



BRASS Lead Program Agency

New Opportunities, Inc.
232 North Elm Street
Waterbury, CT 06702
203.575.4219



Waterbury Senior Center
1985 East Main St, Bldg. 2
203-574-6746

Waterbury YMCA
136 West Main Street
203-754-9622

Silas Bronson Library
267 Grand Street
203-574-8221

Hispanic Coalition
135 East Liberty Street
203-754-6172

Forever Young
785 Highland Ave.
203-756-8981
(BRASS on the go site)

Willow Plaza
60 Elmwood Ave
203-575-1545

Mt Olive Senior Center
82-100 Pearl Street
203-528-4817

Mattatuck Museum
144 West Main Street
203-753-0381

Grace Baptist Church
65 Kingsbury Street
203-756-5269



Welcome to the March BRASS Newsletter!
February was a fun month with BRASS programs such as Larry Rifkin speaking at WSC, the Silas Bronson Library showcase of Black History Month paintings and art sculptures. Our BRASS members are extremely talented.
Exciting news, the Hispanic Coalition will be reopening in March! Please see the information inside the newsletter.

HAPPY MARCH!

Bonnie, BRASS Program Coordinator

March 2022



**REOPENING DAY
MARCH 14, 2022**

**MONDAY-FRIDAY
8AM-2PM.**

OUR ADULT DAY CENTER PROGRAM PROVIDES RECREATIONAL, SOCIAL AND THERAPEUTIC SERVICES TO IMPROVE THEIR QUALITY OF LIFE.

SOME OF THE ACTIVITIES WHICH OUR PARTICIPANTS HAVE ACCESS TO ARE:

**ZUMBA GOLD
CULTURAL ARTS
BINGO
DOMINOES
AND MORE**

135 EAST LIBERTY STREET WATERBURY, CT 06706
203-754-6172



 <h1 style="text-align: center;">MARCH 2022 CALENDAR</h1> 				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AARP Taxes - Mondays 9a to 12p VITA Taxes - Thursdays	1	2	3	4
	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Snap, Crackle & Pop	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=BCHarvest 11a-12:30p=Charm Med. Lunch & Learn 11a=Crochet & Knit	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11a=Reiki 11:30a=Café Lunch	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=AAA Driver Class 11a=Poker
7	8	9	10	11
9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 11a=Zumba 11a=Setback 12p=Sr ctr mtg ~ zoom 1p=Diabetes Prevention	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=BCHarvest 11a=Crochet & Knit 12:30p=Balance	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 10a=Dolce \$2 11:30a=Café Lunch 12:30p=Movie Trivia Quiz	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Poker
14	15	16	17	18
9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 11a=Zumba 11a=Setback 1p=Diabetes Prevention	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=BCHarvest 11a=Crochet & Knit 12:30p=Balance	St. Patrick's Day PARTY 11a to 12:30p No classes 	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Poker
21	22	23	24	25
9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 11a=Zumba 11a=Setback 1p=Diabetes Prevention	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=Boscov's 10:30a=BCHarvest 11a=Crochet & Knit 12:30p=Cards & Crafts-Shaker Cards 12:30p=Balance	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=BRASS Chair Ex. 11a=Poker
28	29	30	31	
9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=Painting \$2 11a=Zumba 11a=Setback 1p=Diabetes Prevention	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10:30a=B/P 10a=Chair Yoga 11:30a=Café Lunch 12:30p=Bingo	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 9:30a=Stretch/Tone 10:30a=BCHarvest 11a=Crochet & Knit	9a=Wii Bowling 9a=Open Computer 9a=Pool Table 10a=BRASS Quilting 11:30a=Café Lunch 12:30p= 1:30p=Eversource	

BRASS Membership Registration

Mail to: Waterbury Senior Center
1985 East Main Street WTBY,CT 06705
ATTN: BRASS

Name: _____

Address: _____

Town, Zip Code: _____

Home Phone: _____ Date of Birth: _____ Gender M or F

Cell Phone: _____ Email: _____

Veteran or Spouse of a Veteran Yes No

Race: Caucasian African-American Asian/Pacific Islander Hispanic/Latino Other

Emergency Contact & Relationship: _____

Phone Number: _____

Please check if you are presently a member of a BRASS Program Site:

