



WATERBURY SENIOR CENTER



May 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...

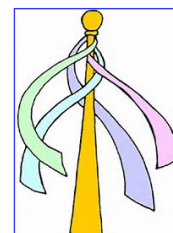
If you are unable to attend a class you registered for, please remember to call or email the Senior Center to cancel your spot as soon as possible. Many of our classes have limited capacity, and letting us know you will not be attending allows another member the opportunity to participate.

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!



Joe Piacentino receiving award from Joe Geary on behalf of Mayor Pernerewski, as he retires from Commander of the DAV Chapter 11



Happy Mother's Day to All Our Mothers





The Red Flags of Fraud

Presented by Thomaston Savings Bank
Cindy & Anita

Mon., May 11 – 12:30p

Common Red Flags of Fraud—warning signs that a transaction, activity, or behavior may involve deception or illegal financial activity:

1. Unusual Financial Transactions
2. Incomplete or Suspicious Documentation
3. Pressure or Urgency
4. Conflicts of Interest
5. System or Record Irregularities
6. Requests for Sensitive Information

In general: Fraud often involves secrecy, inconsistency, urgency, or unexplained financial activity

Snacks

Please Sign Up



~ PLEASE NOTE ~

We are CLOSED on Monday, May 25 in honor of Memorial Day
No Sewing 5/8 & 5/22
City Mission = 5/8

Senior Center Meeting

Mon, May 4 ~ 12pm

Guests: Kiwanis Club, There for You,
Next Gen Homecare

Wii Bowling Tournament

The Brass City Strikers, our Wii bowling team, is going to Bristol on May 15th to participate in the End of Season Tournament
Let's Wish Them Well!

Thanks to Autumn Lake/Bucks Hill for sponsorship



Wisdom Years

Thurs, May 7 ~ 12:30p

Topic:... "Spiritual Sustainability"

Please Sign Up



DRUM WITH DEBRA

Wed., May 6, 20 & 27 ~ 11am

Get some fun, light exercise while pounding to music!

Limited to 6

~ Please Sign Up ~



Sound Healing

Zaida Returns on May 27

12pm

A different type of wellness –

Sound Healing is a therapeutic practice that uses vibrations from instruments like singing bowls, gongs or tuning forks to promote relaxation, reduce stress & support healing. If you took it in March, you are not eligible to take it again.

- Please Sign Up -



Senior Dine Meals Program Registration Thurs, May 21 ~ 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™

Chorus w/Anna

Thurs, May 7, 14, 21, 28
9:30a-10:30a

~ Please Sign Up ~

New Singers Welcome!



Ukulele w/Ted

Thurs, May 7, 14, 21, 28
10:30a-11:30a

Ukuleles will be provided or bring your own
~ Please Sign Up ~



"Sewing With Jessica"

~ Please Sign Up ~
Fri, May 1, 15 & 29



Jessica Dorner Nutrition



Thurs., May 28
"Picnic Foods"

12:30p~Please Sign Up



BRASS Crochet & Knitting

May 6, 13, 20 & 27
11a to 12p
Please Sign Up

Reflexology with Kim

By Appointment Only
Tues, May 19 ~ 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

Estevan Miranda - City Health Coach

Mis-Information
Mon., May 18 —> 12:30p

Medical misinformation is false, misleading, or inaccurate information about health, diseases, treatments, vaccines, or medical science. It can appear in social media posts, websites, word-of-mouth, or even news sources. Learn the truth!



~ Please Sign Up ~

Blood Drive

We are in the infancy planning stages of holding a blood drive here at the Waterbury Senior Center. If you think you might be interested in donating blood, please come into the office to sign up or indicate your interest on your calendar.

No Obligation

Veterans Coffee Hour No May Meeting

Spring is in the Air—Let's Get Creative! Wed., May 6 at 12p

Join us for a fun and relaxing Spring Flower Wreath Class where you'll design your very own beautiful wreath to brighten your home.

No experience needed - Just bring your Creativity and we'll provide the rest!
Spots are limited to 10

\$3 to secure your spot ~ Please Sign Up



Mandy DuPont's Roundtable

Topic: Being Assertive
May 14 - 12:30p ~ Pls Sign Up



Reiki with Amy

May 29 ~ 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.

