

Washington Senior Center Newsletter



March/April 2024~ Vol. 37 No. 2

Mission Statement: The Washington Senior Center serves as a community anchor providing programs, services and friendship to our Senior residents with a warm and welcoming environment where they may gather in social and educational activities to enhance independent living and support mental, physical and social well-being.

Director's Corner

Friends,

"Let's March into Spring!" I don't know about you, but I am READY! Longer days, walks outside, gardening and Baseball!! March can feel long but Mother Nature has a way of giving us hints of warmer weather.

Also, March is all about basketball! Keep your eyes open for details about viewing some March Madness at the senior center. It's always more fun to watch college basketball together! Let's go UCONN!

The annual St. Patrick's Day lunch is scheduled for March 8th. Be sure to call the center to reserve your seat. The Legion Hall puts on the most delicious, corned beef and cabbage spread...it's a BIG hit!

Thursdays at 2pm, we host Fun and Games. We have a few people who would love to play Mexican Train, please call me if you are interested in joining. The more, the merrier!

As always, we are open to suggestions. Feel free to stop in and tell us your ideas!

Kindly,
Jenn

Upcoming Events & Programs



Corned Beef & Cabbage Luncheon!

March 8th 12:00

Courtesy of the American Legion

Suggested donation: \$8

Please call the center by March 4th for reservations.

BINGO~ Cancelled!

March 8th 1pm

Make your reservation in advance.

Prizes will be offered!

Sponsored by Candlewood Valley Health and Rehabilitation Center

Lunch Date!

March 12th

Marzano's in Torrington
(rescheduled snow date)

Bus leaves at 11:30

Call center to sign up.

Smoothie Bar

March 15th at 1pm

Sponsored by The Commons of
Newtown

Movie Matinee

One Life

March 21st at 1pm

Bantam Theatre

Call center to sign up!



~March Madness~

Keep your eyes open for March madness viewing at the Senior Center...details to come!



April



BINGO

April 19th 1pm.

Make your reservation in advance.

Prizes will be offered!

Sponsored by Candlewood Valley Health and Rehabilitation Center.

Smoothie Bar

April 12th 1pm

Sponsored by The Commons of Newtown

Water Aerobics

April 15th -19th~ 11am-12pm

Shepaug Pool

Call center to sign up!

Lunch Date!

April 23rd

Texas Roadhouse in Danbury

Bus leaves at 11:30

Movie Matinee

Movie TDA

April 25th

Bantam Theatre

Call center to sign up!

BLOOD PRESSURE CLINIC

April 17th ~ 11-12pm



Get your blood pressure checked by a registered nurse from the Housatonic Valley Health Dept. This is a FREE service.

Senior Bus Shopping Trips

New Milford Shopping

Twice a month!!

March 1st & 15th

April 12th & 26th

Big Y, Stop & Shop, Walmart

Bus leaves at 9am

Call the center to sign up!



Farm to Table Lunch & Tour at Shepaug!

May 3rd 10:30am-1pm

Enjoy a student lead tour of the Agriscience Program at Shepaug followed by a delicious lunch prepared by students. This wonderful opportunity is open to all Region 12 senior citizens. Space is limited, call the center to reserve your spot!



April 11th

Appointments start at 11:30am.

Hearing Life of New Milford will be offering hearing assessments at the Senior Center on Jan 25th.

Call the center to schedule your appointment.

Gentle Yoga (Chair & Mat)

Fridays

10:00am

\$10 per class

Be guided through gentle yoga moves that are perfect for all levels. Learn breathing and relaxation techniques to take off the mat and out into the real world. Enjoy some stretching and leave class feeling calm and rejuvenated. Modifications (including chair) are offered during all classes.



Connecting with Balance

Eight-week series, Wednesdays, 2pm

\$5 per class

Created by the dance company Pilobolus, Connecting with Balance is a one hour workshop tailored to help people of any age reconnect with their bodies and environment. This class is open to all levels of ability - even those who remain seated throughout. No previous experience is required, and no special equipment needed.

This progressive exercise program promotes the balance behind everything we do: from working around the house to keeping up with grandkids.

Give it a try!

Tai Chi with Sasha Chalif

Tuesdays-10-11am

\$10 per class

Tai Chi is designed to promote balance, health, strength, and flexibility. The slow breathing techniques and movements are designed to increase strength, agility, and promote calm.