- Mt. Olive Senior Center Hispanic Coalition Forever Young
 Waterbury Senior Center Willow Plaza Grace Baptist Church

Selected courses are also offered in the following locations:

Mattatuck Museum Silas Bronson Library YMCA

PHOTO CONSENT AND RELEASE

The undersigned does hereby promise, consent and agree that Waterbury BRASS and its affiliates (CT Community Foundation, New Opportunities, Inc., Western CT Area Agency on Aging and the City of Waterbury) or its employees, agents or representatives, may photograph the undersigned with television, video, movie or still camera. The pictures & any statements or voice recordings made at the time of photography or in connection with the photography may be processed in any manner and by whatever method or combination of methods that BRASS elects, unless restrictions on use are specified herein. Furthermore, the undersigned agree(s) to waive any right or claim they might have to any compensation, fees or other benefits by use or reuse of the video/photograph and the undersigned hereby releases BRASS & its affiliates named above from any claim or demands for compensation or liability arising from said use of or publication of said pictures anywhere and in perpetuity. Restrictions: none. **A copy of your photo id is required for proof of residency & identification purposes.**

Name _____ Signature (client/responsible party) _____ Date _____

NEW BRASS PROGRAM COMING SOON!

WELLNESS FOR
OLDER ADULTS

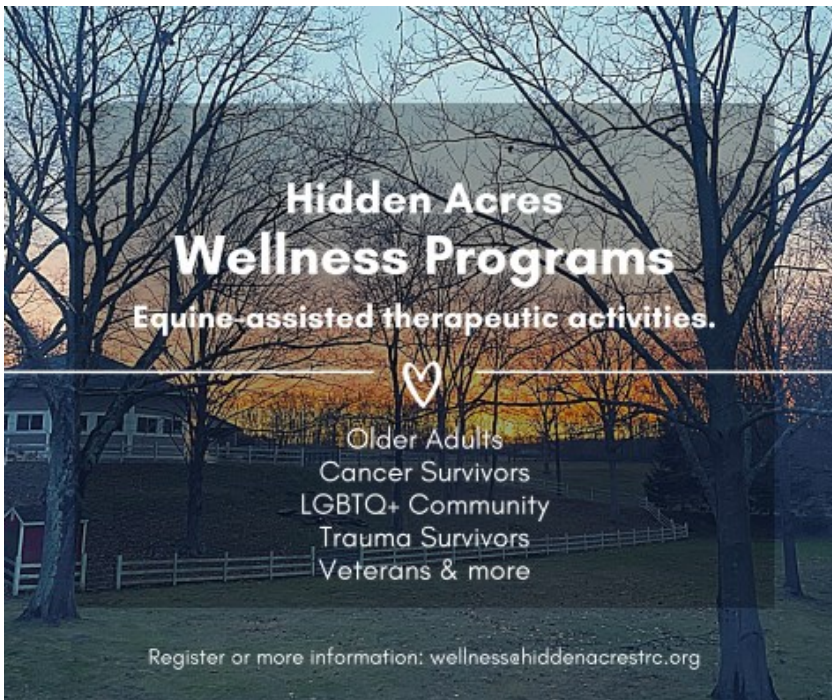
Together with BRASS



Sensory Enrichment

Hidden Acres Wellness Program provides an environment for older adults to enhance sensory stimulation through interaction with Hidden Acres therapy horses, nurturing the mind, body, and spirit. Participants are encouraged to share and make new memories during structured equine-assisted activities. They experience all of the beauty nature has to offer - the smells of the farm, the breeze and sun on their face, the songs of the birds or the trees creaking in the wind, and the warmth of the horses. Social connections, laughter, learning new things, and expressive art engage participants in improved mental and physical agility, alertness, and mood.

