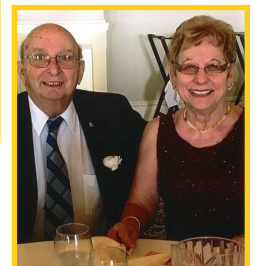
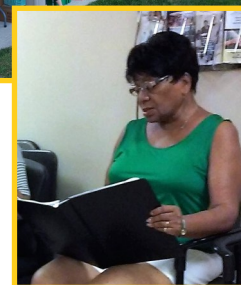




Waterbury Senior Center



August 2026 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

Class Cancellation Reminder...

If you are unable to attend a class you registered for, please remember to call or email the Senior Center to cancel your spot as soon as possible. Many of our classes have limited capacity, and letting us know you will not be attending allows another member the opportunity to participate.

Please note that members who do not notify the center when they are unable to attend may not be allowed to register for that class the following month. Your cooperation helps us ensure that our programs remain fair and accessible for everyone.

Thank you for your understanding and support!

ENTER TO WIN A BEAUTIFUL HANDMADE QUILT CREATED BY OUR TALENTED SENIOR CENTER QUILTING CLASS!

Raffle tickets are just \$1 each



The winning ticket will be drawn at the Waterbury Senior Center's 13th Anniversary Celebration on Friday September 11, 2026

Don't miss your chance to take home this one-of-a-kind piece!

PLEASE SEE STAFF IN THE OFFICE FOR TICKETS



PLEASE NOTE:

The price of Styrofoam coffee cups has doubled!

If you can, please consider donating cups to the senior center.

Whatever size you can donate will be greatly appreciated!!!

Thank You!



YMCA Community Blood Drive – August 20, 2026

In partnership with the YMCA, we invite you to join our Blood Drive on **Thursday, August 20, 2026, from 1:00 PM to 2:00 PM**. A simple donation can help save lives and support patients in need. Your generosity makes a lasting impact on our community. Transportation for the WSC will be provided. The van will leave WSC at 12:45pm.

Please Sign Up



AMERICA 250 CELEBRATION

1776~2026



BIG NEWS: Medicare Savings Program Updates



New Monthly Income Limits

Effective March 1, 2026

Eligibility is based on your gross monthly income.

Medicare Saving Program	Single	Married	What it Pays For
QMB	\$2,807	\$3,806	Part B premiums, deductibles, & co-insurance
SLMB	\$3,073	\$4,166	Medicare Part B premiums
ALMB	\$3,272	\$4,437	Medicare Part B premiums

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$577,233 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



Any Question?
Call: 203-757-5449 option 4
Email us info@wcaaa.org



CPR Training for Seniors

As per requests from our "Suggestion Box", Vinson Valez from the City, will be here on Wednesday, August 26 at 11am to conduct a CPR Training class for our members. Take the important step of learning CPR to protect your loved ones.



~ Please Sign Up ~



City Planning Lunch & Learn Monday, August 17 — 12:30p



Robert Nerney, City Planner will be here to talk about city planning. City Planning impacts the quality of life for residents by promoting orderly development of Waterbury through effective planning, efficient land use, open communications, and quality service. This includes subdivision and site plan review, wetlands review and monitoring, comprehensive planning, and development consultation.



~ Please Sign Up ~



Quassy Boat Ride

Enjoy a ride on beautiful Lake Quassapaug on the
"Quassy Queen"

\$15.00/pp - Non-Refundable-Payable Upon
Sign Up- You are signed up when you pay
Transportation, Boat Ride & Snacks on the Boat
Included

= Not Handicap Accessible =

Wed., August 12

Bus leaves WSC at 10:30am & returns 12:30p
(Boat ride is about an hour)

Limited to 19

Sponsors:

B.R.A.S.S.

ION Bank



Smart House Tour

Broad Street, Meriden, CT

Wed, August 19 → 10a to 12p

Lunch at Huxley's Bookmark Café

\$3 ... Non-Refundable

This house is the first of its kind in the state, offering a hands-on environment where you can explore, test, and experience assistive technologies, such as lift systems, smart showers, ovens, stoves, microwaves, cooking aids and medication management tools. The lending library allows you to borrow devices and try them in your own home. The tour is about an hour to an hour & a half with lunch (you pay) to follow.

