



# WATERBURY SENIOR CENTER



## April 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!



## Black History Month Celebration 1926 to 2026



**BLACK  
HISTORY  
MONTH**



# St. Patrick's Day Party





Thank you to our sponsor Autumn Lake Healthcare at Bucks Hill  
And to Linda Hughes from Autumn Lake for helping in the kitchen!



## Pat's Craft Class

Wed., April 1, 2026

12:30pm -- \$3

Join member Pat Santoro to make 2 small treat boxes. Pick your base colors & spring themed die cuts to decorate your boxes

- Please Sign Up - Limited to 10 -



## Easter Lunch Catered by TRIO

Thur., April 2, 2026

11:30am

\$5.00/pre-paid

(See the menu for the cuisine)

There will be a visit from the Easter Bunny & a FREE Raffle!

Please sign up



Wisdom Years

Thurs, April 2 ~ 12:30p

"Walking In Jesus' Footsteps"

Please Sign Up



DRUM WITH DEBRA

Wed., April 8 ~ 11am

Get some fun, light exercise while pounding to music!

Limited to 6

~ Please Sign Up ~



## Park Central Lunch & Bingo

(formerly Girls Inc., The Girls Club)

Friday, April 10 -- 11:30a to 1:00p



Park Central will host 15 seniors for lunch & Bingo. Join us for an intergenerational program and luncheon at Park Central (the first Girl's Club in the US). Spend an afternoon with the girls attending Park Central's April vacation camp, where you'll enjoy Bingo, simple crafts, lunch, and new friendships together!

Transportation Provided to Park Central  
Please Sign Up



## ~ PLEASE NOTE ~

We are CLOSED on Friday, April 3rd in honor of Good Friday  
No Jessica Dorner Nutrition

## Senior Center Meeting

Mon, April 6 ~ 12pm

Guests: Always Best Care  
New Opp - Foster Grandparent  
Senior Home Delivered Meal Programs

## Silas Bronson Library

Michael from the Library will be back on Tuesday, April 7th from 9:30am to 11:30am. He will be able to help you get or renew your library card, talk about available books, etc.

~ Please Sign Up ~



## Waterbury Health Department Survey Tues., April 7 ~ 9:30am

The survey will be given by Diana Mager, a Registered Nurse and teacher at Fairfield University. She is finishing a Master's in Public Health and working with the Waterbury Health Department. The Health Dept wants to learn what kinds of health services seniors use, what they need more of, and if there are any problems getting help. Diana has a short, anonymous survey that uses paper and pen. There are no names or addresses collected. The survey is to learn more about what is needed in Waterbury.

Please Sign Up

## Ukulele w/Ted



Thurs, April 2, 9, 26, 23, 30

10:30a-11:30a ~ NEW TIME

Ukuleles will be provided

~ Please Sign Up ~



## Chorus w/Anna

Thurs, April 2, 9, 16, 23, 30

9:30a-10:30a

~ Please Sign Up ~

++New Time++



## "Sewing With Jessica"

A New Project Starts the first Class of Each Month

~ Please Sign Up ~

Fri, April 10 & 17 ~ 11a to 12p



## No Jessica Dorner Nutrition In April



## Watch Your Step! Lunch & Learn

Physical Therapy and Sports Medicine  
Centers

Mon., April 27 ~ 12:30p

Join us for an engaging and informative presentation focused on preventing falls, improving balance, and managing dizziness. This talk, led by two board-certified specialists in orthopedic physical therapy, will review balance and dizziness, common risk factors for falls, practical strategies to reduce fall risk, techniques to help reduce injury, and available treatment options. The goal is to help you stay confident, steady, and safe in your daily activities.

~ Please Sign Up ~



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

## Suicide Prevention Crisis Hotline → 988

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

## Veterans Coffee Hour

Fri, April 10, 2026 ~ 10am

Veterans Coffee Hour is a relaxed, welcoming meetup where veterans connect over coffee, share stories & build community in a supportive space.

All branches & Spouses Welcome

*Thank you for your service!*

Thank you to Caption Call - Today's Sponsor

~ Please Sign Up ~



## The Magic Of Recycling Thurs, April 30 12:30p

Come join us as CJ May, the city Recycling Coordinator, as he presents his program "The Magic of Recycling".

~ Please Sign Up ~



## BRASS Crochet & Knitting w/Lindsey

11a to 12p

April 1 = Shirley

April 8 = Shirley

April 15 = Lindsey

April 22 = Lindsey

April 29 = Lindsey

~ Please Sign Up ~

This friendly and relaxing class introduces seniors to the enjoyable crafts of crocheting and knitting. Participants will learn basic stitches, simple patterns, and techniques to create cozy scarves, blankets, and other handmade items. The class moves at a comfortable pace, providing step-by-step guidance in a supportive and social environment. No prior experience is needed—just bring your curiosity and enjoy learning a creative hobby while connecting with others.



## Reflexology with Kim

By Appointment Only  
Tues, April 21 ~ 11:30a  
20 minutes for \$25

Foot reflexology is a therapeutic practice that involves applying pressure to specific points on the feet, which correspond to different organs and systems in the body, promoting relaxation and overall health.

