



SENIOR CENTER PROGRAMS

Staying active and socially connected is important; it's a predictor for healthier later years and successful aging. Here at the Center, you'll find many options for exercise, lifelong learning, community engagement and connection. Here are a few samples. Programs are always being added; check out our newsletter and calendar for details on current classes and programs.

Exercise and Fitness

- **Pilates** - a classic mat class focusing on core strength and flexibility.
- **Strength Training** - a calm, slow class using hand weights and repetition to build bone and muscle mass and improve strength.
- **Balance Training** - a 30 minute class focused specifically on those exercises proven to help improve your standing balance. Perfect for those who have balance concerns or who haven't exercised in awhile.
- **Indoor Walking Class** - walk with friends! We use video to stay motivated and stay moving.
- **Tai Chi** - slow, flowing movements done in sequence. Tai Chi is clinically shown to improve balance, maintain or increase flexibility and is good for stress management too! Excellent for those with joint issues.
- **Gentle yoga** - a flowing yoga sequence that will help with balance, strength, relaxation and stress release. Another great offering for those with joint concerns.
- **Fitness Fury** - a moderate seated and standing full body workout with music.
- **Cardio Dance** - a high energy class with classic dance workout moves and music

Health and Wellness

- **Blood Pressure Checks** with Pomperaug District Department of Health
- **Ask-a-Nurse Health** consultations with a caring registered nurse
- **Happy Feet Podiatry Clinic** - foot care with low copays for eligible adults
- **Annual Flu and Pneumonia Shot Clinics**
- **Relaxation Station** - our unique wellness room where older adults may schedule therapeutic massage, Zero Balancing session, Reiki sessions, and more from credentialed providers at a reduced rate
- **Drumming Circle** - meets monthly for great rhythm and relaxation

- **Weight Loss Club** - a supportive group meeting weekly to hold each other accountable for health eating
- **Support Groups**- for women, those with concerns about aging, veterans groups, etc.

Lifelong Learning and Leisure

The Center is home to a full range of programs and activities. Stay mentally sharp and active is key to living a full life at any age. Programs change monthly, but here are a few samples:

- **Creative arts programs** like art appreciation, watercolor classes, beading, crafting, knitting circles, music appreciation, name those tunes, and more
- **Lectures and programs** on topics ranging from making the most of your investments to meditation, from gardening with native plants to pain management...always something new!
- **Multi-week classes** for writers, readers, history fans, and more
- **Cards and games groups** like Scrabble, word search, Canasta, backgammon and chess, bridge and more
- **Cooking classes and nutrition demos** - from cooking for one or two to fancy foods
- **Travel** - one day and overnight trips to fascinating locations!
- **Just for fun events** - because who said growing older has to be dull?!

Technology and Computers

- **Techie Tuesdays** -for one-on-one help with your technical devices and/or computer tutoring
- **Computer Classes** in our computer café
- **Genealogy Classes** -search your family history with the support of our professional genealogist



SENIOR CENTER PROGRAMS

Community Engagement

Stay connected to our community. Programs at the Senior Center include those which bring older adults and the larger community together!

- **Intergenerational programs** - at the elementary and middle schools
- **Senior Pass** to Nonnewaug High School events - free admission to most sports, arts and performance events
- **Lectures, programs and demos** with area community service groups, clubs and organizations
- **Service and volunteer opportunities** to benefit local non-profits
- **Information and referral services** for local service providers
- **Discount programs** through programs like Chimney Cleaning, WOW tokens, and more
- **Local Late Lunch and Early Bird Suppers** - an opportunity to visit local eating establishments with friends with no transportation or parking worries.
- **Ticket services** - cooperative programs with local performing arts organizations to allow you to purchase your tickets at the Center.
- **Income tax preparation assistance** - through AARP
- **Safe Driver Classes** - through AARP
- **Meals on China** -partnering with local restaurants to create special occasions for those who cannot go out



Senior Center Services

Nutrition

- **Congregate "Chef on Site" meals.** Join us on Tuesdays and Thursdays at noon for a chef-cooked hot nutritious meal. We're offering good food and great company! Suggested donation: \$3.50 - \$5.00. By reservation only.
- **Senior Dine** - this program allows older residents to receive a hot meal at certain local restaurants at a reduced rate. This program was re-opened on January 1, 2017. An application is required.
- **Meals on Wheels** - home delivered meals available 1 or more days per week. Referrals required.

Transportation

- The **Senior Center bus** is available to Woodbury residents age 60 & better, and to adult disabled residents. The bus helps riders stay independent by getting people to shopping, errands and appointments. The bus also takes riders from home to the Center and back again. The bus stays in Woodbury on Tuesday, Wednesday and Thursday, and travels to surrounding towns for riders' convenience on Monday and Friday. Social trips are planned on a monthly basis as well. These are often held on weekends or evenings.
- We also keep a list of other **transportation options** in our area, including FISH (Volunteer transportation to medical appointments), Uber, drivers-for-hire, etc. Call for more information.

Support Services

Growing older isn't easy. It can help to have the support of others who are going through similar challenges, or to have the ear of a professional who will treat you with respect and help you find the assistance you need. The Center can help.

- **Caregiver needs**
- **Early dementia**
- **Coping with aging support group**
- **Woman to woman support group**
- **Veteran's benefits and support services**
- **Grief support**
- **Housing**
- **Information and referral services for topics related to aging.**
- **Medical equipment loan closet**
- **and more**

Social Services

- **Municipal Agent Services such as information on all State and Federal Social Assistance Programs**, including assistance with applications
- **Crisis assistance**
- **Energy assistance** (deliverable fuels and electric bills)
- **Home Care Program for Elders**
- **Home Care Information**
- **Veteran's Benefits**
- **Affordable Health Care Insurance and Medicare/Medigap plans; Medicaid**
- **Prescription Assistance Programs**
- **Housing Options**

Please note that most federal and state programs have qualifying limits on income, and in some cases, assets. Home visits are available for those who cannot come to the Center. Please contact us for more information.

Property Tax Relief

The State of Connecticut provides property tax reductions for qualified homeowners and renters who are age 65 or older and the totally disabled of any age. Property owners may apply through the Town of Woodbury Assessor's Office from Feb.1 through May 15. Renters may apply through Social Services from May 16 through September 15 annually.