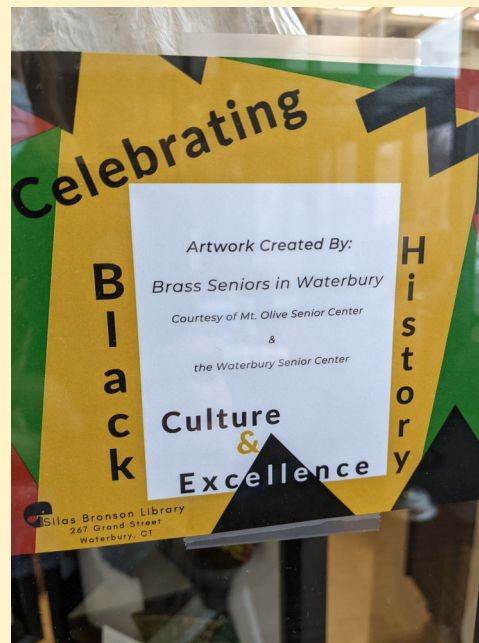
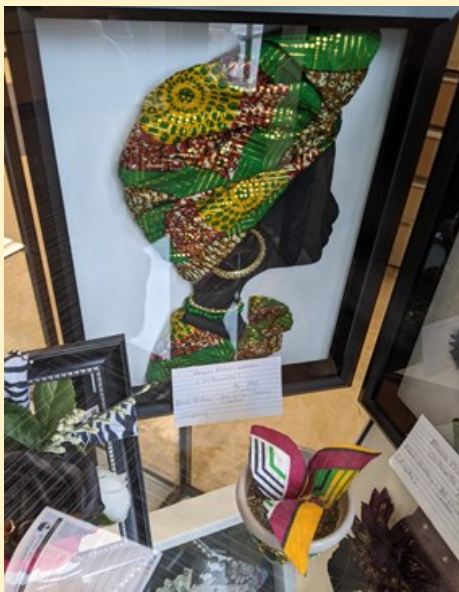
wellness@hiddenacrestrc.org hiddenacrestrc.org
45 Gabriel Drive, Naugatuck, CT



**Hidden Acres
Wellness Programs**
Equine-assisted therapeutic activities.

♥
Older Adults
Cancer Survivors
LGBTQ+ Community
Trauma Survivors
Veterans & more

Register or more information: wellness@hiddenacrestrc.org



Beautiful artwork and paintings done by our BRASS Members. They are absolutely stunning.



Thank you to Silas Bronson Library for having this beautiful BRASS display. BRASS thanks the members who participated and Banita and Joyce for the arrangement of the pieces. Photos by Bonnie Flannery

BRASS BOOK CLUB

Fourth Thursday of the month, 12:30 p.m. Zoom

Seniors 60+ are invited to join us for a monthly book discussion.

Advance registration required. Sign up at bronsonlibrary.org/programs or call us at 203-574-8225.



HOME DELIVERY

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 home delivery service! You must be a Waterbury resident and have a current, active library card to apply. Applications are available online and can be mailed to you. Contact us at 203-574-8225 or email us at bronsonlibrary@waterburyct.org to request an application.



10 ways to show up for yourself

1. Commit to habits, practices, routines and rituals that are good for your well-being - even when you don't want to.
2. Allow yourself to feel a multitude of feelings without labelling it as wrong, bad or negative.
3. Practice listening to your needs and discovering different ways of meeting those needs.
4. Practice self-forgiveness; for not being perfect, for forgetting, for your past, for what you don't know, and for getting "off-track" sometimes.
5. Let yourself start again, over and over, as often as needed.
6. Take care of your basic needs: stay hydrated, get enough sleep, move your body, and eat plentifully.
7. Give yourself permission to rest, to take breaks, and to have down time.
8. Spend quality time with yourself: reading, writing, creating and getting to know who you are underneath who you think you should be.
9. Use a lens of curiosity and compassion with yourself as often as possible.
10. Remind yourself that you are as worthy of being shown up for as anyone else in life. Make yourself a priority in your own life.

averstu.com

FOREVER YOUNG

785 Highland Avenue

Waterbury

March 1st Tuesday 10-11:30 Knit and Crochet

March 7th Monday 12-2:30 Forever Young meet

March 8th Tuesday 10 11:30 Knit and Crochet

1-2 Exercise with Ed Rock

March 15th Tuesday 10-11:30 Knit and Crochet

1-2 Exercise with Ed Rock

March 22nd Tuesday 10-11:30 Knit and Crochet

1-2 Exercise with Ed Rock

March 28th Monday 10 -11:30 Nutrition with Nicole

1-3 Arts & Crafts



Classes for BRASS members at the Waterbury YMCA

Active Older Adults with Ed on Tuesdays and Thursdays 10:15 am to 11:15 am
Tai Chi with Joe on Tuesdays 11:30 am to 12:30 pm



Please remember to show your BRASS key tag at the front desk.



