

Washington Senior Center Newsletter



July/August 2026~ Vol. 39 No. 4

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,

There is so much happening at the Senior Center this summer, and it's exciting to see so many new opportunities to learn, connect, and stay active.

We are thrilled to welcome a new exercise class, **ESSETRICS**, taught by Megan Lutz. Combining elements of tai chi, barre, and Pilates, this gentle yet effective class helps improve mobility, flexibility, and strength. Megan brings years of experience, and I encourage everyone to come give it a try.

Another wonderful example of community helping community comes from Licensed Massage Therapist Amon Chantal Kra, who has graciously offered complimentary chair massages in exchange for donations. All proceeds will help provide prenatal and postpartum care for mothers and families who might not otherwise have access to these important services.

We are also excited to welcome **Lindsey Burke** to Coffee & Muffins on **July 20th**. Lindsey is our resident tech expert, and we want to hear from you! Whether you need help with your iPhone, tablet, smartwatch, online shopping, or anything else technology-related, please come share your ideas and suggestions so we can plan future classes around your interests.

As we celebrate our nation's 250th birthday and gather with family and friends this Independence Day, I wish you all a happy Fourth of July. And in the words of our dear Sheila Anson, "*God bless you; God bless all of us, and God bless America.*"

Kindly,
Jenn

July



Movie Matinee

July 10th at 1:30pm

Call center to save a seat!

Lunch Date!

July 14th at 12pm

Hopkins Inn

Call center to sign up.

Lunch & Learn

July 15th at 11:30am

*Building Routines That Support Energy,
Focus & Well-Being*

Presented by Meghan Kenny of Seniors
Helping Seniors

Call center to sign up.

Tech Talk with Lindsey Burke at Coffee & Muffins

July 20th at 10:30am

Chair Massage by Amon Chantal Kra

July 20th at 1:30-3:30pm

15-minute sessions/must call center to
reserve.

Potluck Lunch

July 29th at 12pm

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

August



Lunch & Learn

August 5th at 11:30am

How to Lower Your Electric Bill

Presented by Art Marcelynas

Call center to sign up.

Movie Matinee

August 7th at 1:30pm

Call center to save a seat!

Lunch Date!

August 11th

Stonybrook Clubhouse

Bus leaves at 11:30am

Call center to sign up.

Crafternoon

Gunn Memorial Library Makerspace

August 11th at 2pm

Limited space, sign up today.

Lunch & Learn

August 12th at 11:30am

Letting Go of Clutter

Presented by Meghan Kenny of Seniors

Helping Seniors

Call center to sign up.

BINGO

August 14th at 1:30pm.

Make your reservation in advance.

Prizes will be offered!

Thimble Island Boat Tour

August 19th

Bus departs at 10am

Space is limited \$30pp

Call center to reserve a seat.

Bocce and Mocktails!

August 21st at 2pm

Sheila Anson River Walk Pavilion

Join Jenn and Carolyn for a game of Bocce & Pina Colada's (sans alcohol)!

Call Center to sign up!

Potluck Lunch

August 26th at 12pm

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

Thimble Island Boat Tour

August 19th \$30pp



Tour the Thimble Islands with the "Islander"

Join us, as we head down to Stony Creek Harbor in Branford. We will board the "Islander"

for a 90-minute boat tour of the Thimble Islands, focusing on their unique history. As the boat travels through the islands in Long Island Sound, there will be plenty to look at on both side of this spacious, enjoyable experience.

Learn the inside story from our Captain, a true "islander." Pack a lunch, sunscreen, a sweater, and a hat! We will bring a charcuterie board for the ride. **Bus departs the Center at 10am and returns at 3:45pm. Space is limited,**

Please call to reserve your spot.

Trip will be rescheduled if it rains.

Lunch & Learn

July 15th at 11:30am

Building Routines That Support Energy, Focus & Well Being

Presented by Meghan Kenny of Seniors Helping Seniors

Discover simple daily habits that can boost your energy, improve focus, and support overall well-being. Learn practical strategies to create routines that help you feel your best and thrive each day.

Call the center to sign up.

Lunch & Learn

August 12th at 11:30am

Letting Go of Clutter-Physically & Emotionally

Presented by Meghan Kenny of Seniors Helping Seniors

Discover practical ways to simplify your space and lighten your mind. Learn strategies for letting go of physical possessions and emotional baggage to create more peace, clarity, and joy in everyday life.

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?

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

This class is free.

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.

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!

