

WATERBURY SENIOR CENTER

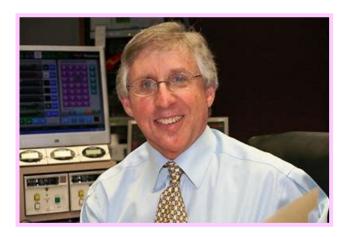
Larry Rifkin, who brought *Barney & Friends* and UCONN's Women's basketball to TV, will be here on <u>Tuesday, February 8th at 12:30pm</u>, following Café Lunch, to talk about his new book, "*No Dead Air*". Mr. Rifkin hosted "*Talk of the Town*" on WATR 1320 for seven years & grew up in Waterbury.

Mr. Rifkin was the programming executive for Connecticut Public Television (CPTV) for over a quarter of a century, from 1986 to 2009. Many programming accomplishments were attributed to his leadership. 'Barney & Friends' went on to become one of the most successful children's television series in history and he helped propel women's sports on TV nationally.

Under his leadership, CPTV amassed over fifty Emmy Awards in the Boston/New England competition. And he was inducted into the Boston/New England Silver Circle in 2006, the regional television equivalent of a Lifetime Achievement Award.

He now hosts the podcast, *americatrendspodcast.com*, where he looks at changes in our society and our politics. He is approaching 500 episodes recorded.

~ Please Sign Up ~



FEBRUARY 2022

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 Newsletter

HAPPY VALENTINE'S DAY DRIVE-UP PARTY

Valentine's Day is not just for couples, it's for friends & families, too. And, we are friends & family, so let's celebrate us!

Mon., Feb. 14th \sim 11a to 12:30p \sim Limited to 80 \sim Please Sign Up \sim

- ⇒ Enter from the East Main St. side
- ⇒ Drive to the front of the building
 - ⇒ We will bring your bag to you
 - ⇒ Exit the Southmayd Road side











Senior Center Meeting - ZOOM

(Link will be emailed/phone numbers robocall)

Monday, Feb 7, 2022

12:00pm - Note New Time

Guest: Bob Tansley, Theatre Director

& Producer

[Notes of the meeting discussion on pg 4]

SNOW CLOSINGS

If we close due to inclement weather, it will be posted on WFSB Channel 3 & WATR 1320 AM radio — We do NOT follow the school calendar.

DRUM CIRCLE with a SOUP & SALAD LUNCH!

Join us for a FUN Friday afternoon!

First, participate (or just listen to the beat) in a drum circle. Drum circles are an effective tool for health and wellness and a breath of fresh air in our stressed out world. They can be a powerful option for stress reduction. Then, enjoy a tasty lunch of fresh soup & salad from Nardelli's.

Friday, Feb. 18th at 12pm

Limited to 20 ~ Please Sign Up

Sponsored by Waterbury Health Dept.







Senior Dine Sign-Up ~ Feb. 24th ~ 12:30p In Library

We Will Be CLOSED

Monday Feb. 21, 2022 Tuesday, Feb. 22, 2022







Cards & Crafts Wed., Feb. 23 ~12:30pm ~~ \$2.00 "Shaker Cards"



Amodio Colagrossi



Dolce Haircuts Wed., Feb. 10 10am-11am



Please sign up Space Limited ~ \$2 (MP)

Mandy DuPont 's Roundtable Topic: Life Achievements Feb. 17, 2022 - 12:30p



DONATIONS

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

- Decafe coffee
- Dinner size paper or foam plates

Thank you!



Lutheran Home Health Series



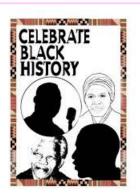
Veronica Rinaldi is back on Friday, Feb. 25 at 12p.

Topic: Love Language

A love language is the way you express affection for people you love *and* the way you want them to express affection for you.

A light lunch will be served ... Please Sign Up





February Is ... Month

- •National Senior Independence
- National Freedom
- Chocolate
- Groundhog
- Carrot Cake
- Wear Red
- Heart
- •Black History
- •Umbrella
- Cherry
- Random Acts of Kindness

"Happy Birthday to All Our February
Babies"



SCAM of the MONTH

Frauds using false identities are on the rise.. Here is one for February...



~ The Utility Company ~



"We will be shutting off your electricity in 24 hours if you don't pay the past-due on your account immediately!"



TAXES



The Waterbury Senior Center is hosting VITA & AARP as tax preparers this year.

VITA:

Thursdays from February 3, 2022 to April 14, 2022.