Alexandra (Sasha) Chalif is experienced in Tai Chi as well as other forms of Martial Arts including Shaolin Boxing.

Zumba is Back!!!

Zumba with Emp Ochoa

Fridays 11:30am

\$5 per class

Zumba Gold® which is a class for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity.

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.

The class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility, and balance!

Come ready to sweat and prepare to leave empowered and feeling strong. Come join us, you will have a blast!

Shepaug Varsity Baseball/Softball Home Games



Varsity Girls~ Dick Ayer Field

April 4th 3:45 (Terryville)

April 12th 3:45 (New Milford)

April 19th 3:45 (Housatonic)



Varsity Boys~ Ted Alex Field

March 21st (Scrimmage -Brookfield) 3:45

March 27th (Scrimmage- Torrington) 3:45

April 2nd (Gilbert) 3:45

April 8th (Nonnewaug) 3:45

April 15th (Thomaston) 3:45

April 25th (Abbott Tech) 3:45

April 29th (Terryville) 3:45

Warren & Washington Social Services Presents:

LUNCH & LEARN BEWARE OF SCAMS



Topics to be covered:
Computer and cell phone scams, safety tips.

* Post lunch discussion with Social Services Director for Warren and Washington on Senior programs

**Taught by:
Officer Donahoe**

Friday, March 22, 2024
@ 12PM

Warren Community Center

**To register call
860-868-7881 ext. 114 or 116**



Van Service for Seniors

Available weekdays for medical appointments. Transportation is limited and availability is on a first come, first serve basis.

To schedule, please contact George at the Senior Center.

**Missy Brown- Municipal Agent
860-868-0058**

mbrown@washingtonct.org

Missy can help with applications for Medicare and financial/fuel assistance programs. Her office is on the 2nd floor of the town hall.

Please call or email for an appointment

Fun & Games!

Thursdays at 2pm

Tables will be set up for the following games:

Mexican Train
Scrabble
Mah Jong

Refreshments and fun will be served.

CANCELLATIONS DUE TO WEATHER



Senior Center activities will be cancelled on days when Region 12 schools are closed due to hazardous travel conditions.

School closings are announced on local radio and TV stations.

Important to note:

School Delays- No AM Activities
Early Dismissals- No PM Activities

**Does DMV frustrate you?
We can help!**



~ Driver's license expired?
~Need to schedule an appointment online?

Come into the Senior Center and we will help you with your DMV needs.

Websites of Interest

CT Department of Veterans' Affairs
<https://portal.ct.gov/dva>

Western CT Area Agency on Aging
<https://wcaaa.org> 1-800-994-9422

Locate Elder Care Resources
<https://cthelpnet.org>

Newsletters

If you prefer your newsletter to be emailed, please call the center.

Also, you can pick up a copy at the senior center, including monthly calendars.



Senior Center Hours

Monday- Friday 9-4pm
The Center will be closed:

March 29th ~ Good Friday



Food Bank Trips

March 7th & 21st

April 4th & 18th

Call the center to sign up.

Thank you to our wonderful sponsors who support our senior community!



Senior Partners

Aspetuck Animal Hospital
CT Gold & Silver
Hickory Stick Bookshop
Washington Art Association
Washington Market & Liquors
Anonymous

Friendly Neighbors

Five Janes
Gunn Memorial Library
b.hive salon
William Raveis Lifestyle Realty
Anonymous
Stephen and Nancy Lasar
Wright Electrical
Ken Cornet Memorial Scholarship
Jean Suddaby

Washington Senior Center

6 Bryan Hall Plaza, Washington Depot, CT 06794

860-868-0735

seniors@washingtonct.org

jpote@washingtonct.org

Jennifer Pote- Director

George Steiner- Assistant

Jim Babiyan- Van Driver

Missy Brown- Social Services & Municipal Agent

Board:

Betty Hinckley- Chairman

Diane Stevens- Secretary

Stacie Perachi- Treasurer

Vemala Balendra

Jane Moore

Ron Smith

Be a Sponsor!

Please help to support the senior
newsletter that reaches almost 1000
community friends.

~ 6 Newsletters a year ~

Friendly Neighbor- \$125

Senior Partner- \$225

Call Jenn at the center to support.

“May the lilt of Irish laughter lighten every load. May the mist of Irish magic
shorten every road.”

**Box 352
Washington Depot
CT 06794
CHANGE SERVICE
REQUESTED**