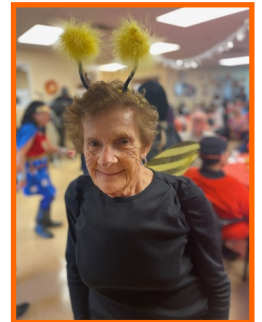




Waterbury Senior Center



October 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



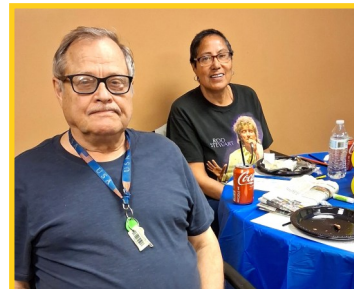
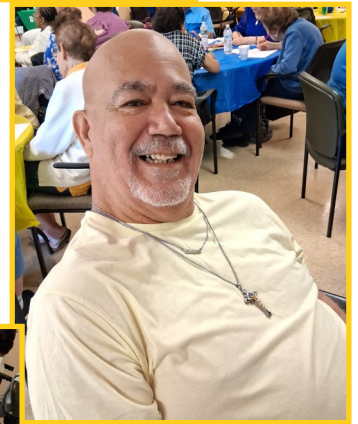
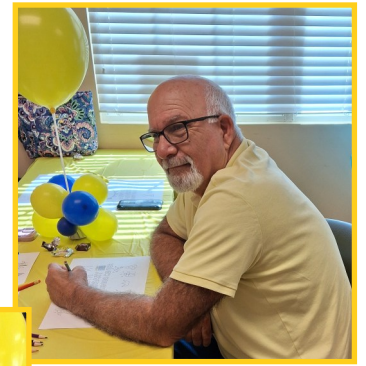
WCAAA Open Enrollment Presentation Wed., Oct 14, 12:30p

Open enrollment is the annual period when individuals can enroll in, change, or cancel health insurance and other benefits.

It's time to review your Medicare Plan. Your "Annual Notice of Change" will explain the costs & changes associated with your plan. You can change plans from Oct 15 to Dec 7. Just because your plan covered your medical needs in 2026, it does not mean they will be covered in 2027. Even if you are happy with your coverage, the Plans change from year to year & you want one that will work for you. Medicare Advantage Plans with Drug coverage may change your drug costs but, the deductibles for doctors, hospital, nursing homes, etc. may also have changed.

~ Please Sign Up ~





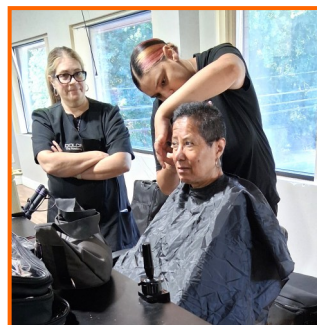


Thank you to everyone who attended. Thank you to Autumn Lake Healthcare for donating the cupcakes & to Civita Care Center for donating the beverages. Civita again for donating a gift card & gift basket for our raffle. To Beth C. for her gift basket donation & BRASS Quilters for the quilt & pillow. Also, thank you to Pepe's Pizza Catering for the pizza and salad.

And finally, congratulations to our winners of the raffle.



Kiss Cancer Goodbye!



DOLCE LLC
The Academy

Smart House



Save the Date...

Trip to Olde Mistick Village, an open-air shopping and dining destination in Mystic, CT

Wed., Nov. 4, 2026 ~ Bus leaving at 9:00am ... Leaving Mystic at 1:00pm ... \$5pp ... Non-Refundable

Sign Ups starting Wednesday, October 21 — You are not signed up until you pay

Olde Mistick Village
Always in Season

Class Cancellation Reminder...

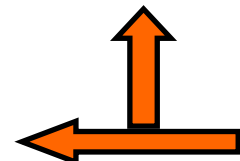
If you are unable to attend a class you registered for, please remember to call or email the Senior Center to cancel your spot as soon as possible. Many of our classes have limited capacity, and letting us know you will not be attending allows another member the opportunity to participate.

