



Waterbury Senior Center



September 2026 Newsletter

Address: 1985 East Main Street, Waterbury, CT 06705

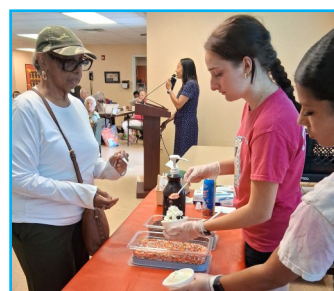
Phone number: 203-574-6746 **Fax number:** 203-574-8636

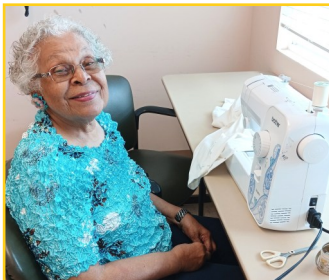
Hours of Operation: Monday thru Friday 9:00 a.m. ~ 2:00 p.m.

seniorcenter1985



Waterbury Senior Center





Class Cancellation Reminder...

If you are unable to attend a class you registered for, please remember to call or email the Senior Center to cancel your spot as soon as possible. Many of our classes have limited capacity, and letting us know you will not be attending allows another member the opportunity to participate.

Please note that members who do not notify the center when they are unable to attend may not be allowed to register for that class the following month. Your cooperation helps us ensure that our programs remain fair and accessible for everyone.

Thank you for your understanding and support!

ENTER TO WIN A BEAUTIFUL HANDMADE QUILT CREATED BY OUR TALENTED SENIOR CENTER QUILTING CLASS!

Raffle tickets are just \$1 each



The winning ticket will be drawn at the Waterbury Senior Center's 13th Anniversary Celebration on Friday September 11, 2026

Don't miss your chance to take home this one-of-a-kind piece!

PLEASE SEE STAFF IN THE OFFICE FOR TICKETS



All events/activities are subject to change
You MUST register for ALL activities, including lunch...
If you can't attend, please call us to cancel

Need Benefits Counseling?
Call WCAAA
203-757-5449



PLEASE NOTE:

The price of Styrofoam coffee cups has doubled!

If you can, please consider donating cups to the senior center.

Whatever size you can donate will be greatly appreciated!!!

Thank You!



Suicide Prevention Crisis Hotline —>988

This hotline will provide help, support & resources for resident who may be struggling with thoughts of suicide.

Birthstone: Sapphire Flower: Astor

"September was a 30-days long goodbye to summer, to the season that left everybody both happy and weary of the warm, humid weather and the exhausting but thrilling adventures." -Lea Malot

Happy Birthday to our September Babies!





It's Our 13th Anniversary!
We're having a party to celebrate & YOU
are invited!

When: Friday, Sept 11

Time: 10am

Dress: Blue & Gold (or Yellow)

Menu: Pepe's Pizza Truck

Cost: \$5/pp non-refundable

(You are signed up when you pay)

Beverages sponsored by Civita

Desserts sponsored by Autumn Lake

~ Please Sign Up ~



~ PLEASE NOTE ~

Health Worker = 9/1

City Mission = 9/4

No Farmers Market 9/8

Dolce = 9/16 (there)

*No Senior Center Meeting
in September*



Chorus w/Anna

Sept 3, 10, 17, 24
9:30am

Ukulele w/Ted
Sept 3, 10, 17, 24
10:30a

~ Please Sign Up ~



Brass City Harvest Nutrition Class

Trip to Price Rite

Sept 30 ~ 10am

Transportation provided - Leaves WSC at
9:45am & returns at 11:15am

Join Brass City Harvest's Nichole Texiera as you
decode what are good choices at Price Rite.
Nichole will teach you about better options in the
store & help you in reading labels.
Learn how to make healthy food choices & stretch
your budget.

~ Please Sign Up ~

"For BCH Nutrition Class"



Quassy Boat Ride

Enjoy a ride on beautiful Lake Quassapaug on
the "Quassy Queen"

If You Went in August, You Are Not Eligible

\$15.00/pp - Non-Refundable-Payable Upon

Sign Up-You are signed up when you pay

**Transportation, Boat Ride & Snacks on the Boat
Included**

Wed., Sept 2 ~ 10:30a to 12:30p

There is a 5-10 minute walk to the dock & back

Bus leaves WSC at 10:30am & returns 12:30p

(Boat ride is about an hour ~ 11a to 12p)

Limited to 17

Sponsors:

B.R.A.S.S.

