



WATERBURY SENIOR CENTER



September 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

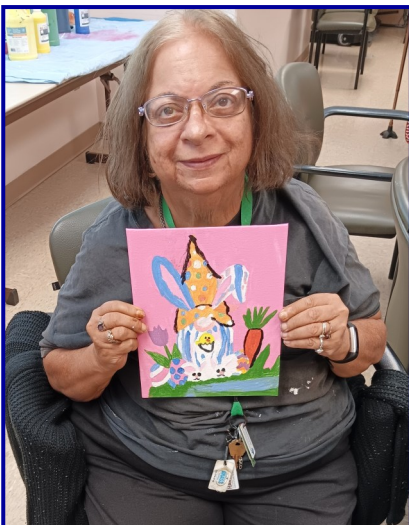


Waterbury Senior Center

Waterbury Senior Center Past Anniversaries

9-2013 to 9-2024







~ PLEASE NOTE ~

We are **CLOSED** Mon, Sept 1st for Labor Day

No Farmers Market Tues, Sept 2nd

No BRASS Crocheting Wed, 9/10 & 9/24

No Chair Strength Fri, 9/19

Senior Ctr Mtg Mon, 9/8—> Adora Homecare
12pm

The Empowered Caregiver Series

Presented by the Alzheimer's
Association

Wed, Sept 3 & Sept 10

11:30am to 1:30pm



Join us for a 2-part series for caregivers on how to navigate the responsibilities of caring for someone living with dementia.

Topics include tips for understanding aspects of caregiving, managing finances, supporting independence, communication, responding to dementia-related behavior & care & support.

A Light lunch will be served
Space Limited, Please Sign Up

Jessica Dorner Nutrition

Mon, Sept 15 —> 12:30p



No Chop, No Fuss, Easy Nutrition

Who doesn't love an easy-to-make meal or snack that's also good for us? Join Jessica Dorner RD for easy, no fuss recipes that require NO chopping! Jessica will demonstrate some no-sweat recipes to try, and attendees will get handouts and recipes to take home.

Please Sign Up



Mandy DuPont's Roundtable

Topic: SAD (Seasonal Affective Disorder)

Sept 18 - 12:30p ~ Pls Sign Up

HAPPY ANNIVERSARY

12 ON 12!

The Waterbury Senior Center

We opened our doors on Thursday, September 12, 2013. It was a hot, humid day, but we had hundreds of people here.

It was the first time since Waterbury was founded in 1674 that we had a city senior center. We hit the ground running & haven't stopped! So, come celebrate this momentous occasion with us —

Friday, September 12, 2025

11am to 1pm ~ \$5.00/pp

Dress: Blue & Yellow

Entertainment: Caricatures by Judy

BY APPOINTMENT ONLY!

If you had it done in April, you are not eligible --



**~Please Sign Up with \$5
on August 29th~**



Tranquillity Vineyard &

Winery Trip = \$10/pp

**Wed., Sept 17 —> Bus leaves WSC
at 10:30a**

Tranquillity Vineyard & Winery is located on Lake Quassapaug in Middlebury, CT on the remaining 45 acres of the original 300-acre historic JH Whittemore Tranquillity Farm, which was founded in 1892.

Join us for a wine tasting & lunch.

If you attended in June, you are not eligible

Please Sign Up with \$10 on Sept 8th

Sapphire: Birthstone for September

Flower: Aster for September

'September days have the warmth of summer in their briefer hours, but in their lengthening evenings a prophetic breath of autumn.' -Rowland E. Robinson



**Happy Birthday to our
September Babies!**



Chair Massage w/Eileen

Wed, Sept 3 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



DOLCE LLC
The Academy

Dolce

Wed, Sept 24 —> 10am

\$2/ Please Sign Up

Wii Bowling Breakfast Celebration

**Sponsored by
Autumn Lake Healthcare**

**We have a great Wii Bowling team, so
let's celebrate them!**

Fri, Sept 19th ~ Time = 10:00am

Please Sign Up



Reiki with Amy

Thurs, Sept 18 - 11:30a

\$20 for 20 minutes

Please Sign Up in Office w/time

By Appointment Only



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, Sept 3, 10, 17 & 24
12:30p - 1:45p



Sewing is now functioning as a "**Monthly Semester**". The first week of each month will start a new session.

There will be **ONLY** 6 places available.

No Wait List

~ Please Sign Up ~

SBL Computer Class

Fridays at 11am

**Sept 5 = Open Q & A-Ask Your Computer
Questions**

Sept 19 = Computer Basics

Sept 26 = Virtual Reality

~ Please Sign Up ~

One-on-One Tech Help

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

Senior Boxing!



Stephanie, from IYC Boxing will be teaching a senior boxing class at her facility. Based on Rock Steady Boxing, this will improve your balance, strength & core.

