



WATERBURY SENIOR CENTER



AUGUST 2022 Newsletter

Address: 1985 East Main Street, Waterbury, CT 06705

Phone number: 203-574-6746 Fax number: 203-574-8636

Hours of Operation: Monday thru Friday 9:00 a.m. ~ 2:00 p.m.

seniorcenter1985



Waterbury Senior Center

AMERICANA PARTY!



Fri., 19 ~ 11a to 1p

Menu: Catered Lunch

Music Bristol Fiddlers

Dress: Western/Americana

~Limited to 80 ~ Please Sign Up~

Senior Center Meeting

Mon, August 1, 2022 ~ 12:00pm

**Guests= Randi Bellemare~The Village
Ronae Mason from Grace Baptist**

**Stroke Education for Seniors
with Deborah Cram, RN, MSN, ACM
Thursday, August 4, 2022 ~ 12:30p**

Topics include:

- ◆ Signs & Symptoms
 - ◆ Risk Factors
 - ◆ When to call 911
 - ◆ BEFAST
- ~ Please Sign Up ~**



CITY OF WATERBURY
CARE IN YOUR COMMUNITY



**WATERBURY
HEALTH
DEPARTMENT**



OMH

Requirement this program is supported by the Office of Minority health (OMH) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$4,000,000 with 100 percent funded by OMH/OASH/HHS. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by OMH/OASH/HHS, or the U.S. Government. For more information, please visit www.minorityhealth.hhs.gov

August Is . . . Month

Family Meals Month
National Sandwich Month
National Crayon Collection Month
National Peach Month
National Panini Month
National Back to School Month
Kids Eat Right Month
Get Ready for Kindergarten Month
MedicAlert Awareness Month
Black Business Month
National Clown Month



**Happy Birthday to our
August
Babies!**



Reflexology with Kim

By Appointment Only
Tues, August 16 from 11:30am to 2pm
20 minutes for \$20



Peridot is the birthstone for August



Gladiolus is the flower for August

*"The month of August had turned into a griddle
where the days just lay there and sizzled."*
Sue Monk Kidd, The Secret Life of Bees



USA History Trivia Quiz



**Thursday, August 25 at
12:30p**

following Café Lunch
Prizes Will Be Given!

~ Please Sign Up ~





Dolce Haircuts



August 18
10am-11am
Please sign up

Mandy DuPont 's RoundTable

There will be no RoundTable in August
See you in September

SCAM of the MONTH ... August

~ The Internal Revenue Service ~

"You owe taxes & are in grave risk of large fines or jail time if you do not settle this situation immediately"



SLIPAWAY RIVER TOURS

Friday, August 12, 2022

\$15/pp

Bus leaves WSC at 10:15am

Returns approx. 2:30pm

See the Connecticut River in a whole new way! Leaving from Rocky Hill Ferry Park on a chartered (yes, we will have the whole boat to ourselves!) riverboat at 11:00am for a one hour tour. Lunch (*not included in the \$15*) will follow at Ferry Park Grill.

~ Please Sign Up ~ Limited to 16

~ Handicap Accessible ~

~No Reservations Will Be Accepted Without Payment ~

Bus Sponsored by B.R.A.S.S.



Parkinson's Disease

August 26, 2022~12:00p to 1:00p

Naida will be back to show a short film & distribute PD pouches. PD Pouches are available only to those with Park disease or for those who are caretakers
~ Please Sign Up ~ Light Refreshments ~



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Six Things Everyone Should Know About the Native American Archaeology of Connecticut

The human history of Connecticut stretches back at least 12,000 years **before** the arrival of Europeans. This talk will cover the human history of Connecticut from the end of the last Ice Age to the present. Key topics discussed are:

- 1) arrival & settlement of people in Connecticut at the end of the last Ice Age
- 2) adapting to the post-glacial landscape
- 3) increasing populations, new food & technologies
- 4) the rise of socially & politically complex societies
- 5) Indigenous people & the Colonial Europeans
- 6) Indigenous people & archaeology in Connecticut today

So come join Connecticut State Archeologist Dr. Sarah Sportman on Thursday, August 18th at 12:30pm, following Café Lunch, Light Refreshments



~ Please Sign Up ~



**FREE VEIN SCREENINGS by
Vein Centers of CT
August 11 at 9:30a~11:30a**

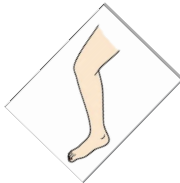
Tired, achy, itching legs, leg cramps, or swollen ankles? You may have venous insufficiency. Join **Dr. Jeffrey Takahashi & Cassandra** here at **the Waterbury Senior Center** for an ultrasound & review.