Appointments for VITA at WSC can be made using Appointment Plus through 211 by dialing 2-1-1 (option 3, then 6)

or online (booknow.appointment-plus.com/yk0jq0dv/)

AARP:

Mondays from February 7, 2022 (except Feb. 21) to April 11, 2022. 9a to 12p

Call WSC to make an appointment for AARP ONLY
- (203)574-6746 -

HOME OWNERS TAX CREDIT

PROPERTY TAX CREDIT FOR ELDERLY/DISABLED

- THERE ARE CERTAIN EXEMPTIONS THAT MAY BE DEDUCTED FROM YOUR ASSESSMENT FOR A REDUCTION IN TAXES. THESE EXEMPTIONS ARE APPLIED TO THE REAL ESTATE ASSESSMENTS FIRST. IF THE TAXPAYER DOES NOT OWN REAL ESTATE, THEN THE EXEMPTION IS APPLIED TO THE MOTOR VEHICLE ASSESSMENT.
- The filing period to complete an application is FEB 1 THRU MAY 15 2022. Income guidelines are \$38,100 for a single household and \$46,400 for a married household.
- ELDERLY MUST BE 65 YEARS OF AGE (OR OLDER) BY DECEMBER 31ST PRIOR TO APPLICATION. TO APPLY FOR THIS PROGRAM, YOU MUST COME TO THE ASSESSOR'S OFFICE WITH YOUR FEDERAL INCOME TAX RETURN IF YOU STILL FILE, AND/OR ALL PRIOR YEAR TOTAL INCOME DOCUMENTS. THIS EXEMPTION HAS TO BE REAPPLIED FOR EVERY TWO YEARS.
- VETERANS CAN RECEIVE AN EXEMPTION IF THEIR DD214 (MILITARY DISCHARGE FORM) IS RECORDED AT THE TOWN CLERK'S OFFICE AND THEY SERVED A MINIMUM OF 90 DAYS ACTIVE DUTY DURING WARTIME. THE DD214 MUST BE RECORDED PRIOR TO OCTOBER 1 OF ANY YEAR TO BEGIN RECEIVING THE EXEMPTION ON THE NEXT YEAR'S TAX BILL. THE DD214 NEED ONLY BE RECORDED ONCE IN A LIFETIME. DISABLED VETERANS QUALIFY FOR A HIGHER \$ EXEMPTION THAN NON DISABLED VETS. TO QUALIFY, YOU MUST BRING IN THE BENEFITS PAYMENT STATEMENT ISSUED BY THE DEPARTMENT OF VETERANS AFFAIRS IN SEPTEMBER AND SUBMIT IT TO THE ASSESSOR'S OFFICE BEFORE OCTOBER 1ST. THIS DOES NOT NEED TO BE REAPPLIED FOR, UNLESS THE FEDERAL VETERANS ADMINISTRATION MODIFIES THE VETERAN'S % DISABILITY RATING.TO APPLY, THE VETERAN MUST COME TO THE ASSESSOR'S OFFICE AND BRING ALL PROOFS OF INCOME FOR THE PREVIOUS YEAR. INCOME INCLUDES FEDERAL INCOME TAX RETURN (IF YOU STILL FILE), SOCIAL SECURITY 1099 FORM AND/OR ALL YEAR END INCOME TAX DOCUMENTS. IF YOU QUALIFY, THIS DOUBLES THE VETERAN'S EXEMPTION THAT YOU ALREADY RECEIVE. THIS EXEMPTION HAS TO BE REAPPLIED FOR EVERY TWO YEARS.
- DISABILITY EXEMPTION WILL BE EFFECTIVE ON OCTOBER 1 FOLLOWING THE APPLICANT'S FILING DATE. TO QUALIFY, A PERSON MUST BE 100% DISABLED AND BRING SOCIAL SECURITY AWARD LETTER OR LETTER FROM VETERAN'S ADMINISTRATION. YOU DO NOT HAVE TO APPLY EVERY YEAR.
- **BLIND EXEMPTION** YOU CAN APPLY ANYTIMETO QUALIFY, A PERSON MUST BRING TO THE ASSESSOR'S OFFICE THE CERTIFICATE OF LEGAL BLINDNESS ISSUED BY THE STATE OF CONNECTICUT. YOU CAN APPLY ANYTIME. YOU DO NOT HAVE TO REAPPLY EVERY YEAR.

