



Waterbury Senior Center

AMERICA



1776 - 2026

July 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!

Cookie Baking Volunteers Needed!!!

Join us on **Wednesday, July 1 at 11:30am** as we come together to bake cookies for our Senior Center freezer. These homemade treats are enjoyed throughout the year at programs, special events, and whenever a little extra sweetness is needed! Whether you're an experienced baker or just enjoy helping out, we'd love to have you join us. Bring your enthusiasm, and we'll provide the ingredients and plenty of fun.

Maximum 10 volunteers needed



New Donation & Suggestion Box Now Available

We are pleased to announce that a new Donation & Suggestion Box has been placed on the coffee bar wall.

The donation box provides an easy way for members and visitors to support our coffee bar. Every contribution, large or small, helps. This box replaces the small tin that has been used since 2013.

The suggestion portion gives everyone a chance to share ideas, comments, and recommendations. We welcome your input on programs, activities, services, and ways we can make the Senior Center even better.

Your generosity and feedback are greatly appreciated and play an important role in helping us serve you.

Thank you for being part of our Senior Center community!

JUNETEENTH CELEBRATION – Thank You to Dr. Pamela Jones



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

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



Talique Dietz, a Wilby High School senior will be interning with the Waterbury Senior Center this summer. He is a hardworking student who has strived in his studies. Talique is interested in agriculture and manufacturing. In his spare time he likes to learn new things. Please help us in welcoming Talique!

250th AMERICA CELEBRATION

Thurs, July 2 ~ 10a to 1p

You're Invited!

Join us for a special America 250 Celebration as we honor 250 years of our nation's history, community, and spirit!

\$5/pp - Non-refundable

Menu: Frankie's Catering Truck

Dress: Red, White & Blue

Entertainment: The Dean Snellback Band

(~Please Sign Up~)

SPONSORS

Autumn Lake Healthcare

UNICO of Waterbury

Waterbury Women's Club

Connecticut Community Foundation

Men's & Women's Clubs of the

Pontelandolfo Community Club

Special Deal!!!

If you choose to sit in the Pool Room or the Multi-Purpose Room, you will only pay \$3.00!!! PLUS, you will get a FREE Raffle ticket.
=Tell Debra When You Sign Up=



Smart House Tour

Broad Street, Meriden, CT

Fri, July 24 -> 10a to 12p

Lunch at Huxley's Bookmark Cafe

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.

Your \$3 does not cover lunch.

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

Limited to 10 ~ Please Sign Up ~ \$3 pp



~ PLEASE NOTE ~

We are **CLOSED** on Friday, July 3 in honor of Independence Day

Farmer's Market begins = Tues, July 7-->10am
City Mission = 7/10

No Stretch & Tone = Wed, July 1

Silas Bronson Library = Tues, July 7-->9:30a to 11:30a

Chorus w/Anna Returns September 3rd
Ukulele w/Ted Returns September 3rd

Senior Center Meeting

Mon, July 6 ~ 12pm

Guests: Ridge Home Care, Next Gen

Greater Waterbury Transit District

Tues., July 14 = 9:30a to 11:30a

Get information on transportation options in Waterbury

They will have 2 tables with information -
One inside, One at the Farmers market



Oak Street Health

Thur, July 9 -> 12:30pm

Oak Street Health is a patient-focused care center for adults on Medicare. They provide personalized & accessible primary care for adults on Medicare.

Monica, from Oak Street Health will be here to explain the process & answer questions. **Please Sign Up**



Memory Tips Lunch & Learn with Dr. Wendy

Mon, July 27 - 12:30p

A recent study from Stanford University suggest the techniques used by "memory athletes" can be taught, learned & create changes in the brain that enhance memory skills!

Come learn the tips & techniques.

Please Sign Up
(If you don't forget!)



Sewing With Jessica/Maggie

~ Please Sign Up ~
Fri, July 10, 17, 24 & 31
11a to 12:30p



Jessica Dorner Nutrition Mon, July 20—>12:30p “Farmers Market Finds”



Farmers Market season is here and Jessica Dorner RD will be cooking up a few recipes featuring produce from the market! Jessica will demonstrate 2 dishes for attendees to sample and take home the recipes.

Please Sign Up

**BRASS Crochet & Knitting
w/Lindsey
July 1, 8, 15, 22 & 29
11a to 12p
Please Sign Up**

 **Reflexology with Kim** 
By Appointment Only
Tues, July 21 ~ 11:30a
20 minutes for \$25

Foot reflexology is a therapeutic practice that involves applying pressure to points on the feet that 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: “Bicentennial/50 Years”
July 23 - 12:30p ~ Pls Sign Up**

**Estevan Miranda - City Health Coach
Sun Safety, Hydration & Electrolytes
Mon., July 13 —> 12:30p**

Exposing your skin to the sun year-round is exposing it to ultraviolet radiation, which can cause sunburn, skin aging, eye damage & skin cancer.

Water is critical to every cell, tissue & organ in the body. Dehydration can lead to fatigue, dizziness, headaches, heat exhaustion or heat strokes.

Electrolytes are minerals that are essential for nerve function & muscle contraction.



~ Please Sign Up ~

Veterans Coffee Hour

See You In September



Senior Dine Meals Program Registration Thurs, July 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™



Reiki with Amy

July 31 ~ 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, July 17—>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., July 1, 8, 22 & 29 ~ 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@waterburyct.org

SBL Computer Class

Fridays at 11am

July 10 = Computer Basics

July 17 = Retro Computer Games

July 24 = Computer Quiz Show: Team Competition

July 31 = Great TED Tech Talks

~ Please Sign Up ~

One-on-One Tech Help

Please Sign Up

2 Sessions Available

(10a & 10:30a)

Limit 2 sessions per month per person



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
Appointments Necessary!**



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: Ruby Flower: Larkspur

"The United States is the only country with a known birthday." — James G. Blaine

July 4, 1776

Happy Birthday to our July Babies!



No Wisdom Years

In July

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 July 15 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.

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

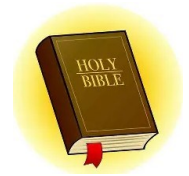
Walking Group

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!



CITY OF WATERBURY HEALTH DEPARTMENT

DEMENTIA LISTENING SESSION

Wed., July 22 – 12p to 1:30p



The Waterbury Health Department through the Healthy Brain Initiative (HBI) Road Map Strategist Program is improving support and emergency preparedness for individuals living with Alzheimer's disease and other forms of cognitive decline. We invite you to participate in an upcoming Community Listening Session. This event will provide an opportunity to share experiences, discuss community needs, and help identify ways to strengthen local resources and support services for individuals affected by Alzheimer's disease and related dementias.

Participants will receive emergency preparedness materials, including emergency go-bags and emergency contact refrigerator magnets. Information regarding customized emergency identification bracelets for individuals with cognitive decline will also be available.

Please Sign Up

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

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



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.



Come Learn About Aids for Vision

- Senior and Disability Resources
- Low Vision and Blind Directory 2026
- Technology for Glaucoma, Macular Degeneration, and Cataracts
- Giveaways

presentation by

Michelle Puzzo, Executive Director
UR Community Cares®

Thursday, July 30 2026
12:30 PM - 1:30 PM

Waterbury Senior Center
1985 East Main Street, Waterbury, CT 06075

RSVP 203-574-6746



www.urcommunitycares.org