Please wear (or bring to change into) shorts or a skirt.

If needed, a complete detailed ultrasound & examination can be performed at the Vein Center's office in Bristol or Wallingford. They accept most insurance plans & are staffed by four board certified vein specialists.

The Vein Centers of CT office = 860-229-8346
Monday-Friday 8 am – 5 pm

~Please Sign Up ~ Limited 10 minute appointments~



Cards & Crafts

Wed., Aug. 31 ~ 12:30pm

Flip cards ~ \$2.00

~ Please Sign Up ~



**BRASS CITY HARVEST FARMERS
MARKET**

Tuesdays in August until November 29
10am to 11:30am

Farmers market check, cash, credit/debit
cards & SNAP accepted

It will be located on our front porch



DONATIONS

If anyone would like to donate to the senior center, we are in need of:

Wrapped Snacks ... Thank you!

We have received:

Thread

Flatware

Personal care products

Coffee

Snacks

Bread & bagels



AAA Driver Class

Fran Mayko will be here on

**Fri, Oct. 7, 2022 = 9:30a to
1:30p - Limited to 14 - Please**

Sign Up



BRASS Computer Class

Friday, August 5 at 11am

~ Please Sign Up ~



Tech Help

Mondays in August

10:00a to 11:00a

3 sessions of 20 minutes each

~ Please Sign Up ~



All Events Subject to Change

Word Search - Fruit

Find and circle all of the fruits that are hidden in the grid. The words may be hidden in any direction.

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

Apple
Apricot
Banana
Blueberry
Cherry
Grape

Kiwi
Lemon
Nectarine
Orange
Papaya
Peach

Pear
Plum
Raspberry
Strawberry
Watermelon



Waterbury Senior Center “Housekeeping”

You must sign up for all events, classes, trips & parties. Call us at (203) 574-6746, see us in person or circle what you want on a calendar, put your name on it & hand it into the office. We will enter the classes you want into the computer & give the calendar back to you.

Masks are now optional at the Center.

If you know of any member who has passed away, *please let us know.*

Remember: No open cups of liquid on the floor; sneakers or athletic shoes for the fitness room

Please be sure all of your information is up to date - if you moved, changed phone numbers, email or your emergency contact, please let us know.

With the exception of milk & bread, Café Lunch food **cannot** be removed from the senior center.

Please be considerate - During classes or presentations, turn off or silence your phone.

Please Note: If you do not attend a class, you do not receive any of the give-a-ways.

Newspapers can be taken home at 2pm, when we close.

Sign Up Requirements: 60+ years of age & a Waterbury resident. Please bring a photo ID with you.

No Saving Seats ... First Come First Served ...



- If any of our members are in need of pet food for **their** pets please call Mira 203-574-6746 to sign up

- **Renters Rebate Information — through September 30, 2022**

65 years of age or older by 12/31/2021 OR 100% totally disable before turning 65 & getting benefits for entire 2021 year. Proof of rent paid stating the amount paid for rent for the year. Gas/electric payment history or oil payments - paid receipts, cancelled checks for 2021. Income proof = all taxable & non-taxable income for 2021: Income Tax returns, W2 Forms, Pension, Interest, Dividend or Social Security 1099 Statements for 2021.

Income Guidelines: Single \$38,100 Married \$46,400



Frances Falcone

Reiki with Amy

Sign up for a private 20 minute Reiki session with Amy. Reiki is a Japanese technique for stress reduction & relaxation that also promotes healing. \$20.

Aug. 11~ 11a to 2p

~ Please Sign Up ~



Congratulations to the Aging Mastery Program Graduates!
They have completed a 10-week course
L to R: Ron, Facilitator Mira, Maxine, Laurine, Clara, Anabela, Pat & Prozora. Missing from photo: Lilly, Theresa & Lesa
Thanks to "The Big Dipper" in Prospect, CT for the ice cream treat!



Fire & Ice Party July 15, 2022





COVID-19 TESTING

No Appointments Necessary!

StayWell Health Center
1309 South Main Street, Waterbury, CT 06708

Tuesday-Friday: 3pm-7pm
Saturday: 11am-4pm

ACCU REFERENCE MEDICAL LAB

DPH

All are welcomed—no proof of identification or insurance is needed

Prueba de COVID-19

¡No se Necesitan Citas!