SENIOR CENTER MEETING NOTES

- If any of our members are in need of pet food for their pets please call Mira 203-574-6746 to sign up
- With the temperatures dropping if you find that you are in need of help with your heating costs or electric please call New Opportunities to apply for the Energy Assistance Program and Operation Fuel.
 - The income guidelines for Operation Fuel are \$48,783.93 for a family size of one and \$63,794.37 for a family size of two.
- For the Energy Assistance Program the income guidelines for **family size of one is \$39,027** and **family size of two is \$51,035**. To make an appointment please contact New Opportunities at (203) 756-8151.
- If any of our members are in need of a lock box to keep their medications safe, please call Mira to pick one up.
- No Chair Exercise with Ed Rock Friday, Feb. 25th & Friday, March 4th



Social Security Scam Alert

The Social Security Administration will never threaten, scare or pressure you to take immediate action.

If you receive a call, text or email that:

- Threatens to suspend your SS number
- Warns of arrest or legal action
- Demands immediate payment
- Requires payment by gift card, prepaid debit card, internet currency or mailing cash
- Pressures you for personal information
- Requests secrecy
- Threatens to seize your bank account
- Promises to increase your SS benefit
- Tries to gain your trust by providing fake "documentation", "evidence", or the name of a real government official ...

IT IS A SCAM!

- Stay Calm DO NOT provide personal information
- Hang Up!
- Report Social Security scams—SSA Office of the Inspector General (OIG) oig.ssa.gov/scam
- Get up-to-date information oig.ssa.gov
- Spread the word about the scam



Jeannine wins the January
Senior Center meeting raffle!



COMPUTER CLASSES



Unfortunately, due to a staffing shortage, the Silas Bronson Library is unable to hold weekly computer classes here at the center. However, please note that you can still sign up at the library for one-on-one classes. Please call: 203-574-8266



Getting ready to practice for their next Wii League zoom game ~ The Brass Strikers

Waterbury Senior Center "Housekeeping"

You must sign up for all events, classes, trips & parties. Call us at (203) 574-6746, see us in person or circle what you want on a calendar, put your name on it & hand it into the office. We will enter the classes you want into the computer & give the calendar back to you. Or you can use "My Active Center.com".

Regardless of vaccination status, masks MUST be worn at all times while in the Center.

Some trips & classes will be limited, please be considerate. There will also be a \$2.00 non-refundable charge for the van, *payable when you sign up*. The van is not handicap accessible. If there is enough interest in a trip, we will hire a larger, handicap accessible bus.

Our monthly senior center meetings are held at 12:00pm, on the first Monday of the month.

If you know of any member who has passed away, please let us know.

Remember: No open cups of liquid on the floor; sneakers or athletic shoes for the fitness room

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.

Café Lunch food *cannot* be removed from the senior center.

Please be considerate - During classes or presentations, turn off or silence your phone.

Please do not park on the Eastside Memorial side of the parking lot. If our section is full, you may park behind our building & come in the back door.

** Thanks to the Hispanic Coalition, we now have the use of a Dominoes table (Game Rm). Feel free to use it. We also have donated (thank you!) dominoes.



It's February - And Love is in the Air! BUT!



Be on the lookout for these warning signs of a ROMANCE SCAM!!!

- A new love who lives far away ask you to wire money to them or share your credit card number with them even if they say they'll pay you back.
- Your new romantic interest asks you to sign a document that would give them control of your finances or your house.
- Your new sweetheart ask you to open a new joint account or co-sign a loan with them.
- Your new darling asks for access to your bank or credit card accounts.

Report in-person romance scams to local law enforcement. Report online romance scams to *FTC.gov/complaint*.

An official publication of the US Government



SILAS BRONSON NEWS





WI-FI HOTSPOTS AT HOME

Our Wi-Fi Hotspots let you borrow the internet for free! These small devices let you connect your phone, tablet, computer, or smart television to the internet. Hotspots can be borrowed for one week at a time.

CHROME BOOKS NOW AVAILABLE AND TABLETS COMING SOON

New! You can now borrow Chrome Books and tablets from the library for one week at a time. Whether you need a computer for an emergency or for a special event, or if you just want to see how they work, you can borrow them from the library. Note, the tablets will be available to borrow in the coming weeks.

ONE-ON-ONE COMPUTER HELP

By Appointment

Have a tablet, but don't know how to use it? Need to figure out how to set up an email account? Wondering how to use the library's Wi-Fi?

