

Washington Senior Center Newsletter



January/February 2026~ Vol. 39 No. 1

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,

I hope everyone had a healthy and happy holiday season. As we enter the new year, I am so grateful to our senior community for participating in so many of our holiday programs over the last few months. It gives us such joy to see our senior center grow each year and inspires us to continue bringing new and exciting ideas to the center.

In February, we are teaming up with our friends at Judy Black Memorial Park and Gardens to present a feel-good movie just in time for Valentine's Day. Grab a friend or neighbor or come by yourself and sit next to me as we watch a classic, *When Harry Met Sally*. One of my ALL-time favorites!

Something else new on the calendar is Dancercise. This movement class came to be while I was teaching yoga. We were chatting about dancing to our favorite songs, and I said, "Wouldn't it be fun if we could bring in our favorite music and just dance?" Well, why not? No judgment, just great music and moving our bodies. It's good for the heart and soul.

I'll be spending most of January focusing on organizing my closets and my thoughts, not necessarily in that order. If you have any suggestions on how to be successful at either, I'm all ears. Happy New Year.

Kindly,

Upcoming Events & Programs

January



Lunch & Learn

How to Live a Healthy Brain Lifestyle
January 14th at 11:30am

Hosted by RVNA

Call center to sign up.

Potluck Lunch

January 21st at 12pm

Call to sign up and let us know what you will be bringing.

Planetarium Show at Shepaug

January 28th at 12:30pm

From the Earth to the Universe

Space is limited.

Call center to sign up.

February



Lunch & Learn

Cooking for One

February 4th at 11:30am

Hosted by RVNA

Call center to sign up.

Valentine's Crafternoon

Gunn Memorial Library Makerspace

February 5th at 2:30-4pm

Make cards, gift bags and more!

Limited space, sign up today.



A Feel-Good Movie at

Judy Black Park

February 13th at 1pm

When Harry Met Sally

Call center to sign up.



Lunch Date!

February 17th

Chuck's Steakhouse

Bus leaves at 11am.

Call center to sign up.

Reservations required.



Do You Know Your Numbers?

February 19th (Snow date 2/24)

5-7pm at Town Hall.

Hosted by RVNA.

Call center to sign up.



Happy Hearts BINGO

February 20th at 1:30pm

Make your reservation in advance.

Prizes will be offered!



Potluck Lunch

February 25th at 12pm

Call to sign up and let us know what you will be bringing.

Senior Bus Shopping Trips

New Milford Shopping

Twice a month!!

January 15th & 29th

February 5th & 19th

Big Y, Stop & Shop, Walmart

Bus leaves at 9am

Call the center to sign up!



Planetarium Show at Shepaug

From the Earth to the Universe

January 28th at 12:30pm



Join us for the viewing of this stunning, 30-minute voyage through time and space. It conveys, through an arresting combination of sights and sounds, the Universe revealed to us by science.

A wonderful opportunity for our community to experience the planetarium and explore space.

Space is limited.

Call the center to sign up.

Valentine's Crafternoon
at Gunn Library Makerspace

February 5th, 2:30-4pm

Join us for an afternoon of crafting fun! Decorate gift bags and create your own Valentine's cards with a variety of art supplies and a little help from the Cricut cutting and drawing machine.

Call the center to sign up.

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.

Dancercise with Jenn

Wednesdays, 2-3pm

This class is free

Do you love to dance? Need a boost of energy or a way to shake off the winter blues? We have just the thing. **Dancercise** is a fun, upbeat class that gets you moving to the music you love. Each class, participants are invited to bring three of their favorite songs. We'll build a shared playlist, press play, and dance!

This class is all about enjoying music, movement, and good company. It's a great way to stay active, lift your mood, and have fun at the same time. No dance experience needed and no pressure to do anything "right." If you can move, you can dance.

Gentle Yoga (Chair & Mat) with Jenn

Fridays at 10am

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. **This class is free.**

Zumba with Emp Ochoa

Fridays at 11:30am

\$5 per class

Zumba Gold® 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.

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

Lunch & Learn

How to Live a Healthy Brain Lifestyle

January 14th at 11:30am

Sponsored by RVNA



Join RVNAhealth's Susan DiGregorio, M.A CCC-SLP, for an informative discussion about aging and the brain. Learn about risk factors for cognitive decline and proactive steps you can take to protect brain health and boost memory function.

Susan DiGregorio is a Speech-Language Pathologist who works with adult patients at the RVNAhealth Rehabilitation & Wellness Center. Susan specializes in the rehabilitation of swallowing, speech, language, cognition and voice following neurological, traumatic injuries and treatment for head and neck cancers.

Call center to sign up.

Lunch & Learn

Cooking for One

February 4th at 11:30am

Sponsored by RVNA



Food is more than sustenance; it's connection, comfort, and care, even when cooking for just yourself or one other.

Join RVNAhealth RN and Clinical Supervisor Corrine Muy-Cando, BSN, RN, NCPD and CFNC, for an engaging conversation about making meals for smaller households that are as nourishing as they are satisfying.

With practical tips on meal planning, smart shopping, and cooking efficiently, Corrine will help you rethink the possibilities of your plate.

Call center to sign up.

A Feel-Good Movie Matinee

When Harry Met Sally

February 13th at 1pm

The Judy Black Park and Gardens



The Washington Senior Center is teaming up with Judy Black Park to present this feel-good movie matinee featuring *When Harry Met Sally*.

Join us for an afternoon of laughter, romance, and classic film fun inside Judy Black Park. Popcorn and refreshments will be available.

We hope you can join us for this special collaboration.

Call the center to sign up.

Senior Center is looking for BINGO Sponsors!

Our monthly BINGO is one of the most popular events at the Senior Center, bringing lots of laughter, connection, and friendly competition. After more than five wonderful years, we recently lost our longtime sponsor, and we're now looking to build a new list of local sponsors right here in Washington.

Prizes are what make BINGO extra fun, and we've become pretty great at curating ones our members truly enjoy. If you or your business would be interested in sponsoring a BINGO event or donating prizes, we'd love to hear from you. Please contact the Senior Center for more information.



Van Service for Seniors

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

For the courtesy of all, please be ready at pick-up time.

To schedule, please call the Senior Center.

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.

Terry Keith- Municipal Agent

860-868-0058

tkeith@washingtonct.org

Terry 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:

January 1st New Year's Day
January 19th Martin Luther King Day
February 16th President's Day



Food Bank Trips

January 8th & 22nd

February 12th & 26th

Call the center to sign up.

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



Senior Partners

CT Gold & Silver

Hickory Stick Bookshop

Washington Art Association

Anonymous

Helen Hughes

Diane Stevens- Williams Pitt Sotheby's International Realty

Friendly Neighbors

Aspetuck Animal Hospital

Washington Market & Liquors

Five Janes

Gunn Memorial Library

William Raveis Lifestyle Realty

Anonymous

Stephen and Nancy Lasar

Ken Cornet Memorial Scholarship

Jean Suddaby

Green Acres Lawn Service

Washington Senior Center

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860-868-0735

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cbensley@washingtonct.org

Jennifer Pote- Director
Carolyn Bensley- Assistant
Jim Babiyan- Driver
Nancy Obregon- Driver
Terry Keith- Social Services & Municipal Agent

Board:
Betty Hinckley- Chairman
Jane Moore – Vice Chair
Diane Stevens- Secretary
Stacie Perachi- Treasurer
Vimala Balendra
Clarinda Deitz

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.

“You are never too old to set another goal or to dream a new dream.”

C.S. Lewis

Box 352
Washington Depot
CT 06794
CHANGE SERVICE
REQUESTED