If you attended in July, you are not eligible

Van leaves WSC at 9:30a & leaves Huxley's at 1:30p

Limited to 10 ~ Please Sign Up



~ PLEASE NOTE ~

City Mission = 8/14

No Brass City Harvest Nutrition 8/5

Dolce = 8/19 (there) – 10a

Silas Bronson Library Outside at the Farmers
Market = 8/11 – 9:30a

Senior Center Meeting

Mon, August 3 ~ 12pm

Guests: Compassion Home Care



Thank You, Talique!

Join us as we say Thank You & Good-
bye to our wonderful Summer
Intern Talique with an

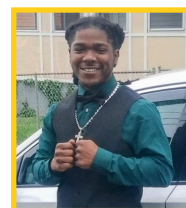
Ice Cream Social!

By The Big Dipper

Friday August 7, 2026 ~ 11:30a

IN OUR MAIN ROOM

~ Please Sign Up ~



Chorus w/Anna



Returns September 3rd



Ukulele w/Ted



Returns September 3rd



Sewing With Jessica or Maggie

11a to 12:30p ~ Please Sign Up ~
Fri, August 7, 14, 21, 28



Jessica Dorner Nutrition

Mon, August 10—>12:30p

"Milk & Milk Alternatives"



Try It Day & Demo: There are many kinds of milk and milk alternatives that it might be confusing to figure out which one is best. Jessica Dorner RD will offer a taste-test of different types of "milks" so you can try before you buy! Jessica will also demo one recipe using one of the milk alternatives for attendees to sample.

Handouts and recipes will be available for attendees to take home.



Please Sign Up

BRASS Crochet & Knitting w/Lindsey

August 5, 12, 19, 26

11a to 12p

Please Sign Up

Reflexology with Kim

By Appointment Only

Tues, August 18 ~ 11:30a

20 minutes for \$25

Foot reflexology is a therapeutic practice that applies pressure to the feet to promote relaxation and overall health.

Please Sign Up in Office w/time



Mandy DuPont's Roundtable

Topic: "TBA"

August 20 - 12:30p ~ Pls Sign Up

Estevan Miranda - City Health Coach Stress Management

Mon., August 24 —> 12:30p

Everyone experiences stress. Feeling stress can be a normal coping response. However, when it is long term, known as chronic stress, it can lead to worsening health problems.

Learning to cope in a healthy way can help reduce your stress. Taking small steps in your daily life to manage stress can have a big impact. Everyone manages stress differently. You can find and manage what triggers your stress and the right combination of healthy techniques that work for you.

~ Please Sign Up ~



Veterans Coffee Hour

See You In September



Senior Dine Meals Program Registration Thurs, August 20 ~ 12:30pm

Senior Meals is a restaurant meal program operated by Senior Nutrition Services of New Opportunities, Inc. The program is open to area residents age 60 and older.

There is no income requirement to participate.

~ Please Sign Up ~



NEW OPPORTUNITIES

Building Relationships to End Poverty™



Reiki with Amy

August 21 ~ 11:30a

\$20 for 20 minutes

Reiki is a form of energy healing originating in Japan. It focuses on the transfer of vital energy to promote relaxation, healing, and balance.

Please Sign Up



AARP Driver Course

Fri, Sept 18—>9:30a to 1:30p

\$20 for AARP Members

\$25 for non-AARP members

Make check payable to AARP & give to instructor the day of class

~ Please Sign Up ~



DRUM WITH DEBRA

Wed, Aug 5, 12 ~ 11am

Get some fun & light exercise while pounding to music!

Limited to 6

~ Please Sign Up ~

PLEASE NOTE:

Thank you all for thinking of us & wanting to donate to us. However, we can not accept clothing, shoes, bedding, used candles, open fragrance or broken or heavily used items.

