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

March

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 1 pm
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 1 pm
Sponsored by The Commons of Newtown

Movie Matinee
One Life
March 21st at 1 pm
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!

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**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!

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**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!

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**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.

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Hearing Life of New Milford will be offering hearing assessments at the Senior Center on Jan 25th.
Call the center to schedule your appointment.

-2-
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
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.

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

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
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.”