



Senior Center Frequently Asked Questions

When is the Center Open?

The Center is open for senior activities from 8:00 am - 4:00 pm Monday through Friday. Occasional weekend and evening activities are also planned, including bus trips.

How do I make a bus reservation? Is the bus wheelchair accessible?

To ride the bus, please call us at least one day in advance. Same day reservations cannot be guaranteed. Yes, the bus is fully wheelchair-accessible. See our Transportation brochure for more info.

What's the Center phone number?

(203) 263-2828.

What is the Center for, anyway?

The Center is the home for the Town of Woodbury's Department of Senior Services. Our mission is to serve as a community focal point providing information, programs, services and links to promote independent living for adults at least 60 years of age.

Who are the Friends of the Woodbury Senior Community Center?

The Friends organization is fundraising organization which helps sustain the Center's quality of services and programs by providing items not covered by our operating budget. Accomplishments to date include furnishing and equipping the Center's O&G Community Room, outfitting the computer room, funding an annual concert series, installing the Center Memorial Garden, and more. As a 501(c)3 non-profit organization, contributions and donations to the Friends of the Woodbury Senior Community Center are tax deductible. New members are always welcome!

Who can be a member?

Membership in the Senior Center is FREE and open to all those age 60 and better.

How do I register for classes and programs?

The easiest way to register is simply to call us or stop in at the Center.

How much does it cost?

There is no fee to join the Center. Many of our programs and services are free to everyone; for some classes and courses where we pay an instructor, a small copay is charged. The monthly newsletter and our fliers clearly states which programs have a copay fee. Please note: Members who are not Woodbury residents pay an extra \$5 per course or \$1 per drop-in class if there is a fee charged. Free programs are always free to everyone.

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I'm new; will I know anyone there?

The Center is a warm and friendly place, full of independent older adults who come in to see others, exercise or work on a community project, or learn something new. You'll probably run into a friend, neighbor, or acquaintance at one of the programs or classes! Why not try a class you are interested in, or make a lunch reservation? Let the staff know if you'd like a tour, or to be introduced to others - we want you to feel at home.



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Do you have a fitness center?

We do! Our fitness center is equipped with stable treadmills, Nu-step recumbent cross-trainers, Schwinn Air-dyne wind resistance upright exercise bikes, a recumbent exercise bike, and a wall mounted pulley weight machine. Those members interested in using the Fitness Room for personal exercise or post-rehab fitness must fill out a separate registration packet, which includes an approval by your personal health care provider. There is an annual fee of \$60 for Woodbury residents and \$80 for out-of-town members who wish to use the Fitness Room. The fee may be waived if a member is willing to serve as a Fitness Room volunteer.

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