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!



Sewing with Jessica



Making Soap at
Sunshine Lavender
Farm

All events/activities are subject to change
You **MUST** register for **ALL** activities,
including lunch...

If you can't attend, please call us to
cancel

Need Benefits Counseling?
Call WCAAA
203-757-5449



PLEASE NOTE:

The price of Styrofoam coffee cups has
doubled!

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

Any size will be greatly appreciated!!!

Thank You!

Bunker Hill Pharmacy Flu Clinic

Stay healthy this fall!

Bunker Hill Pharmacy will be here with a flu vaccine
clinic. Getting vaccinated helps prevent serious ill-
ness and keeps our community safe.

Date: Wed, Oct. 7

Time: 10a to 11a

Location: Multipurpose 2 Room

Please See the Office Staff for an
appointment



Suicide Prevention Crisis Hotline 988

This hotline will provide help, support & re-
sources for any who may be struggling with
thoughts of suicide.

Birthstone: Opal

Flower: Marigold

"My beloved October has returned—with its brilliant
colors, cool temperatures and sunny, cloudless, azure
skies..." — Peggy Toney Horton, Somewhere in
Heaven My Mother Is Smiling

Happy Birthday to our October Babies!





It's Our Annual Halloween Party!
YOU are invited!

When: Friday, October 30

Time: 10am

Dress: Costumes, Black, Orange

Menu: Mission BBQ

Entertainment: Elvis

(sponsored by B.R.A.S.S.)

Cost: \$5/pp non-refundable

(You are signed up when you pay)

~ Please Sign Up ~



~ PLEASE NOTE ~

Health Worker = 10/6

City Mission = 10/9

We are CLOSED = 10/12

Veterans Coffee Hour = 10/16

Dolce = 10/21 (there)

No Wisdom Keepers (formerly Wisdom Years) in October

No Senior Center Meeting in October

PLEASE NOTE TIME CHANGE

Starting October 8th, Class Times are Reversed!!!!!!

Ukulele w/Ted

Oct 8, 15, 22, 29
9:30am

Chorus w/Anna

Oct 8, 15, 22, 29
10:30am

~ Please Sign Up ~



Hispanic Heritage

Thus., Oct 1 ~ 10am

\$5.00 pp (Non-Refundable)

Join us as we celebrate the rich culture, traditions and contributions of the Hispanic community. Hispanic-inspired cuisine will be served and we will celebrate Hispanic Culture Through Music — Featuring Some of Our Talented Members!

Remember: You are not signed up until you pay



Veterans Coffee Hour

October 16 —> 10am

All branches & spouses welcome

October's guest speaker is Marc J. Youngquist a retired U.S. Marine and Army National Guard Master Sergeant/First Sergeant with extensive combat and peacetime service. His decorations include the Combat Action Badge, Bronze Star, Meritorious Service Medal, and multiple campaign and service medals.

He has authored the award-winning military memoir *The 143rd in Iraq* and the Maidstone crime-novel series, donating book proceeds to veteran-support organizations such as FIDELCO Guide Dog Services, SEGs for VETs, the Agent Orange Memorial, the Women in Military Service Memorial, and veterans' coffee houses.

~ Please Sign Up ~



Sewing With Maggie

**11a to 12:30p ~ Please Sign Up ~
Fri, Oct 2, 9, 16, 23**



Jessica Dorner Nutrition

Fri, Oct 2 - 12:30p

“Better for You Fall & Winter Desserts”

The weather is changing and the holidays are right around the corner, so what better time to join Jessica Dorner RD for a cooking demo featuring fall & winter desserts that have better-for-you ingredients! Jessica will demonstrate 2 dessert recipes, and attendees will be able to sample them and take home the recipes.