ION Bank



Revolutionary Homes Lunch & Learn

Monday, Sept 21 — 12:30p

Only four houses built in Waterbury be-
fore 1776 are still standing today. Join
Raechel Guest, Silas Bronson Library Di-
rector to find out which ones they are,
and learn about the families that lived in
them during the Revolutionary War. We'll
also see images of buildings
from that time which have
been lost.

~ Please Sign Up ~
Sponsored by B.R.A.S.S.



Sewing With Jessica or Maggie

11a to 12:30p ~ Please Sign Up ~
Fri, Sept 4, 18, 25



Jessica Dorner Nutrition

Fri, Sept 25—>12:30p
“Cooking with Cans”



Wondering what to do with a pantry full of canned food? Join Jessica Dorner RD for a delicious cooking demo featuring recipes that use common canned food! Attendees will be able to taste test, and printed recipes will be available to take home

Please Sign Up



BRASS Crochet & Knitting w/Lindsey & Shirley

Wed, Sept. 2, 9, 16, 23, 30
11a to 12p
Please Sign Up

Reflexology with Kim

By Appointment Only
Tues, Sept 15 ~ 11:30a
20 minutes for \$25

Foot reflexology is a therapeutic practice that applies pressure to the feet to promote relaxation and overall health.

Please Sign Up in Office w/time



Mandy DuPont's Roundtable

Topic: “What Makes You Smile”
Sept 17 - 12:30p ~ Pls Sign Up



Estevan Miranda - City Health Coach Sarcopenia

Mon., Sept 28 —> 12:30p

This month, the topic is sarcopenia, which is the age-related loss of muscle and strength. We start to lose muscle as early as age 30. When we cross age 50, this process tends to accelerate if not dealt with. Studies suggest that folks with sarcopenia have about a 90% higher risk of functional decline compared to those without it. The great thing is that much of this can be prevented.

~ Please Sign Up ~



Veterans Coffee Hour

September 25 ~ 10am

All branches & spouses welcome

Please Sign Up



Senior Dine Meals Program Registration Thurs, Sept 17 ~ 12:30pm

Senior Meals is a restaurant meal program operated by Senior Nutrition Services of New Opportunities, Inc. The program is open to area residents age 60 and older.

There is no income requirement to participate.

~ Please Sign Up ~



NEW OPPORTUNITIES
Building Relationships to End Poverty™

Reiki with Amy

September 25 ~ 11:30a

\$20 for 20 minutes

Reiki is a form of energy healing originating in Japan. It focuses on the transfer of vital energy to promote relaxation, healing, and balance.

Please Sign Up



AARP Driver Course

Fri, Sept 18—>9:30a to 1:30p

\$20 for AARP Members

\$25 for non-AARP members

Make check payable to AARP
& give to instructor the day of class
~ Please Sign Up ~



DRUM WITH DEBRA

Wed, Sep 2, 9, 16, 23, 30 ~ 11am

Get some fun & light exercise while pounding to music!

Limited to 6

~ Please Sign Up ~



PLEASE NOTE:

Thank you all for thinking of us & wanting to donate to us. However, we can not accept clothing, shoes, bedding, used candles, open fragrance or broken or heavily used items.

If you have items you would like to donate, here are some organizations:

- Pick up Please (The Veterans) (they will pick up)=1-800-775-8387
- St. Vincent de Paul=203-573-9018
- The Salvation Army=203-754-7056
- Acts 4 Ministry=203-574-2287
- Goodwill=203-633-2769
- Waterbury Dog Warden=203-574-6909

PLEASE CONTACT THE SILAS BRONSON:

- WI-FI HOTSPOTS AT HOME
- ONE-ON-ONE COMPUTER HELP
By Appointment

203-574-8225, bronsonlibrary.org/programs

- HOME DELIVERY SERVICE
bronsonlibrary.org/homedelivery
email bronsonlibrary@waterburyct.org