NEW CLASS

ESSEINTRICS with Megan Lutz

Thursdays at 10:30am

\$10 per class

July 9, 16, 23, 30, Aug. 6, 13, 20, & 27

ESSEINTRICS is a 45-minute, low-impact class combining flowing movements and stretching to improve mobility, flexibility, balance, posture, and strength. Suitable for all ages and fitness levels, this gentle class helps release tension, increase circulation, and leave you feeling energized & refreshed.

Megan Lutz is a certified yoga therapist & Yoga Teacher. She teaches various movement & meditation styles including Essentrics, Vinyasa Yoga, and iRest Yoga Nidra.

In her private yoga therapy practice, Megan focuses on helping clients with:

- Mental health conditions like anxiety, depression, PTSD, trauma, grief, and loss
- Chronic pain management for areas including back neck, hips, & shoulders
- Neurological conditions such as, Parkinson's, dementia, stroke recovery, & multiple sclerosis

Makerspace at Gunn Library

Landscape Collage

August 11th, 2-4pm

Join us at the Makerspace for an afternoon of crafting and conversation! Go on vacation without leaving Washington. Use magazines, decorative papers, fabric, paint, & more to create a landscape collage inspired by your favorite travel destination.

Call center to sign up.

Summer Classic Movie Matinee

July 10th & August 7th at 1:30pm

At the Senior Center



Let's cool off, eat some popcorn and enjoy a summer classic.

Call the center to reserve your seat!

Community Chair Massage Day

July 20th 1:30-3:30pm

Donations Accepted

Call center to schedule appt.

Licensed Massage Therapist **Amin Chantal Kra** is giving back to the community by offering complimentary 15-minute chair massages in exchange for donations. All proceeds raised will help provide essential prenatal and postpartum care for mothers and families who may not otherwise have access to these valuable services.

Funds collected will support a range of care options, including prenatal massage sessions, postpartum recovery care, and birth doula support. period, ensuring that more families receive the support they need during this important stage of life.

Amin Chantal Kra is a Licensed Massage Therapist, birthworker, herbalist, and owner of Akwaba Massage + Birth, LLC in Litchfield. Originally from Côte d'Ivoire, she offers gentle, compassionate care that supports relaxation, comfort, and well-being.

Amin is honored to offer chair massage to members of the Washington Senior Center and looks forward to sharing a relaxing afternoon with the community.

Bridge Club is looking for 2 or 3 players to join.
Call center if interested.

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.

Tech Talk with Lindsey Burke

at Coffee & Muffins

July 20th at 10:30am

Do you have questions about your iPhone, iWatch, or tablet? Curious about online shopping, downloading apps, or organizing photos?

Join us for Coffee & Muffins and Tech Talk with Lindsey Burke!

Bring your questions, ideas, and frustrations. We want to know what technology topics are most important to you.

Your feedback will help us plan future classes and workshops at the Senior Center.

No question is too small, and chances are if you're wondering about something, others are too.

Come enjoy a cup of coffee, a muffin, and a conversation!

Lunch & Learn

August 5th at 11:30am

How to Lower Your Electric Bill

Presented by Art Marcelynas

Electricity Supply rates changed on July 1st so let's make sure you are paying the lowest Supply rate.

Bring your questions and a recent copy of your electric bill and learn how choosing an electric supplier can lower your bill.

Art Marcelynas, a retired State Utility Regulator at PURA, will explain how to choose a supplier and answer questions about rates, licensed electric suppliers, the redesigned electric bill, discounts for Hardship Customers and any question you have about Connecticut's electric rates and policies.
Call the center to sign up.

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>

Senior Center Hours
Monday- Friday 9-4pm
The Center will be closed:
Friday, July 3rd



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 the Senior Center.

Senior Bus Shopping Trips

New Milford Shopping

July 2nd & 16th

August 6th & 20th

Big Y, Stop & Shop, Walmart, Aldi

Bus leaves at 9am

Call the center to sign up!



Food Bank Trips

July 9th & 23rd

August 13th & 27th

Call the center to sign up.

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



Senior Partners

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Jean Suddaby

Green Acres Lawn Service

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Jennifer Pote- Director
Carolyn Bensley- Associate
Jane Swigart- Driver
Nancy Obregon- Driver
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Board:
Betty Hinckley- Chairman
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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.

"My favorite thing about America is the goodwill of its people." *Katharine Lee Bates*

**Box 352
Washington Depot
CT 06794
CHANGE SERVICE
REQUESTED**