Personal Hygiene Collection Drive

YOUR DONATION AND SUPPORT WILL HELP FAMILIES IN NEED

All donations will be distributed at the Community Resource Fair organized by Waterbury State's Attorney Office in collaboration with The City of Waterbury on Saturday, May 14th at City Hall

Drop off location:

Outside the Mayor's Office in City Hall

Donations will be accepted until Friday, April 22nd

Unused Toiletry Items Needed:

- Toothbrushes
- Toothpaste
- Floss
- Deodorant
- Shampoo
- Conditioner
- Soap
- Shaving Cream
- Disposable Wipes
- Underwear
- Socks
- Tampons / Pads



WATERBURY

THE WATERBURY SENIOR CENTERS
A B.R.A.S.S Program

JOIN THE FUN by JOINING THE CAST

SENIOR CITIZEN "ANNIE" or a BROADWAY REVIEW SENIORS ONLY CAST 60+

All are invited regardless of special needs (wheelchair, walker etc.). If you think you can do it, welcome aboard. If you're not an onstage person you may volunteer for costumes, set crew, concessions or the pit orchestra.

If you have a special skill let us know.

If you want to be involved please....

email: bobtansley1949@gmail.com

Please include your name and put the show of your choice in the subject line.



ATTENTION Waterbury Property Owners!!!

If your house was built before 1978 your children and tenants/occupants could be at risk for lead poisoning!

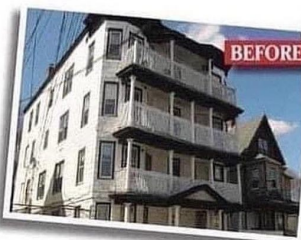
The Waterbury Lead and Healthy Homes Program is pleased to announce the grant award of the Lead Hazard Control Program

This program will provide funding assistance to eligible landlords to abate lead-based paint hazard and remediation of other related hazards which may include windows, vinyl siding or doors.

WLHH provides eligible property owners up to \$15,000 per unit for lead hazards and reduction and remediation of other health and safety Hazards.

Eligible homes need to be

- Located in Waterbury
- Built Before 1978
- Current on Property Tax, Mortgage & Insurance
- Within HUD Regional Income Requirements for Tenants & Owner-Occupants
- Occupied by or Suitable for a Child Under the Age of 6



For more information please call
The Waterbury Health Department
203-574-6786

Take Control



"It's Your Life...Live it Well"



Live Well with Chronic Conditions

FREE Telephone Workshop

Join this **FREE 6-week workshop** and learn how to better manage your ongoing health conditions!

You can do this from the comfort of your own home!

All you need is a phone to join the one-hour group conference call with a Live Well Leader to learn about:

- Healthy eating, physical activity and exercise
- Dealing with difficult emotions
- Decision-making and communications skills
- Working with healthcare providers
- Action Planning

Materials will be mailed to participants at no cost and include *Living a Healthy Life with Chronic Conditions*, an instruction booklet and relaxation and exercise CD's.