If you have items you would like to donate, here are some organizations:

- Pick up Please (The Veterans) (they will pick up)=1-800-775-8387
- St. Vincent de Paul=203-573-9018
- The Salvation Army=203-754-7056
- Acts 4 Ministry=203-574-2287
- Goodwill=203-633-2769
- Waterbury Dog Warden=203-574-6909

PLEASE CONTACT THE SILAS BRONSON:

- WI-FI HOTSPOTS AT HOME
- ONE-ON-ONE COMPUTER HELP
By Appointment

203-574-8225, bronsonlibrary.org/programs

- HOME DELIVERY SERVICE
bronsonlibrary.org/homedelivery
email bronsonlibrary@waterburyc.org

SBL Computer Class

Fridays at 11am

August 7 = Uploading, Downloading & Printing Documents

August 14 = Conquer the Keyboard!

August 21 = Computer Quiz Show-Team Competition

August 28 = Retro Computer Games 2

~ Please Sign Up ~

One-on-One Tech Help

Please Sign Up

2 Sessions Available

(10a & 10:30a)

Limit 2 sessions per month per person



Silas Bronson Library
Something for Everyone

DONATIONS

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

Styrofoam cups, Decafe, Wrapped Snacks, Lysol Wipes, gallon Ziploc bags, powered drink mix & Wrapped Straws *Thank you!*

Thank you to everyone for bringing to us baked goods, chips, sandwiches, drinks, pet food, snacks, kitchen items & crafting supplies. We are so blessed to have so many people care about us!

Need Benefits Counseling?
Call WCAAA
203-757-5449



Suicide Prevention Crisis Hotline →988

This hotline will provide help, support & resources for resident who may be struggling with thoughts of suicide.

All events/activities subject to change
You must register for ALL activities
If you can't attend, please call us to cancel

Birthstone: Peridot Flower: Gladiola

August was nearly over - the month of apples and falling stars ... The days were not hot, but sunny and limpidly clear - the first sign of advancing autumn." Victor Nekrasov

Happy Birthday to our August Babies!



Wisdom Years
"A Beautiful Blessing"

Aug 6 ~ 12:30p

~ Please Sign Up ~

LATE BREAKING NEWS!

Dolce Hair Academy

91 Schraffts Dr, Waterbury, CT 06705

Although Dolce will no longer be coming here to the Waterbury Senior Center, we have arranged for you to go to Dolce on August 19 at 10:00am. **There will be a \$5.00 cash only charge.**

Transportation will be provided for those who NEED it from the senior center to Dolce and back again. **We encourage seniors who can drive, to do so.** Or if you take the shuttle, you can have them *pick you at home, take you to Dolce and then back home again.* The shuttle will NOT take you from home to Dolce and then to the senior center from Dolce and then take you home.

~ Please Sign Up ~



Sunshine Lavender Farm Soap Making



Thurs., August 6 — 9:30a to
11:00a

**\$5/pp non-refundable ~ You are signed up when
you pay ~ Please Sign Up**

**Make 2 bars of soap! Be creative! With scents &
flowers**

Bus leaves WSC at 9:00am & returns at 11:30am



BIBLE STUDY

Our community partner, Grace Baptist Church, warmly welcomes Waterbury Senior Center members to participate in their Bible study and fellowship activities

Morning Devotion Call

Monday–Friday | 6:30 AM–7:00 AM

Call: (617) 691-8371

Midday Bible Study

Monday–Thursday | 12:00 PM–1:00 PM

Join by Zoom using Meeting ID: 952 969 6409 or call (617) 691-8371

Evening Bible Study

Wednesdays | 7:00 PM–8:00 PM

For additional information, please contact Grace Baptist Church at (203) 756-5269

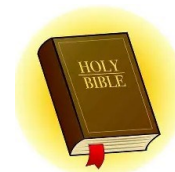
Walking Group

Beginning Wednesdays | 9:30 AM–10:30 AM

Location: Brass Mill Center

Enjoy a morning walk with friends and fellowship before heading out to lunch together. Participants are welcome to join the noon Bible study immediately afterward

All are welcome!