SBL Computer Class

Fridays at 11am

Sept 4 = Computer Basics

Sept 18 = Google Docs

Sept 25 = Your Phone Settings

~ Please Sign Up ~

One-on-One Tech Help

Please Sign Up

2 Sessions Available

(10a & 10:30a)

Limit 2 sessions per month per person



Silas Bronson Library
Something for Everyone

DONATIONS

If anyone would like to donate to the senior center, we are in need of:

Styrofoam cups, Decafe, Wrapped Snacks, Lysol Wipes, gallon Ziploc bags, powered drink mix & Wrapped Straws *Thank you!*

Thank you to everyone for bringing to us baked goods, chips, sandwiches, drinks, pet food, snacks, kitchen items & crafting supplies. We are so blessed to have so many people care about us!



Tai Chi With Matt
Thurs, Sept 3 to Oct 22
12:30p to 1:15pm



Tai chi is an exercise practiced in gentle flowing motions that are often described as "meditation in motion,"
Join Matt for 8 sessions here at the Waterbury Senior center, starting Thursday, September 3rd.

~ Please Sign Up ~

Fragile Beauty Stained Glass

Taught by Sarah Sergovia
Wed, Sept 23~12p to 2p

Sponsored by ION Bank
\$5 pre-paid/non-refundable

Join us to make a beautiful stained glass angel.

~ Please Sign Up ~

~ Limited to 5 ~



Wisdom Years

"Heavenly Harvest"

Sept 3 ~ 12:30p

~ Please Sign Up ~



LABOR DAY

Dolce Hair Academy

91 Schraffts Dr, Waterbury, CT 06705

Sept 16 at 10:00am. There will be a \$5.00 cash only charge

Transportation provided for those who NEED it from the senior center to Dolce & back. We encourage seniors who can drive, to do so. If you take the shuttle, have them *pick you at home, take you to Dolce, then home.*

CT Energy Assistance Program (CEAP)

The Connecticut Energy Assistance Program helps Connecticut residents afford to heat their homes. You must be 60 years of age or older. Proof of income for all household members (2026 SS Award Letter, if on SNAP current notice of action letter) Copies of utility bills (Electric, Oil, Gas), names, date of births and social security numbers for all household members. Please contact Maggie with any questions or to make an appointment at

203-574-6746 ext. 7107. Starts 9/1/2026 → Expires 5/30/2027 == Household of 1 = \$47,764 Annually

Renter's Rebate The **Connecticut Renters' Rebate Program** offers financial assistance to eligible elder or disabled renters. Applications are accepted April 1st through September 30th.

Applicants must be 65 or older or determined disabled. Income guidelines are \$46,300 for a single person and \$56,500 for married couples. Documents needed:

2025 Social Security award letter/ 1099

Rent- Letter from your landlord, on their letterhead, stating the amount PAID in rent for all of 2025. If landlord is a relative, need their (landlord) tax return

Electric/Gas/Oil- payment history for all of 2025. Must include company name, address, and account number

2025 Federal Income Tax (if filed)- return and all attachments

SSI- verification letter including monthly breakdown

Pension- Letter from pension company showing what you earned in 2025

Disabled- determination letter with date determined disabled

Income- proof of all other income

The Brass City Harvest's Farmers Market will continue until Tuesday, **September 29, 2026** from 10:00am to 12:00pm.

We are using the farmers market debit card. If you have last year's, it will be loaded with **\$40**. We will load the card at the Senior Center. If you don't have last year's card, you will be issued a new one at the Senior Center. One card per person, per season. A married couple will receive one card each.

The income guidelines are: **\$2,461 per month for 1 person household, and \$3,337 per month for a 2 person household.** Please bring proof of income & a photo ID with you when you come to get your card reloaded & fill out the information sheet.

Brass City Harvest also accepts cash, check, credit card, debit card or SNAP.