Thurs., Sept. 4, 11, 18, 25—>10a to 10:45a
~ Please Sign Up ~

~ Transportation Provided ~

*If you wish to drive yourself, the address is
1 Wolcott Rd., Wolcott*



**WCAAA Lunch & Learn
Medicare Open Enrollment
Presented by SHIP/CHOICES
Monday, Sept 22 - 12pm**



Topics Include:

- ♦ What Changes You Can Make
- ♦ Reviewing Your Current Plan
- ♦ How to Compare Medicare Advantage & Part D
- ♦ Tools & Resources to Help You Choose
- ♦ Avoiding Late Enrollment Penalties & Scams
- ♦ Q & A

~ Please Sign Up ~

WISEWOMAN Workshop

Thurs, Sept 4 - 12:30p
Topic: "The Sacred Bee"
~ Please Sign Up ~



Ask the Registered Dietitian Mon, Sept 29, from 12p to 1p



Jessica Dorner, RD will be here to answer your nutritional questions.



No specific topics or food, just Q & A.

Please Sign Up

AARP Driver Course



Fri, Sept 19 —> 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

Class starts at promptly at 9:30; please be on time...

~ Please Sign Up ~

Need Benefits Counseling?

Call WCAAA

203-757-5449

Appointments Necessary!



= 2025 FARMERS MARKET =

Brass City Harvest's Farmers Market is here Tuesday mornings, from 10:00am to 12:30pm. The market will continue until Tuesday, October 28, 2025. **Benefits will be issued until September 30, 2025. The last day to spend benefits is November 30, 2025.**

Unused benefits will be removed from the card and NOT rolled over to 2026.

This year we are using the **SAME** farmers market debit card as the past two years. If you still have yours, please do not discard it. If you don't have it, 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 monthly income guidelines are: \$2,413 for 1 person household, \$3,261 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.



Senior Dine Sign Up by New Opp

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.

Dine at select area restaurants for a reduced rate.

Thurs, Sept 25—>12:30p to 1:30p



The Farmers Market

Tuesdays, 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.

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 fragrances, 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

The Enchanted Teacup Workshop

Wednesday, October 1st — > 10am to 12pm

In the Multipurpose Room

Come make your own Autumn-themed Enchanted teacup garden in a vintage teacup!



All supplies will be provided!

20 Spots Available

= Please Sign Up on Sept 15 with \$2.00 =



Chorus: Everyone Can Sing Chorus Returns!



Thur. Sept 18th & 25th

10:00a to 11am

New members: Please Sign Up to start the 1st Thursday of the month.

~ Please Sign Up ~



Ukulele Classes Return!



Thur. Sept 18th & 25th

11am to 12pm

Ted Jefferies will be starting ukulele classes again on Thursday, September 18th.

No Experience Necessary!!!

Come Join the FUN!

Ukuleles will be provided

~ Please Sign Up ~

DONATIONS

If anyone would like to donate to the senior center, we are in need of:

Decafe, Wrapped Snacks, Lysol Wipes, gallon Ziploc bags, powdered 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 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 is in the hospital or 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 of 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



CLEAN OUT YOUR CLOSETS FOR DISABLED AMERICAN VETS DEPT OF CT SERVICE FOUNDATIONS

**THE WATERBURY SENIOR CENTER
WILL BEGIN ACCEPTING YOUR
DONATIONS OF CLEAN/SLIGHTLY
USED CLOTHING AND GOODS THRU
SEPT 15 AT 2PM. YOUR DONATION
WILL HELP OUR LOCAL VETERAN
ASSISTANCE AND
TRANSPORTATION PROGRAMS.
BRING THEM IN AND
GIVE THEM TO MIRA**

**EXAMPLES OF ITEMS ACCEPTED: CLOTHES, SHOES,
SCARVES, HANDBAGS, WALLET, BELTS, BACKPACKS,
BEDDING, COMFORTERS, BLANKETS, SHEETS, TOWELS,
TABLECLOTHS, CURTAINS, PILLOWS, POTS, PANS, DISHES,
SILVERWARE, GLASSES, SERVING PIECES, HOME DECOR,
KNICK-KNACKS, TOYS, GAMES, SMALL ELECTRONICS
BOOKS: PAPERBACK OR HARD COVER - ALL GENRES.**



**Veterans Coffee Hour
Fri., Sept 26 ~ 10a**

**For veterans and/or their
spouses. Come discuss, visit &
learn**

**Sponsored By Village at East
Farms**



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

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.

Renter's Rebate

is ending September 30th. If you are a renter over the age of 65 you may qualify for a rent rebate. The income guidelines are: 1 family \$45,200 and 2 person home \$55,100. Documents needed are 2024 social security, landlord letter with rent paid in 2024. 2024 receipts for electric, oil, or gas. Please see Maggie to apply.

CEAP

The CT energy assistance program begins September 2nd. Documents required are: 2025 social security award letter, most recent utility bills, all income. The state has not given out the income guidelines yet. Please see Maggie to apply.

All events/activities subject to change ~

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