Waterbury Senior Center “Housekeeping”

*****You must sign up for all events, classes, trips, lunch & parties***** Highlight what you want on a calendar, put it in the bin on the wall. We will enter the classes you want into the computer & put the completed calendar in the alphabetized racks in the computer hallway

PLEASE NOTE: Payment for ANY party or event where there is a fee, confirms your registration

Sign Up Requirements: 60+ years of age & a Waterbury resident. Please bring a photo ID with you. Newspapers can be taken home at 2pm, when we close.

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

Remember: No open cups of liquid on the floor.

You must wear sneakers or athletic shoes for the fitness room or exercise classes, unless the instructors allow other footwear.

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 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.

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

If class times overlap, please pick **ONE** class

NO FOOD OR DRINK IS ALLOWED IN THE COMPUTER ROOM

Renter's Rebate The **Connecticut Renters' Rebate Program** offers financial assistance to eligible elder or disabled renters. Applications are accepted **April 1st through September 30th**.

Applicants must be 65 or older or determined disabled. Income guidelines are \$46,300 for a single person and \$56,500 for married couples. Documents needed:

2025 Social Security award letter/ 1099

Rent- Letter from your landlord, on their letterhead, stating the amount PAID in rent for all of 2025. If landlord is a relative, need their (landlord) tax return

Electric/Gas/Oil- payment history for all of 2025. Must include company name, address, and account number

2025 Federal Income Tax (if filed)- return and all attachments

SSI-verification letter including monthly breakdown

Pension- Letter from pension company showing what you earned in 2025

Disabled- determination letter with date determined disabled

Income- proof of all other income



MUNICIPAL AGENT PAGE

CHOICES

CHOICES is Connecticut's State Health Insurance assistance Program. Free and unbiased services are provided to Medicare-eligible individuals, families, and caregivers of all ages and income levels. One-on-one benefits counseling on all parts of Medicare, including Original Medicare (Parts A and B) Medicare Advantage (Part C), Medicare Supplement, and Prescription Drug Coverage (Part D), Enrollment assistance and plan comparisons for Medicare Advantage and standalone Part D plans, Eligibility Screening and application assistance with cost-assistance programs including Medicaid, the Medicare Savings Program, the Low-Income Subsidy/Extra Help Program. To receive assistance please contact the CHOICES Dept at the Western CT Area Agency on Aging at 203-757-5449 EXT 134.

Free Transportation through the Waterbury Senior Shuttle Program

Do you need a ride? The Waterbury Senior Shuttle Program is open to all City of Waterbury residents aged 60 years and older. All shuttle riders are required to have a Senior Shuttle ID card which may be obtained by calling 203-346-3810.

To Schedule a Ride please call (203) 275-0124

Non-medical rides can be scheduled up to three (3) days in advance and medical appointments can be made up to one (1) month in advance. You must call between the hours of 9:00 a.m. and 12:00 p.m. to schedule a ride.



CITY MISSION

City Mission bags are distributed to our seniors with food insecurity. If you would like to benefit from this generous food distribution, please sign-up each month.

Incontinence Supplies

The Waterbury Senior Center is partnering with NOW Inc. and Charm medical to assist with an adult incontinence product bank here at the center. You will need ALL of your insurance cards and complete a form. Please call Maggie at 203-574-6746 when supplies are needed. One product limit per month. This is a donation-based program for low-income seniors. Please see Maggie for more information.

Animeals

Phone calls will no longer be made to remind seniors to pick up their pet supplies. They should now call Maggie at 203-574-6746 to request their pet supplies. Please note that you can receive supplies for up to two pets per month.

The Brass City Harvest's Farmers Market will continue until Tuesday, September 29, 2026 from 10:00am to 12:00pm.

We are using the farmers market debit card. If you have last year's, it will be loaded with **\$40**. We will load the card at the Senior Center. If you don't have last year's card, you will be issued a new one at the Senior Center. One card per person, per season. A married couple will receive one card each.