Please Sign Up



AARP 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 ~
Please Sign Up ~

How to Access Our Monthly Newsletter...

1. waterburycct.org
2. FIND —> Departments & Services
3. Scroll to "Municipal Agent for the Elderly"

WiFi = seniorcenter1985



Dwight Gregory
Marie Orsillo

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

May 1 = Internet Basics

May 8 = Windows-Learn Your Computer Settings

May 15 = Super Searching

May 22 = My Town, My Story

May 29 = Virtual Reality

~ 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!

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



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.

Birthstone: Emerald Flower: Lily of the Valley

"I'm only wishing to go a-fishing; For this the month of May was made." Henry Van Dyke

Happy Birthday to our May Babies!



LATE BREAKING NEWS!



Dolce Hair Academy
91 Schraffts Dr, Waterbury, CT 06705

DOLCE LLC
The Academy



Although Dolce will no longer be coming here to the Waterbury Senior Center, we have arranged for you to go to Dolce on May 20th 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.

Incontinence Supply Update

The Waterbury Senior Center, in partnership with Charm Medical, operates a Diaper Bank to support eligible individuals in need of incontinence supplies. Charm medical can provide these products delivered to your home, if you qualify.

The Waterbury Senior Center relies on donations to provide incontinence products. Due to the lack of donations, we are requiring that everyone apply for the Charm Medical Home Delivery Program.

To receive products through this program, all applicants must first complete the application process directly with the Charm Medical contact, Ana. She can be reached at 877-942-4276 ext.158. Applying through Charm Medical is required prior to obtaining any supplies from the Waterbury Senior Center.

Those seniors that do not qualify for home delivery, may coordinate with the Senior Center to receive their allotted products in accordance with program guidelines. The program guidelines are one (1) product per month. Those receiving products through the senior center must contact the senior center **monthly** to request their product.

For more information or assistance with the application process, please contact Charm Medical (1-877-942-4276 ext. 158) or the Waterbury Senior Center (203-574-6746) directly.



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



Benefit Check-Up for Medicare Savings Program (MSP)

Wed., May 13 ~ 9am to 1:30pm

WCAAA → Here at Wtby Senior Center

Please Sign Up

Wondering if you qualify for extra help with your Medicare costs? A Benefit Check-Up can help determine your eligibility for the Medicare Savings Program (MSP), which may assist with premiums and other healthcare expenses.

To learn more or schedule a confidential screening, contact a CHOICES Counselor through the Western Connecticut Area Agency on Aging (WCAAA) at 203-757-5449 or sign up to meet with a service navigator here.

Take advantage of this free service to ensure you're receiving all the benefits you deserve!

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 & milk, 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 you no longer file, you 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.

Please call Maggie at 203-574-6746 to schedule an appointment

Renter's Rebate The **Connecticut Renters' Rebate Program** offers financial assistance to eligible elderly 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 x7274.

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.

CEAP

The CT Energy Assistance Program begins September 2nd. 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



ALERT WATERBURY

STAY INFORMED. STAY CONNECTED.



Get Emergency & Community Alerts!

 Severe Weather & Emergencies

 Road Closures & Traffic Updates

 City News & Events



Sign Up Now!

www.waterburyct.org/alerts





WESTERN CONNECTICUT
AREA AGENCY ON AGING



Benefits Counseling

With Service Navigator Asia P

☀ NEED HELP WITH BENEFITS OR RESOURCES? ☀

We're here for you!

The WCAAA (Western Connecticut Area Agency on Aging) is offering FREE assistance right at the:

📍 Waterbury Senior Center

👛 Services Available:

- Application Assistance
- Benefits Counseling
- Help Connecting to Community Resources

💛 Get the support you need — close to home!

No need to travel — assistance is available on-site for your convenience.



Waterbury
Senior Center

WHEN?
Every 2nd
Wednesday of the
Month

TIME
9a-2p

Whether you're a caregiver, a senior, or simply interested in aging and disability services, this session is for you.



For assistance contact
our teams
203-757-5449
navigators@wcaaa.org