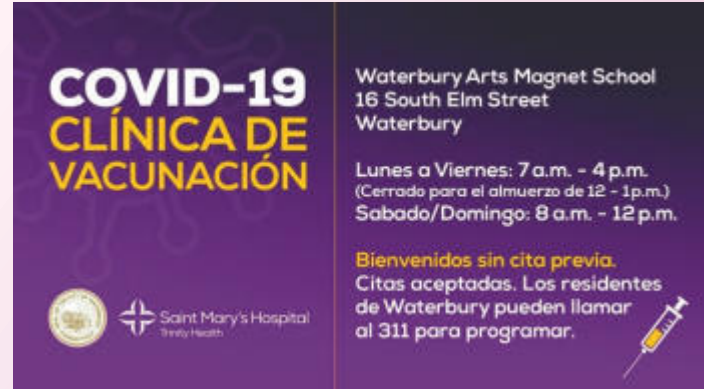
COVID-19 VACCINE CLINIC

Waterbury Arts Magnet School
16 South Elm Street
Waterbury

Mon. - Fri.: 7 a.m. - 4 p.m.
(Closed for lunch 12 - 1 p.m.)
Sat./Sun.: 8 a.m. - 12 p.m.

Walk-ins welcome!
Appointments accepted.
City residents may call 311 to schedule.

Saint Mary's Hospital
Trinity Health



COVID-19 CLÍNICA DE VACUNACIÓN

Waterbury Arts Magnet School
16 South Elm Street
Waterbury

Lunes a Viernes: 7 a.m. - 4 p.m.
(Cerrado para el almuerzo de 12 - 1 p.m.)
Sabado/Domingo: 8 a.m. - 12 p.m.

Bienvenidos sin cita previa.
Citas aceptadas. Los residentes de Waterbury pueden llamar al 311 para programar.

Saint Mary's Hospital
Trinity Health

GETTING HEALTHY IN A SAFE WAY BY PAOLA VARGAS

Over 40 million people, or 12.3% of the total U.S. population, have been vaccinated. In Connecticut, we have been doing great, with 15.2% of the population is fully vaccinated. As age eligibility opens, we can expect more and more people to register. While the COVID-19 virus has stopped many things from our typical day-to-day life, it has not stopped scammers. Many folks will post their vaccination record card on Facebook or Instagram, and scammers use that limited but critical information for fraud. The Better Business Bureau released the following statement

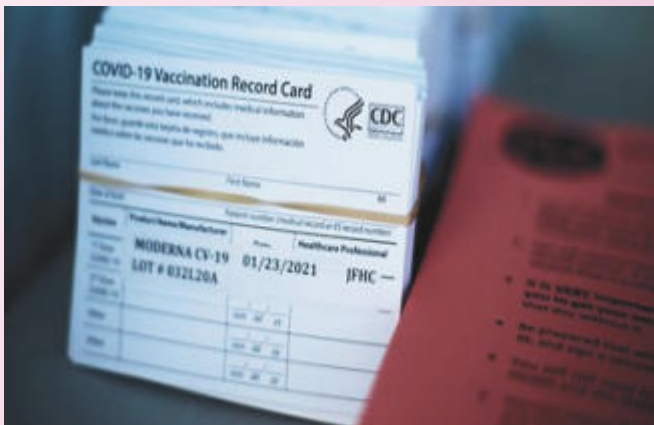
“Unfortunately, your card has your full name and birthday on it, as well as information about where you got your vaccine. If your social media privacy settings aren’t set high, you may be giving valuable information away for anyone to use.” These scammers are falsifying and selling fake vaccine records. So please spread the word. Be proud about you and your close ones getting the vaccine but please keep it offline.































Sources <https://fox8.com/news/scam-alert-why-posting-your-covid-vaccine-card-may-lead-to-fraud/>

<https://www.npr.org/sections/health-shots/2021/01/28/960901166/how-is-the-covid-19-vaccination-campaign-going-in-your-state>

<https://www.bbb.org/article/news-releases/23675-bbb-tip-dont-share-your-vaccine-card-on-social-media>



Choosing Safer Activities

	Unvaccinated People	Your Activity	Fully Vaccinated People
		Outdoor	
Safest		Walk, run, or bike outdoors with members of your household	
		Attend a small, outdoor gathering with fully vaccinated family and friends	
		Attend a small, outdoor gathering with fully vaccinated and unvaccinated people	
Less Safe		Dine at an outdoor restaurant with friends from multiple households	
Least Safe		Attend a crowded, outdoor event, like a live performance, parade, or sports event	
		Indoor	
Less Safe		Visit a barber or hair salon	
		Go to an uncrowded, indoor shopping center or museum	
		Ride public transport with limited occupancy	
		Attend a small, indoor gathering of fully vaccinated and unvaccinated people from multiple households	
Least Safe		Go to an indoor movie theater	
		Attend a full-capacity worship service	
		Sing in an indoor chorus	
		Eat at an indoor restaurant or bar	
		Participate in an indoor, high intensity exercise class	

Get a COVID-19 vaccine



Prevention measures not needed



Take prevention measures

Fully vaccinated people: wear a mask
Unvaccinated people: wear a mask, stay 6 feet apart, and wash your hands.