*Please Sign Up in Office w/time*

## Mandy DuPont's Roundtable

Topic: *10 Tips to Stay Happy & Healthy*  
April 16 - 12:30p ~ Pls Sign Up



## AARP Driver Course

Fri, May 15 —> 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



Birthstone: Diamond

Flower: Sweet Pea

"...days...in April have a charm — even days that seem raw and rainy...buds everywhere, the whole splendor of the coming summer concentrated in those hard little knobs on every bough..." ~Thomas Wentworth Higginson, "April Days," 1861

**Happy Birthday to our April Babies!**



## SPADES

Fridays at 11a in the Pool Room

Spades is a pulse-pounding card game, where players bet on and try to win individual rounds, or "tricks." So gather a few friends and a standard deck of 52 cards.

*Please Sign Up*



## Reiki with Amy

April 17 ~ 11:30a

\$20 for 20 minutes

Reiki is a form of energy healing originating in Japan, which focuses on the transfer of vital energy to promote relaxation, healing, and balance. During a session, the Reiki master places their hands above the body, acting as a channel for the energy, which flows to where it is needed.

*Please Sign Up*



## Estevan Miranda - City Health Coach

**Blood Pressure**

Mon., April 13 —> 12:30p

Although February is Heart Month, and this is April, we're going to be taking a deeper look into blood pressure. Despite getting this measured yearly for their physical, most folks still do not understand blood pressure or how hypertension (high blood pressure) can impact health outcomes. Coach Estevan will be discussing what blood pressure is, how high blood pressure can develop, normal vs abnormal readings, signs & symptoms and more!

*~ Please Sign Up ~*

## Need Benefits Counseling? Call WCAAA

203-757-5449

Appointments Necessary!



## Senior Meals Program Registration Thurs, April 16 ~ 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™

## 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](http://bronsonlibrary.org/programs)

•HOME DELIVERY SERVICE

[bronsonlibrary.org/homedelivery](http://bronsonlibrary.org/homedelivery)

email [bronsonlibrary@waterburyct.org](mailto:bronsonlibrary@waterburyct.org)

### **SBL Computer Class**

**Fridays at 11am**

**April 10 = Pinterest**

**April 17 = Basic Computer Skills**

**~ 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:

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!

## **WATERBURY EYE HEALTH FAIR**

Friday, April 24th | 10:00 am to 1:00 pm

Join UR Community Cares and Waterbury Senior Center for a blind and low vision health fair. Come and enjoy:

- Giveaways
- Senior & Disability Resources
- Technology Training
- Refreshments



**Location:** Waterbury Senior Center,  
1985 E. Main Street, Waterbury, CT



[URCommunityCares.org](http://URCommunityCares.org)

RSVP Required 203-574-6746



Timeless Impact™

**There will be no activities on Friday, April 24, 2026 other than the Eye Health Fair**



## 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**

## CITY OF WATERBURY HOMEOWNER TAX EXEMPTIONS

Any homeowner in the city of Waterbury who is either over the age of 65 or totally disabled can apply for the Elderly/Disabled Homeowner Tax Exemption offered by the City. This is an *Income-based exemption*, so proof of all the applicant’s income for the previous calendar year needs to be brought in when the application is completed.

In order to qualify for this exemption, the maximum income for a **single person is \$46,300**, and the maximum income **for a married couple is \$56,500**.

If the applicant is married, both incomes need to be provided. If the applicant(s) still file Federal Income Tax, a copy of their 2025 Federal return is needed, along with all the documents used to create it. If they no longer file, they need to supply end-of-year statements from all their sources of income, for example a 1099 form showing the total Social Security they collected for the previous year, an end-of-year statement from their pension organization and from any source of interest collected.

Applications will be accepted at the Assessor’s Office from **February 1 to May 15** from **9 AM to 4 PM**. If there are any questions, please contact the **Assessor’s Office at (203)574-6821**.

**Renter’s Rebate** runs from **April 1, 2026 – September 30, 2026**. You must be a Waterbury resident aged 65 or older. Income Guidelines: **Single: \$46,300, Married \$56,500**

You Must provide proof of **ALL** income for **2025**, landlord’s name, address, rent receipts and 2025 Social Security award letter. If you receive a pension you must provide a letter from pension company stating the amount that you received in 2025. You must also provide 2025 utility payments. Those that are under 65 and deemed disabled through the Social Security Administration are eligible (proof is required). Also, if a tax return was filed for 2025 that is required as well.

# 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

Incontinence products are distributed monthly. One (1) product limit per month. Please see Maggie.

## Animeals

Pet food is distributed monthly. 2 pets per household limit. Please see Maggie to sign up.

## CEAP

The CT Energy Assistance Program begins September 2<sup>nd</sup>. The Program helps Connecticut residents afford to heat their homes. You must be 60 years of age or older. Documents required are: 2026 social security award letter, most recent utility bills, all income. Proof of income for all household members (2026 SS Award Letter, if on SNAP current notice of action letter) Copies of utility bills (Electric, Oil, Gas), names, date of births and social security numbers for all household members. Please contact Maggie with any questions or to make an appointment at 203-574-6746 ext. 7107. Expires 5/30/2026

**Household of 1 = \$47,760 Annually**

**Household of 2 = \$62,460 Annually**