Want to learn how to use our online resources? What about resume or job search assistance? Our skilled and friendly staff are available to help you! Schedule your appointment by calling 203-574-8225, visit the Reference Desk at the library or visit the Book a Librarian page on our website. http://www.bronsonlibrary.org/programs

HOME DELIVERY SERVICE

If you are a Waterbury resident who is homebound or otherwise unable to visit the library in person, we can bring the library to your home. We now have a free home delivery service! You must be a Waterbury resident and have a current, active library card to apply.

Applications can be filled out on our website at bronsonlibrary.org/homedelivery.

You can also request to have an application form mailed to you — call us at **203-574-8225** or email **bronsonlibrary@waterburyct.org**.

If anyone is in need of a Covid vaccine or booster in addition to making an appointment at an area pharmacy, walk ins are welcome at the Vaccination Clinic at 910 Wolcott Street. Homebound Waterbury residents can call 203-346-3906 for a home visit to receive the vaccine. Please check The City of Waterbury's Health Department's Facebook page, Waterbury Health Department and Instagram page, waterburyhealthdepartment for information on closings due to inclement weather or holiday schedules (See chart next page)



COVID-19 Drive-Up & Walk-Up Testing Sites Located in Waterbury, CT

Dunas de la car	Location Time	Days Open for Testing						Additional Information		
Provider		lime	М	Т	w	Th	F	S	Su	
City of Waterbury & Quest Diagnostics / Transformative HealthCare	Brass Mill Center Mall – 375 Union Street (Near old Sears store)	8:30am to 4pm	х	х	х	х	х	х	х	No appointment necessary
City of Waterbury & Corbella Health and Medcomp Science	Municipal Stadium - 1200 Watertown Ave	8am to 4pm	x	х	x	x	х			No appointment necessary. Pre-register is available, go to: https://mcs-sphere.com/?page=covid
	Travel Center - 188 Bank St	7am to 6pm	X	X	X	x	х			WALK-UP ONLY. Free parking is available at the Buckingham Garage (3 Entrances: Bank St., Cottage Place and Field St.) No appointment necessary. Pre-register is available, go to: https://mcs-sphere.com/?page=covid
cvs	1279 West Main Street	9am to 6pm 10am to 4pm		х	Х	х	Х	х	Х	Preregistration is required,
	2000 North Main Street			х	Х	Х	Х	х	Х	please go online to CVS.com
Rite Aid Pharmacy	1030 Wolcott Street	Monday-Friday 10am- 8pm (lunch break from 1- 2pm) Saturday & Sunday 10am-5pm (lunch 1pm- 2pm)	х	х	х	х	х	х	х	Pre-register & schedule an appointment online at www.riteaid.com. Ages 13 & older
St. Mary's Urgent Care Center	3801 East Main Street 1312 West Main Street	Street Friday 812 West Main 8am - 6pm Saturday &		х	х	х	х	х	х	Insurance or self-pay
Quest Diagnostics	60 Westwood Avenue 2457 East Main Street 1389 West Main	8am-5pm Monday-Friday 7am-4pm Monday- Thursday 7am-12pm Friday 6am-5pm Monday-Friday 7am-1pm Saturday		х	х	х	х			Appointments are required. To schedule an appointment go to: No-Cost COVID-19 Testing (questdiagnostics.com)
	Street			Х	Х	Х	Х	Х		(questulagnostics.com)
Walgreens	11 Meriden Road	PCR: 9am-5pm Monday- Sunday Rapid: 9am-10pm Monday- Sunday		х	х	х	х	х	x	Preregistration is required, please go online to walgreens.com
Park Pharmacy	1527 East Main Street	9am – 5pm Monday - Friday		х	х	х	х			Preregistration is required, please go online to www.myparkrx.com Insurance or self-pay
Physician One Urgent Care – Waterbury	920 Wolcott Street, Suite 19			х	х	х	х	х	х	Insurance or self-pay
Doc's Urgent Care – Chase Ave.	279 Chase Avenue	Call for more information: 203-528-4993	Х	Х	Х	Х	х	х	Х	Insurance or self-pay
506 Frost Road		Call for more information: 203-437-8368	Х	х	Х	х	Х	х	Х	Insurance or self-pay

For more information & testing sites throughout Connecticut:
o <u>www.ct.gov/coronavirus</u>
 Knowing is Better – <u>www.knowingisbetter.org</u>
o Call 2-1-1 or see http://www.211ct.org/
(Current as of 1/10/2022)

Learn How To Make an Online Medicare Account

Medicare has a free, secure, online service for managing your personal information regarding Medicare Part A and Part B benefits.