- Safety levels assume the recommended prevention measures are followed, both by the individual and the venue (if applicable).
- CDC cannot provide the specific risk level for every activity in every community. It is important to consider your own personal situation and the risk to you, your family, and your community before venturing out.



Silas Bronson Library

Genealogy Tip Club

Second Tuesday, 1:30 p.m.

June 8, July 13, 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

June 24: *The Josephine Baker Story* by Ean Wood

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

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

Seat of the Pants Cooking

Thursday, June 24, July 22, August 26, 7 p.m.

Meet on Zoom, register at bronsonlibrary.org/programs

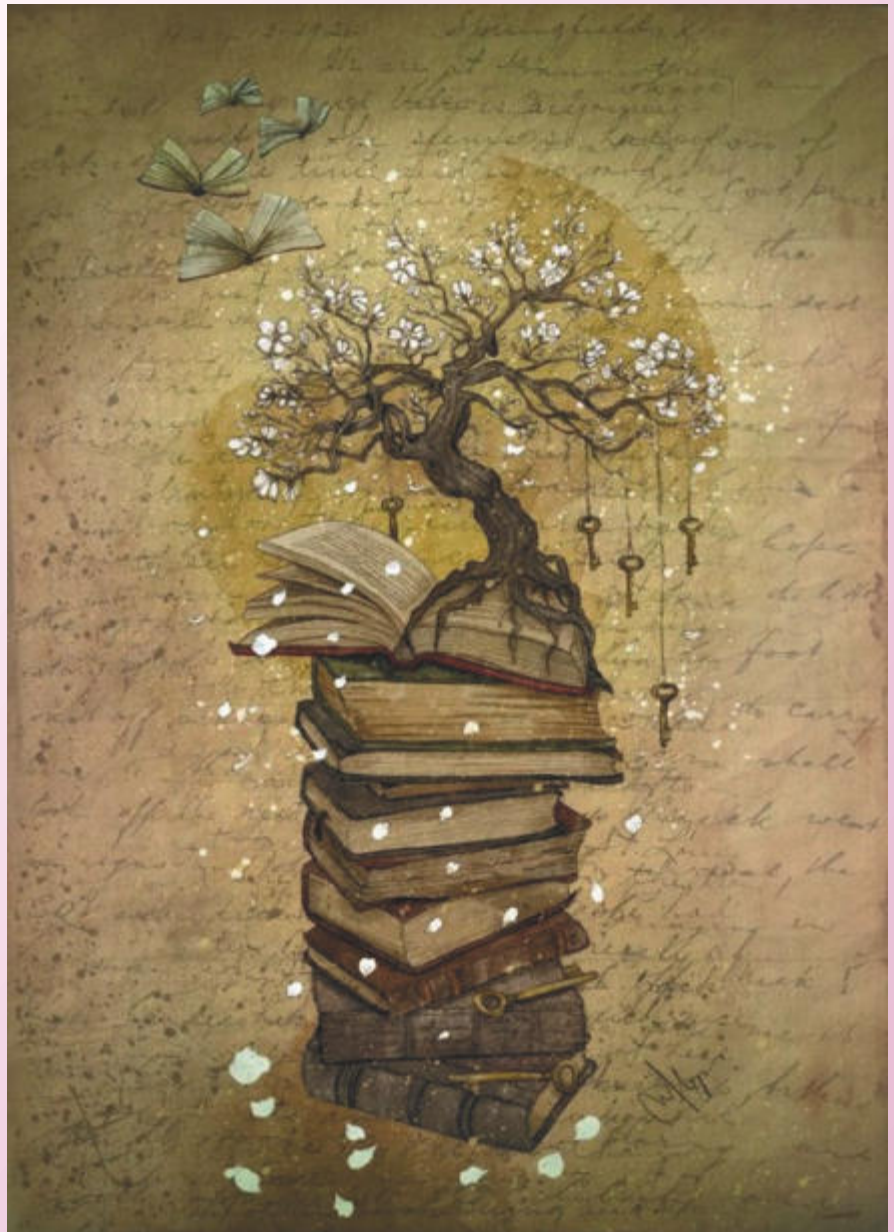
Sisters to Sisters Book Club,

First Monday of the Month, 6:00pm

Meet on zoom, register at bronsonlibrary.org/programs

Want to learn about Zoom?