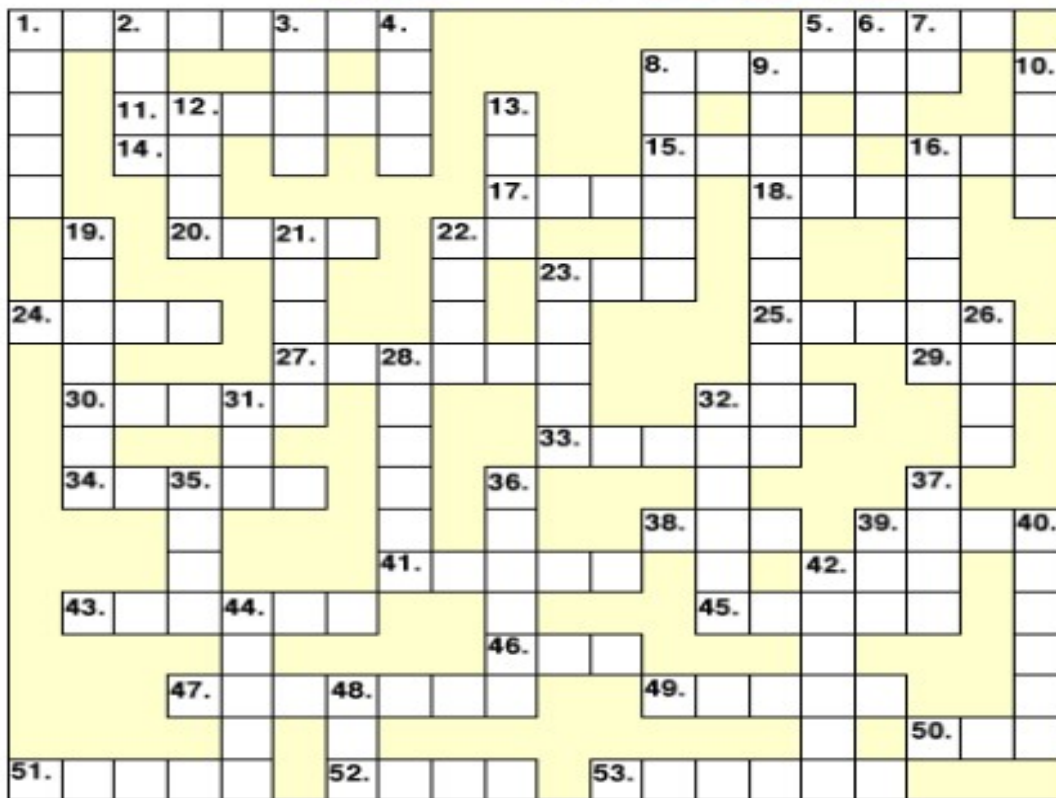
**Wednesdays | 9 - 10 am
March 30 - May 4, 2022**

For more information and to register, call
860-496-6676 / carla.angevine@hhchealth.org

Enjoy



Sponsored by the Department of Rehabilitation Services State Unit on Aging, Connecticut Department of Public Health, and the Western Connecticut Area Agency on Aging. Generous support is also provided by the Connecticut Community Foundation and Hartford HealthCare Charlotte Hungerford Hospital.



1. Part of a flower
2. What you scratch
3. ___n' roll
4. Opposite of future
5. Hot ___ cold
6. Fox's home
7. Take ___ or leave ___
8. Easter ___
9. Easter treats
10. Jesus was buried in this
12. Speed competition
13. Spring month
16. Hare
19. Appears after the rain
21. You play these
22. Look for
23. Spring month
26. Easter flower
28. A season
31. Shake head
32. Easter colour
35. Tidy
36. Goodies
37. Beginning of leaves
39. Boy's name
40. Reach destination
42. Easter hat
44. ___ and field
48. Baby goat

Across:

1. One bit of water falling from the clouds
5. Garfield's dog friend
8. Confidential
11. Early spring flower
14. Laughing sound
15. 12:00 p.m.
16. Outer edge
17. Be in want
18. Coca _____
20. Easter bunny hides these

22. Opposite of she
23. Spring month
24. Discover
25. Spring month
27. Spring holiday
29. _____ top
30. Jelly _____
32. Opposite of no
33. Easter bunny does this with eggs
34. Breezy
38. Ginger _____
39. Musical instrument

41. Spring colour
42. Resting place
43. Baby cat
45. Forests
46. Bath _____
47. Easter or picnic _____
49. Hides eggs
50. Colouring agent
51. Baby chicken
52. Water bird
53. Passes out momentarily

Important Information

On the 4th Thursday of each month, Maura from New Opportunities, comes to the Waterbury Senior Center at 12:30 pm

Participants can sign up for senior dine and do senior dine orders.

Dates Maura will be at the Waterbury Senior Center:

