



WATERBURY SENIOR CENTER



July 2025 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.

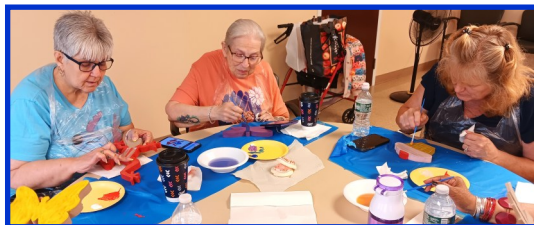
seniorcenter1985



Waterbury Senior Center



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~ **PLEASE NOTE** ~

We are **CLOSED** Fri, July 4th

City Mission Grocery Bag—>Fri, July 11 = 11a

No Stretch & Tone July 16

Farmers Market Starts July 8



THE FARMERS MARKET

The 2025 season starts Tuesday, July 8

10am to 12:30pm

Accepted: Cash, SNAP, Credit Cards, Debit Cards & the Farmers Market Debit Card
If you haven't signed up for a debit card, please contact the office.



Brass City Harvest Hub Trip

Wed., July 9 —> Bus leaves WSC at 9:45am

Join Nichole for a cooking & nutrition class & tour the facility.

~ Please Sign Up ~ Limited to 15 ~



Senior Center Meeting

Mon, July 7 ~ 12pm

*Guest: Denise Martínez, New Opp
Community Outreach Specialist*

Teri's Flower Shop

Come join Teri, owner of Teri's Flower Shop in Naugatuck. She will be teaching a class on floral arranging :

Thurs, July 17 from 12:30p to 2:00p

Supplies will be provided



~ Please Sign Up ~

\$2.00/pp

Non-refundable

**Vein Centers of Connecticut
Lunch & Learn**

Fri, July 25, 2025

11:30pm



Vein Centers of Connecticut return for an info session to educate you in all the aspect of wellness and healthy lifestyles relating to vein diseases. Topics include:

- Risk factors for vein disease
- Diagnosis of vein disease
- Treatment of vein disease (including newest technologies, a non-thermal Vena Seal Procedure)
- Insurance coverage for treatment

Their goal is to make patients feel good, look good, and alleviate discomfort.



= Please Sign Up =



Jessica Dorner Nutrition

“Strong Starts: Cooking with Protein”

Mon, July 14 —> 12:30p

Join Jessica Dorner RD for an informative and delicious cooking demonstration focused on proteins. Jessica will discuss and demonstrate recipes featuring proteins foods, offering great tasting ways to incorporate more protein in your day! Attendees will get to sample the recipes and take home nutrition handouts and copies of the recipes.

Please Sign Up



Ruby: Birthstone for July
Larkspur: Flower for July



"July is hollyhocks & hammocks, fireworks & vacations, hot & steamy weather, cool & refreshing swims, beach picnics, & vegetables all out of the garden." - Jean Hersey



Happy Birthday to our July Babies! And the USA!
249 years old!!



Silas Bronson Library
Something for Everyone

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

"Sewing With Jessica"

Wed, July 2, 9, 16, 23 & 30
12:30p - 1:45p

~ Please Sign Up ~



Mandy DuPont's Roundtable

Topic: Changes



July 10 - 12:30p ~ Pls Sign Up

Veterans Coffee Hour

Fri., July 18 ~ 10a

For veterans and/or their spouses. Come discuss, visit & learn
Please Sign Up



Chair Massage w/Eileen

Wed, July 2 from 10a to 1:30p

15 minutes for \$15

Chair massages are clothed & in a chair

~Appointments Necessary~

Please Sign Up in Office with Time



Reiki with Amy

Thur, July 24 - 11:30a

\$20 for 20 minutes

Casey's Funeral Home

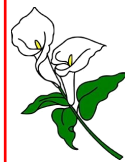
Pre-Planning Lunch & Learn

At Casey's Courtyard

Fri., August 1, 2025

Learn why it's important to pre plan your final wishes.

~ Please Sign Up ~



SBL Computer Class

Fridays at 11am

July 11 = Health & Wellness App

July 18 = Shop on Line/Craig's List, eBay, Etsy

July 25 = Virtual Reality

~ Please Sign Up ~

One-on-One Tech Help

Please Sign Up ~2 (10a & 10:30a) Sessions

Available



Reflexology with Kim



By Appointment Only

Tues, July 29 ~ 11:30a

20 minutes for \$25

Please Sign Up in Office w/time

Dolce

Wed, July 30 --> 10am

\$2/ Please Sign Up

DOLCE LLC
The Academy

Orthopedic Lunch & Learn
Wed., July 16
11a - 1p



Join us for a Lunch & Learn focused on orthopedic health for seniors. A local orthopedic specialist will share information on joint health, common age-related conditions like arthritis and osteoporosis, and tips for staying active and pain-free. There will be time for questions and friendly conversation. Perfect for seniors interested in maintaining mobility and improving quality of life.

~ Please Sign Up ~



FYZICAL
 Therapy & Balance Centers

Fyzical Therapy & Balance Center
Mon., July 28 ~ 12p
Dr. Casey DiZinno, PT, ATC, LSVT BIG

Dr. DiZinno will take you for 10-15 minutes each and bring you through individualized balance assessment and fall screenings. She will then provide you with a sheet of basic exercises you can do to increase your balance, strength, and safety awareness. ~ Please Sign Up ~



AARP Driver Course
Fri, July 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 ~

WISEWOMAN Workshop
Thurs, July 3 - 12:30p
Topic: "Dreams"



~ Please Sign Up ~

Social Security 101 -
Everything You Need to Know
w/Ben Rhodes ~ Lunch & Learn



Monday, July 21st ~ 12:00pm

Ben returns to WSC to answer your questions on retirement updates.

~ Please Sign Up ~

Need Benefits Counseling?
Call WCAAA
203-757-5449
Appointments Necessary!



Peter Witko
Armand LeVasseur

= 2025 FARMERS MARKET =

Once again this season, we are pleased to welcome Brass City Harvest's Farmers Market, starting on **Tuesday, July 8, 2025**, from 10:00am to 12:30pm. The market will continue until Tuesday, October 28, 2025.

This year we will be using the ***SAME*** farmers market debit card as the past two years. If you still have yours, ***please do not discard it***. If you have, you will be issued a new card. It will be loaded with **\$40**. One card per person, per season. A married couple will receive one card each.

The income guidelines are: **\$28,953 for 1** person household, **\$39,128 for a 2** person household. Please bring proof of income with you when you come to get your new card.

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



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 ext. 7274.

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 is a Waterbury based non-profit that provides non-perishable food items monthly to our seniors. We are very fortunate to have City Mission assist our seniors with food insecurity. This food distribution is held in the main room of the senior center. Bags are distributed in the order that people signed up. If you would like to benefit from this generous food distribution, please sign-up each month. 11a to 12p. Check your calendar for the monthly date.

Incontinence Supplies

The Waterbury Senior Center, partnering with NOW Inc., has an adult incontinence product bank here at the center. Beginning in February, the Incontinence program will be a one time sign up. Please see Maggie if you are in need. You will receive a form to fill out. Please notify Maggie if you have any changes.

There is a 2-product limit per month. We do not know what supplies we will be getting each month. Products will be distributed monthly from the sign-up list. Please see Maggie for more information.

All events/activities subject to change ~

You must register for ALL activities ~ If you can't attend, please call us to cancel

Waterbury Senior Center “Housekeeping”

Welcome to the City of Waterbury Senior Center. We are a social center. Please treat everyone in a kind & respectful manner. Kindness rubs off & good manners never go out of style!

*****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.

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 ...

Animeals is a one time sign up. Please see Maggie if you are in need. You will receive a form to fill out. Please notify Maggie if you have any changes.

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

NO FOOD OR DRINK IS ALLOWED IN THE COMPUTER ROOM

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!

Senior Dine Program Sign Up Thurs., July 24 ~ 12:30p

Senior Dine is a restaurant based meal program operated by Senior Nutrition Services of New Opportunities, Inc. The program is available to area residents aged 60 or over.

There is NO income eligibility requirement to join.

~ Please Sign Up ~



NEW OPPORTUNITIES
Building Relationships to End Poverty™



Struggling with Medicare Costs?

HELP IS AVAILABLE

You may qualify for programs that can help lower your costs!

MEDICARE SAVINGS PROGRAM & EXTRA HELP CAN HELP

Medicare Savings Program covers your Part B premium (\$185/month in 2025). **Extra Help** lowers prescription drug costs, deductibles, and premiums.



See if you qualify—call today!

State Certified SHIP Counselors offer:

- One-in-one FREE, UNBIASED and CONFIDENTIAL healthcare guidance.
- Counseling on all parts of Medicare
- Eligibility screening and Application help for cost-assistance programs and much more.



SHIP

State Health Insurance
Assistance Program
Navigating Medicare

Call us at
203-757-5449 x4
or
1-800-994-9422

Contact the Western CT Area Agency on Aging to speak with a SHIP counselor



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