What it is, how to get on it, how to download it, etc. Well, now you can in an easy, one-on-one telephone session with Mary-Beth or Becky from the Silas Bronson Library! They will walk you through the simple-to-follow steps. Simply call the library at (203) 574-8225 and ask for Mary-Beth or Becky. **





BRASS Members can email tashae@mattmuseum.org to register for a program or call Tashae at 203-753-0381 ext 117
TAKE A LOOK AT THE IN PERSON CLASSES

TAI CHI

(in person program)

Every Wednesday starting in April 10:00 am - 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. Wear comfortable clothes. All levels welcome!

INTERMEDIATE VINYASA

(in person program)

Every Thursday 5:30 pm - 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 also 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

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.

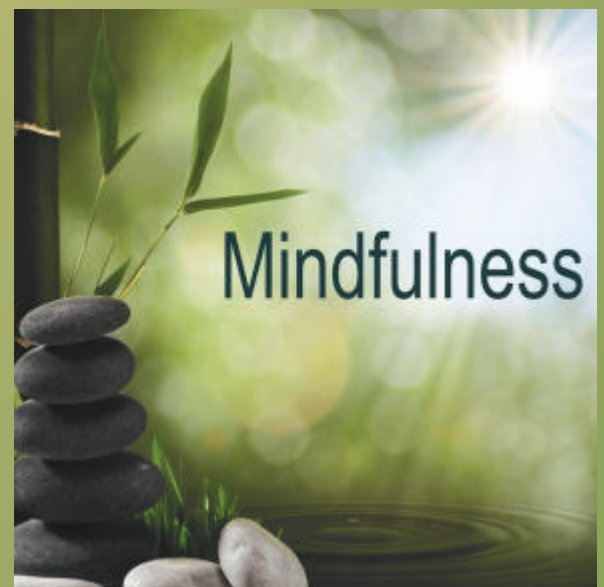
Mindfulness With Ranji

Every Monday, 11:00 am-12:00 pm

Price: Free for BRASS Members

Registration will close the Friday before each session.

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.





MATT on the Go



MATT on the Go: History!



MATT on the Go: Art!



MATT on the Go: Genealogy!

What is MATT on the Go?

MATT on the Go is a Mattatuck Museum program initiative that allows us to bring art and history from the Museum to older adults and lifelong learners in senior care facilities, senior housing, senior centers, and libraries. This information is presented through a series of hour-long PowerPoints that can be presented in-person or virtually. During the presentation we ask participants to reflect or answer questions based on the information being presented. Through this program, we hope to bring a piece of the Mattatuck Museum to our lifelong learners who might not be able to visit us on-site.

The Mattatuck is proud to announce three new presentations for MATT on the Go. You can choose one or all three, which can be given in-person or virtually. See below for more information on each MATT on the Go presentation and pricing.

MATT on the Go: History!

Fortune's Story: Enslaved in Life and Death

Fortune was an enslaved man in Waterbury, Connecticut. Upon his death, his body was not buried, and his bones were used to teach anatomy. His bones were donated to the Museum where they stayed until he was properly buried in 2013. For this MATT on the Go: History! we will use historical data to learn more about slavery in Waterbury and will explore Fortune's story, his bones, and what they can tell us about him.

MATT on the Go: Art!

The Artistic Life of Kay Sage

Kay Sage (1898-1963) was a contemporary artist who lived and worked in Woodbury, Connecticut. This MATT on the Go: Art! will explore the early life of Kay Sage, including her marriage to a prince. We will examine her poetry and artwork, which is featured in numerous museums including the Wadsworth Atheneum Museum of Art and the Mattatuck Museum. The Mattatuck Museum holds the largest collection of Kay Sage's work and materials. Time will be allotted to studying some of Sage's artworks and answering questions.

MATT on the Go: Genealogy!

How to use the Mattatuck Library and Archive to Learn More About Your Ancestors

MATT on the Go: Genealogy! was created by the Mattatuck Museum's Archivist, Stephanie Crawford. This presentation teaches participants how to use resources in the Mattatuck Museum's library and archive to learn more about their genealogy. This presentation will also explore digital resources which will allow participants to find out more information about their ancestors.

Pricing:

Virtual Presentation: \$75

In-person Presentation: \$150

To book one or more of these presentations, call or email Tashae Smith, Manager of Public Programs, at (203) 753-0381 x 117 / tashae@mattmuseum.org

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 SOLOMONSSEAL
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