Please Sign Up



BRASS Crochet & Knitting w/Lindsey & Shirley

***Wed, Oct 7, 14, 21, 28
11a to 12p***

Please Sign Up

Reflexology with Kim

By Appointment Only

Tues, Oct 20 ~ 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: “Key to Healthy Aging”

Oct 15 - 12:30p ~ Pls Sign Up

Estevan Miranda - City Health Coach Chronic Kidney Disease (CKD)

Thurs, Oct 8 —> 12:30p

Chronic kidney disease occurs when the kidneys are damaged or have problems that prevent them from filtering blood effectively. This leads to a buildup of waste, excess fluid, and imbalances in electrolytes such as potassium, phosphate, and acids in the body. CKD can progress slowly and may result in end-stage kidney disease, requiring dialysis or a kidney transplant for survival.

~ Please Sign Up ~



Senior Dine Meals Program Registration Thurs, Oct 15 ~ 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

October 23 ~ 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, Nov 20—>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***



Laugh with Nurse Nancy

Wed, Oct 28 ~ 12p

Laughter can boost mood, reduce stress, and bring people together. Come enjoy jokes, funny stories, and plenty of smiles with friends.

~ Please Sign Up ~



DRUMMING

Wed, Oct 7, 21 & 28 ~ 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

Oct 2 = My Town, My Story: Part 1

Oct 9 = Games to Build Computer Skills

Oct 16 = My Town, My Story: Part 2

Oct 23 = Computer Basics

~ 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!



Mary Tanguay
William Moran



No Wisdom Keepers in October

Brass City Strikers will be traveling to Torrington on Wednesday, October 7 for their 2nd league game of the season. Let's wish them well!



Legacy Law Partners Estate Planning Workshop Monday, Oct 19 ~ 12:30p

Estate planning isn't just about deciding who receives your money or property after you're gone. It's about making sure your wishes are respected, your loved ones know what to do, and someone you trust can step in if you're unable to make decisions for yourself.

~ Please Sign Up ~



Dolce Hair Academy At 91 Schraffts Dr, Waterbury, CT 06705

Oct 21 at 10:00am. There will be a \$5.00 cash only charge

Transportation provided for those who NEED it from the senior center to Dolce & back. **We encourage seniors who can drive, to do so.** If you take the shuttle, have them **pick you at home, take you to Dolce, then home.**

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.



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 WSC is partnering with NOW Inc. & Charm medical to assist with an adult incontinence product bank here. You will need ALL your insurance cards & to complete a form. 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

Calls will no longer be made to remind you to pick up pet supplies. Call Maggie at 203-574-6746 to request pet supplies. Please note that you can receive supplies for up to 2 pets per month.

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.



CT Energy Assistance Program (CEAP)

The Connecticut Energy Assistance Program helps Connecticut residents afford to heat their homes. You must be 60 years of age or older. 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.

Starts 9/1/2026 -> Expires 5/30/2027 === Household of 1 = \$48,714

Annually Household of 2 = \$63,703 Annually



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



Spencer with his Gold Medal



Brass City Harvest Farmers Market

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





Connecticut
Foundation
for Dental Outreach
Making a Difference



Connecticut
Mission of Mercy
Free Dental Clinic



FREE DENTAL CARE FOR SENIORS

WCAAA is partnering with the CT Foundation for Dental Outreach to provide a cost-free clinic for seniors aged 60+ with immediate dental needs.

No dental insurance is required to participate!

Free services include: exams, cleanings, fillings, extractions, and more

OPEN TO SENIORS RESIDING IN:

**Waterbury, Cheshire, Naugatuck, Prospect, Watertown,
Southbury, Middlebury, Litchfield**

October 23rd, 2026

Time: 8:00 AM - 5:00 PM

**Location: CT Police Activity League,
Waterbury CT**

Pre-screening date: September 11th, 2026, 84 Progress Lane, Waterbury CT 06705

Scan me to register!!



REGISTER TODAY (REQUIRED):

Call: (203) 757-5449 opt. 0

Email: info@wcaaa.org