The income guidelines are: **\$2,461 per month for 1 person household**, and **\$3,337 per month for a 2 person household**. Please bring proof of income & a photo ID with you when you come to get your card reloaded & fill out the information sheet.

Brass City Harvest also accepts cash, check, credit card, debit card or SNAP.

Medicare Updates 2026

Presented by SHIP/CHOICES
Helping You Make Sense of Medicare

Monday, August 31st

Time: 12:30 pm

Location: Waterbury Senior Center
1985 East Main Street, Waterbury, CT 06705

Topic will include:

- Medicare GLP-1 BRIDGE Program for reducing GLP-1 weight-loss medication cost
- Improvements with lowering Part D medication costs.
- How to navigate Medicare benefits online
- Q&A with a certified CHOICES counselor



Get your questions answered by trained
CHOICES counselors.
This is a **FREE** event.

**CONTACT WATERBURY
SENIOR CENTER TO REGISTER
@203-574-6746**





STARTING JULY 1, 2026

Medicare

GLP-1 PILOT PROGRAM

GLP-1 WEIGHT LOSS MEDICATIONS

FOR \$50 PER MONTH!



Medicare now offers the GLP-1 Pilot Program to help eligible beneficiaries access certain weight loss medication for **\$50 per month**.



Covered Medications

- **Foundaryo** (tablet)
- **Wegovy** (Injection or tablet)
- **Zepbound** KwikPen only



Not Covered: Single-dose Zepbound pens or Zepbound vials.



- ✓ The \$50 payment does not count toward your Medicare part D deductible.
- ✓ The \$50 payment does not count toward your annual out-of-pocket maximum.
- ✓ These medications cannot be paid through the Medicare Prescription Payment Plan.



WHO MAY QUALIFY?

You must meet **ALL** of the following requirements:



1. Have Medicare Part D coverage.

- You have Medicare Part D prescription drug coverage through either:
 - A standalone Medicare Prescription Drug Plan (Part D), or
 - A Medicare health plan that includes prescription drug coverage.

You are not eligible if your Medicare coverage is only through one of these special Medicare plan types:

- Private Fee-for-Service (PFFS) Plan
- Medicare Cost Plan
- Program of All-Inclusive Care for the Elderly (PACE)

Not sure what type of Medicare plan you have? Call **203-757-5449 option 4** your local SHIP office for free, unbiased Medicare counseling.



2. Already receive a GLP-1 medication through your Medicare drug plan

If you've been using a GLP-1 drug paid for by your Medicare drug plan for any reason, you need to keep getting your GLP-1 drug through your plan.

GLP-1 drugs are defined as products with the following active ingredients:

- Semaglutide
- Tirzepatide
- Orfordlipron
- Dulaglutide
- Liraglutide



3. Do Not Have

- Type 2 Diabetes
- Moderate-to-Severe Sleep Apnea
- Fatty Liver Disease

If you have any of these conditions, contact your Medicare drug plan—they may already cover a GLP-1 drug for you.



4. Be 18 years or older AND meet one of the following BMI requirement.

BMI
35
or higher

None

BMI
30
or higher

And have heart failure, difficult to-control high blood pressure or stage 3a + chronic kidney disease

BMI
27
or higher

And have prediabetes Or have had a heart attack, stroke or blocked arteries in legs or arms

* BMI (Body Mass Index) is based on your height and weight. Ask your doctor what your BMI is if you don't know.

How to Get Started: Step by Step

Talk to your doctor to see if a covered GLP-1 medication is right for you and if you qualify for the program.

Your doctor sends your prescription to the pharmacy. The pharmacy verifies your eligibility. You may be asked for your Medicare ID number.

Your doctor completes a prior authorization to get Medicare's approval for coverage.

Once approved, you'll receive a letter from Medicare. You can then pick up your prescription and pay \$50 for a one-month supply.

Refills don't require a new approval as long as you remain on the same medication, even if your dose changes.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$557,703 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



QUESTIONS?

Contact your Medicare drug plan or call:

1-800-994-9422 (SHIP STATEWIDE) 203-757-5449 option 4



SHIP

State Health Insurance Assistance Program