CHOICES

CHOICES is Connecticut's State Health Insurance assistance Program. Free and unbiased services are provided to Medicare-eligible individuals, families, and caregivers of all ages and income levels. One-on-one benefits counseling on all parts of Medicare, including Original Medicare (Parts A and B) Medicare Advantage (Part C), Medicare Supplement, and Prescription Drug Coverage (Part D), Enrollment assistance and plan comparisons for Medicare Advantage and standalone Part D plans, Eligibility Screening and application assistance with cost-assistance programs including Medicaid, the Medicare Savings Program, the Low-Income Subsidy/Extra Help Program. To receive assistance please contact the CHOICES Dept at the Western CT Area Agency on Aging at 203-757-5449 EXT 134.

Waterbury Senior Center “Housekeeping”

*****You must sign up for all events, classes, trips, lunch & parties*** Highlight what you want on a calendar, put it in the bin on the wall. We will enter the classes you want into the computer & put the completed calendar in the alphabetized racks in the computer hallway**

PLEASE NOTE: Payment for ANY party or event where there is a fee, confirms your registration

Sign Up Requirements: 60+ years of age & a Waterbury resident. Please bring a photo ID with you. Newspapers can be taken home at 2pm, when we close.

If you know of any member who has passed away, please let us know.

Remember: No open cups of liquid on the floor.

You must wear sneakers or athletic shoes for the fitness room or exercise classes, unless the instructors allow other footwear.

Please be sure all of your information is up to date - if you moved, changed phone numbers, email or your emergency contact, please let us know.

With the exception bread, Café Lunch food **cannot** be removed from the senior center.

Please be considerate - During classes or presentations, turn off or silence your phone.

Please Note: If you do not attend a class, you do not receive any of the give-a-ways.

No Saving Seats ... First Come First Served ...

If class times overlap, please pick **ONE** class

NO FOOD OR DRINK IS ALLOWED IN THE COMPUTER ROOM



CITY MISSION

City Mission bags are distributed to our seniors with food insecurity. If you would like to benefit from this generous food distribution, please sign-up each month.

Incontinence Supplies

The Waterbury Senior Center is partnering with NOW Inc. and Charm medical to assist with an adult incontinence product bank here at the center. You will need ALL of your insurance cards and complete a form. Please call Maggie at 203-574-6746 when supplies are needed. One product limit per month. This is a donation-based program for low-income seniors. Please see Maggie for more information.

Animeals

Phone calls will no longer be made to remind seniors to pick up their pet supplies. They should now call Maggie at 203-574-6746 to request their pet supplies. Please note that you can receive supplies for up to two pets per month.

Free Transportation through the Waterbury Senior Shuttle Program

Do you need a ride? The Waterbury Senior Shuttle Program is open to all City of Waterbury residents aged 60 years and older. All shuttle riders are required to have a Senior Shuttle ID card which may be obtained by calling 203-346-3810.

To Schedule a Ride please call (203) 275-0124

Non-medical rides can be scheduled up to three (3) days in advance and medical appointments can be made up to one (1) month in advance. You must call between the hours of 9:00 a.m. and 12:00 p.m. to schedule a ride.



BIG NEWS: Medicare Savings Program Updates



Eligibility is based on your gross monthly income.

Medicare Saving Program	Single	Married	What it Pays For
QMB	\$2,807	\$3,806	Part B premiums, deductibles, & co-insurance
SLMB	\$3,073	\$4,166	Medicare Part B premiums
ALMB	\$3,272	\$4,437	Medicare Part B premiums

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$577,233 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



BIBLE STUDY

Our community partner, Grace Baptist Church, warmly welcomes Waterbury Senior Center members to participate in their Bible study and fellowship activities

Morning Devotion Call

Monday-Friday | 6:30 AM-7:00 AM

Call: (617) 691-8371

Midday Bible Study

Monday-Thursday | 12:00 PM-1:00 PM

Join by Zoom using Meeting ID: 952 969 6409 or call (617) 691-8371

Evening Bible Study

Wednesdays | 7:00 PM-8:00 PM

For additional information, please contact Grace Baptist Church at (203) 756-5269

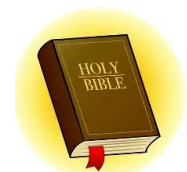
Walking Group

Beginning Wednesdays | 9:30 AM-10:30 AM

Location: Brass Mill Center

Enjoy a morning walk with friends and fellowship before heading out to lunch together. Participants are welcome to join the noon Bible study immediately afterward

All are welcome!