StayWell Health Center
1309 South Main Street, Waterbury, CT 06708

Martes-Viernes: 3pm-7pm
Sábado: 11am-4pm

ACCU REFERENCE MEDICAL LAB

DPH

Todos son bienvenidos—no se necesita prueba de identificación o seguro



If you need a Covid vaccine or booster, please make an appointment at an area pharmacy. Costco also gives shots. Walk-ins are welcome at Municipal Stadium, South Lot for testing only. Homebound Waterbury residents call **203-574-6780 x4681** for a home visit to receive the vaccine. Please check The City of Waterbury's Health Department's Facebook page, Waterbury Health Department and Instagram page, waterburyhealthdepartment for further information on closings due to inclement weather or holiday schedules.

People with Special Health Care Needs, Older Adults, English as a Second Language, Homebound Adults & Children can call the Waterbury Health Department at **203-573-6631** for help getting a Covid-19 Test kit.

AUGUST 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 10a=Tech Help 11a=Zumba 11a=Setback 12p=Senior Ctr. Mtg	2 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 10a=BC Harvest Mkt 11:30a=Café Lunch 12:30p=Bingo	3 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Brass Harvest Nutrition 11a=BRASS Crochet 12:30= Tai Chi	4 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch 12:30p=Stroke Ed for Seniors	5 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Poker 11a=Computer Class
8 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 10a=Tech Help 11a=Zumba 11a=Setback 1p=Life Style Care	9 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 10a=BC Harvest Mkt 11:30a=Café Lunch 12:30p=Bingo	10 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Brass Harvest Nutrition 11a=BRASS Crochet 12:30= Tai Chi	11 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Vein Screening 10a=BRASS Quilting 11a=Reiki w/Amy 11:30a=Café Lunch	12 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:15a=Slipaway River Tour (Bus Leaves) 10:30a=BRASS Chair Ex. 11a=Poker
15 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 10a=Tech Help 11a=Zumba 11a=Setback	16 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 10a=BC Harvest Mkt 11:30a=Reflexology 11:30a=Café Lunch 12:30p=Bingo	17 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Brass Harvest Nutrition 11a=BRASS Crochet 12:30= Tai Chi	18 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 10a=Dolce - \$2 11:30a=Café Lunch 12:30p=Native American CT Archaeology	19 NO ACTIVITIES <i>AMERICANA WESTERN PARTY</i> 11A TO 1P 
22 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 10a=Tech Help 11a=Zumba 11a=Setback 1p=Life Style Care	23 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 10a=BC Harvest Mkt 11:30a=Café Lunch 12:30p=Bingo	24 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Brass Harvest Nutrition 11a=BRASS Crochet 12:30= Tai Chi	25 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch 12:30p=USA Trivia Quiz 12:30p=Sr Dine signup	26 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Poker 12p=Parkinson's Disease
29 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 10a=Tech Help 11a=Zumba 11a=Setback	30 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 10a=BC Harvest Mkt 11:30a=Café Lunch 12:30p=Bingo	31 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Brass Harvest Nutrition 11a=BRASS Crochet 12:30= Tai Chi 12:30p=Cards&Crafts		

AUGUST 2022 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 Lentil soup/crackers Roast beef/gravy Bowtie pasta Green beans Wheat bread Pears	3	4 Greek chicken breast Seasoned orzo Spinach salad Pita bread Fruit juice Pound cake	5 
8 Café Lunch served 11:30a to 12:30p Tuesday & Thursday All menus are subject to change	9 Hamburger pattie/bun French fries Broccoli Tropical fruit	10	11 Herbed chicken qtr. Whipped potatoes Mixed vegetables Wheat roll Brownie Fresh fruit	12
15	16 Potato-crusted fish Roasted potatoes Peas Rye bread/butter Peaches	17 	18 Chicken Parmesan Penne w/sauce Tossed salad w/Ranch dressing Italian bread Seasonal fruit	19
22	23 Sliced turkey w/gravy Roasted sweet potato Brussel sprouts Biscuit Mandarin oranges	24	25 Chicken noodle soup w/ crackers Egg salad Lettuce & cucumbers Carrot raisin salad Italian bread BIRTHDAY CAKE	26
29	30 Cheese ravioli Alfredo sauce Tossed salad w/dressing Garlic bread w/butter Apple sauce	31		





Waterbury BRASS is a city-wide project funded by the Connecticut Community Foundation and the City of Waterbury, dedicated to the health and wellness of Waterbury residents age 60 and over.

BRASS Membership Registration
Mail to: Waterbury Senior Center
1985 East Main Street • Waterbury, 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 circle if you are presently in need of:

Meals Transportation Housing Benefits Information

Name

Signature (client/responsible party)

Date