You can use this account to check information about your coverage, enrollment status, and Medicare claims. Your Medicare account has a number of tools you can use to manage your personal healthcare and coverage needs.

Some of the topics that will be covered are:

- · Keeping track of your Medicare claims,
- · Review when you got your most recent flu shot,
- Cardiovascular disease screening, or other preventive services,
- Check your Part D deductible for the year,
- Manage your prescription drug list and much more.

You must bring your red, white and blue Medicare card with you to this class.



Friday, Feb. 25, 2022 from 9:30am-10:30am. In the computer room, with Mira

This is a one-time class. Limit 5 participants. Please Sign Up

The most serious charge which can be brought against New England is not Puritanism, but February.... Spring is too far away to comfort even by anticipation, and winter long ago lost the charm of novelty. This is the very three a.m. of the calendar. ~

Joseph Wood Krutch



Waterbury Senior Center Calendar

FEBRUARY 2022						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
AARP Taxes - Mondays 9a to 12p VITA Taxes - Thursdays	Mondays 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 13:30a=Café Lunch 13:30a=Café Lunch 13:30a=Café Lunch 13:30a=Café Lunch 13:30a=Café Lunch 13:30a=Café Lunch		9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch VITA Taxes Start	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=AAA Driver Class 10:30a=BRASS Chair Ex. 11a=Poker		
9a=Wii Bowling 9a=Open Computer 9a=Pool Tab 10a=Painting \$2 11a=Zumba 11a=Setback 12p=Sr ctr mtg~zoom 1p=Diabetes Prev. AARP Taxes start	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Larry Rifkin	9 9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Brass Nutri- tion (zoom) 11a=BRASS Crochet & Knit w/Lindsey	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 10a=Dolce \$2 11:30a=Café Lunch	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Poker		
VALENTINE'S DAY DRIVE-UP PARTY 11a to 12:30p No classes	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 11:30a=Reflexology 12:30p=Bingo	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Brass Nutri- tion (zoom) 11a=BRASS Crochet & Knit w/Lindsey	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch 12:30p=Mandy Dupont	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Poker 12p=Drum Circle & Lunch		
CLOSED PRESIDENT'S DAY	CLOSED Lincoln's Birthday	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Brass Nutri- tion (zoom) 11a=BRASS Crochet & Knit w/Lindsey 12:30p=Cards&Crafts -Shaker Cards \$2	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch 12:30p=Sr. Dine signup	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 11a=Poker 12p=Lutheran Home - Talk & Lunch		
9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 11a=Zumba 11a=Setback 1p=Diabetes Prevention		Amethyst is the birthstone for February Violet is the flower for February				

Waterbury Senior Center Menu

FEBRUARY	2022
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
Café Lunch served 11:30a to 12:30p Tuesday & Thursday All menus are subject to change	Eggplant rollatini Penne Cauliflower Italian bread Peaches	FEB 2	Hamburger & Roll German potato salad Broccoli Fresh fruit	** February ** ** ** ** ** ** ** ** **			
7	Chicken Florentine Baked potato wedges Carrots Rye bread Fresh fruit	9	Pasta fagioli/crackers Spinach ravioli/sauce & cheese Zucchini & cauliflower Italian bread Grape juice Sugar cookie	11			
14	Beef stew Bowtie noodles Diced squash Wheat dinner roll Tropical fruit	16	Potato crusted fish Tartar sauce Mac & cheese Mixed vegetables Wheat bread Fresh fruit	18			
CLOSED	(A)	23	Sliced turkey Gravy & stuffing Green beans Cranberry sauce Wheat bread Birthday Cake	25			
28							



Waterbury BRASS is a city-wide project funded by the Connecticut Community Foundation and the City of Waterbury, dedicated to the health and wellness of Waterbury residents age 60 and over.

BRASS Membership Registration

Mail to: Waterbury Senior Center
1985 East Main Street • Waterbury, CT 06705

Name:			BRASS	
Home Phone	e:	Date of Birth:		Gender M or F
Cell Phone:	:	_ Email:		
Veteran or	Spouse of a Veteran	□ Yes □ No		
Race: □Ca	ucasian 🗆 African-A	merican □Asian,	∕Pacific Islander □Hispanic	/Latino 🗆 Other
Emergency	Contact & Relationship:			
Phone Numb	oer:			
Please circl	e if you are presently	in need of:		
☐ Meals	☐ Transportation	\square Housing	\square Benefits Information	
Name		Signature (client	t/responsible party)	Date