Connecticut
Foundation
for Dental Outreach
Making a Difference



Connecticut
Mission of Mercy
Free Dental Clinic



FREE DENTAL CARE FOR SENIORS

WCAAA is partnering with the CT Foundation for Dental Outreach to provide a cost-free clinic for seniors aged 60+ with immediate dental needs.

No dental insurance is required to participate!

Free services include: exams, cleanings, fillings, extractions, and more

OPEN TO SENIORS RESIDING IN:

**Waterbury, Cheshire, Naugatuck, Prospect, Watertown,
Southbury, Middlebury, Litchfield**

October 23rd, 2026

Time: 8:00 AM - 5:00 PM

**Location: CT Police Activity League,
Waterbury CT**

Pre-screening date: September 11th, 2026, 84 Progress Lane, Waterbury CT 06705

Scan me to register!!



REGISTER TODAY (REQUIRED):

Call: (203) 757-5449 opt. 0

Email: info@wcaaa.org



STARTING JULY 1, 2026

Medicare

GLP-1 PILOT PROGRAM

GLP-1 WEIGHT LOSS MEDICATIONS

FOR \$50 PER MONTH!



Medicare now offers the GLP-1 Pilot Program to help eligible beneficiaries access certain weight loss medication for **\$50 per month**.



Covered Medications

- **Foundary** (tablet)
- **Wegovy** (injection or tablet)
- **Zepbound** **KwikPen only**



Not Covered: Single-dose Zepbound pens or Zepbound vials.



- ✓ The \$50 payment does not count toward your Medicare part D deductible.
- ✓ The \$50 payment does not count toward your annual out-of-pocket maximum.
- ✓ These medications cannot be paid through the Medicare Prescription Payment Plan.



WHO MAY QUALIFY?

You must meet **ALL** of the following requirements:



1. Have Medicare Part D coverage.

- You have Medicare Part D prescription drug coverage through either:
 - A standalone Medicare Prescription Drug Plan (Part D), or
 - A Medicare health plan that includes prescription drug coverage.

You are not eligible if your Medicare coverage is only through one of these special Medicare plan types:

- Private Fee-for-Service (PFFS) Plan
- Medicare Cost Plan
- Program of All-Inclusive Care for the Elderly (PACE)

Not sure what type of Medicare plan you have? Call **203-757-5449 option 4** your local SHIP office for free, unbiased Medicare counseling.



2. Already receive a GLP-1 medication through your Medicare drug plan

If you've been using a GLP-1 drug paid for by your Medicare drug plan for any reason, you need to keep getting your GLP-1 drug through your plan.

GLP-1 drugs are defined as products with the following active ingredients:

- Semaglutide
- Tirzepatide
- Orfordlipron
- Dulaglutide
- Liraglutide



3. Do Not Have

- Type 2 Diabetes
- Moderate-to-Severe Sleep Apnea
- Fatty Liver Disease

If you have any of these conditions, contact your Medicare drug plan—they may already cover a GLP-1 drug for you.



4. Be 18 years or older AND meet one of the following BMI requirement.

BMI
35
or higher

None

BMI
30
or higher

And have heart failure, difficult to-control high blood pressure or stage 3a+ chronic kidney disease

BMI
27
or higher

And have prediabetes Or have had a heart attack, stroke or blocked arteries in legs or arms

* BMI (Body Mass Index) is based on your height and weight. Ask your doctor what your BMI is if you don't know.

How to Get Started: Step by Step

Talk to your doctor to see if a covered GLP-1 medication is right for you and if you qualify for the program.

Your doctor sends your prescription to the pharmacy. The pharmacy verifies your eligibility. You may be asked for your Medicare ID number.

Your doctor completes a prior authorization to get Medicare's approval for coverage.

Once approved, you'll receive a letter from Medicare. You can then pick up your prescription and pay \$50 for a one-month supply.

Refills don't require a new approval as long as you remain on the same medication, even if your dose changes.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$557,703 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.



QUESTIONS?

Contact your Medicare drug plan or call:
1-800-994-9422 (SHIP STATEWIDE) 203-757-5449 option 4



SHIP

State Health Insurance Assistance Program