

# Washington Senior Center Newsletter



May/June 2026~ Vol. 39 No. 3

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,

We're so excited that spring is here—flowers are popping up everywhere! We're looking forward to our trip to Wicked Tulips Flower Farm in Preston, CT, followed by lunch, cheese, and a wine tasting at Jonathan Edwards Winery. There may still be a few seats available, so please call if you're interested.

After more than 15 years, our kind and dedicated bus driver, Jim Babiyan, will be retiring at the end of April. We will miss Jim and his wife, Barb, dearly, but we look forward to seeing more of them as participants at our events. To celebrate Jim (and Barb!) and their many years of service to our senior community, we will be hosting a luncheon on June 4th. We hope you'll join us.

A big thank you to Blane Withers of Marty's Café for a generous donation sponsoring many months of BINGO. I am continually amazed by how giving and thoughtful our Washington community is.

We're also excited to introduce tech classes as a new, ongoing offering at the Senior Center. We've purchased five new iPads for participants to use while learning how to navigate apps, attend telehealth appointments, FaceTime with family, or shop using services like Instacart. We hope you'll take advantage of this opportunity to learn how technology can make everyday life easier—with our support every step of the way.

Kindly,  
Jenn

## Upcoming Events & Programs



### May

#### Spring Bus Trip

May 6<sup>th</sup> 8am-4pm

Tulips & Wine

Wicked Tulips Flower Farm in Preston, CT  
and Jonathan Edwards Winery

Cost: \$75

#### Bocce and Mocktails!

May 15<sup>th</sup>, 2pm

Sheila Anson River Walk Pavilion

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

Start the weekend off right.

Call Center to sign up!

#### Lunch & Learn

May 20<sup>th</sup> at 11:30am

*The Truth About Aging at Home: What Works and What Doesn't*

Presented by Meghan Berry of Seniors Helping Seniors

Call center to sign up.

#### Spring Floral Arrangement Class with Jenn

May 21<sup>st</sup> 11:30am

Cost: \$10

Call center to sign up.

#### Potluck Lunch

May 27<sup>th</sup> at 12pm

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

## June

### Tech Talks & Tips-Photos on Your Phone

June 3<sup>rd</sup> & 10<sup>th</sup> 11:30-12:30pm

Learn how to take your photos and videos on your phone & iPad and create albums, edit photos and more!

Call center to sign up!

### Let's Celebrate Jim Babiyan!

June 4<sup>th</sup> at 12pm

Shelia Anson River Walk Pavilion

A luncheon to celebrate the retirement of Jim Babiyan, our amazing bus driver and friend.

Please call the center to RSVP.

### Crafternoon

Gunn Memorial Library Makerspace

June 9<sup>th</sup>, 2pm

Limited space, sign up today.

### Lunch at Lake Waramaug

June 11<sup>th</sup> at 12pm

We will pack a picnic and head to the lake for an afternoon of food, friends and a spectacular view of Lake Waramaug at our town beach!

Call center to sign up.

### Lunch & Learn

June 17<sup>th</sup> at 11:30am

*When is it Time for Extra Help (And How to Know)*

Presented by Meghan Berry of Seniors Helping Seniors

Call center to sign up.

### Lunch Date!

June 23<sup>rd</sup>

Saybrook Fish House

Bus leaves at 11am.

Call center to sign up.

### Potluck Lunch

June 24<sup>th</sup> at 12pm

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

### BINGO

June 26<sup>th</sup> at 1:30pm

Make your reservation in advance.

Prizes will be offered!

Sponsored by Marty's Cafe

### Bocce is Back!

Fridays at 9:30am

Bocce Court at Pavilion

## Makerspace at Gunn Library

Gel Printmaking

June 9<sup>th</sup>, 2pm-4pm



Join us at the Makerspace for an afternoon of crafting and conversation! Experiment with gel plate printmaking and create a variety of colorful notecards, bookmarks, and decorative papers at this month's workshop.

Call center to sign up.

## WASHINGTON SENIOR CENTER



### Spring Bus Trip



## Tulips & Wine

Wicked Tulips Farm in Preston CT & Jonathan Edwards Winery

May 6<sup>th</sup>

8am-Departs

4pm>Returns

Enjoy a visit to the tulip farm where you can stroll the fields and pick your own flowers.

Then we'll head to Jonathan Edwards Winery to relax and enjoy a specialty packed lunch with charcuterie, a sandwich of your choice, and a few extra goodies.

Wine tasting is available if you'd like.

Cost: \$75 per person

Includes transportation, tulip picking and lunch.

Wine purchases may be additional.

Space is limited. Call center to sign up.

## **NEW to Senior Center!!**

### Tech Talks & Tips! Photos on your Phone

June 3<sup>rd</sup> & 10<sup>th</sup> 11:30am-12:30pm

Our Tech Guru, Lindsey Burke Will teach you all about Photos and Videos on your iPhone and iPad.

We know how to take photos and videos on our devices, but what do we do after that? Learn how to add captions, set locations, create albums, edit photos and more! Leave this class feeling more confident and comfortable with the memories you have captured on your device!

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!

### Lunch & Learn

May 20<sup>th</sup> at 11:30am

*The Truth About Aging at Home: What Works and What Doesn't*

Presented by Meghan Berry of Seniors Helping Seniors

Aging at home sounds simple—but in reality, it's where families often feel the most overwhelmed.

This session breaks down what actually works when trying to keep a loved one safe, supported, and thriving at home—and just as important, what tends to fall apart over time. We'll cover:

- The biggest misconceptions about "aging in place"
- When independence becomes unsafe (and how to spot it early)
- What successful home care setups look like vs. ones that lead to burnout
- The behind-the-scenes factors that reduce hospitalizations and crisis situations.

This is a practical, no-fluff conversation designed to give you clarity, not more confusion.

Call the center to sign up.

### 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.

### Town Beach Information



Parking Passes for the town beach will be available for Seniors at the Senior Center. All residents over the age of 65 will receive a free parking pass. Please visit Jenn or Carolyn at the Senior Center to pick your pass.

**Don't forget to bring your driver's license & vehicle registration!**

### Lunch & Learn

June 17th at 11:30am

*When Is It Time for Extra Help? (And How to Know)*

Presented by Meghan Berry of Seniors  
Helping Seniors

One of the hardest questions families face is: *"Is it time yet?"*

This session focuses on recognizing the subtle—and not-so-subtle—signs that additional support is needed at home. Many families wait too long, often after a fall, hospitalization, or major turning point. This talk helps you get ahead of that moment.

We'll walk through:

- The early warning signs that extra help is needed
- Common "gray area" situations families struggle with
- The emotional side of introducing care (for both the parent and adult child)
- How to start support in a way that feels natural—not disruptive

You'll leave with a clearer understanding of timing, options, and next steps.

Call the center to sign up.

### Senior Bus Shopping Trips

**New Milford Shopping~ Twice a month!**

May 7<sup>th</sup> & 21<sup>st</sup>

June 4<sup>th</sup> & 18<sup>th</sup>

Big Y, Stop & Shop, Walmart, Aldi

Bus leaves at 9am~ Call the center to sign up!

### **Terry Keith- Municipal Agent**

[tkeith@washingtonct.org](mailto:tkeith@washingtonct.org)

860-868-0058

Terry can help with applications for Medicare and financial/fuel assistance programs. Her office is on the bottom floor of the town hall.

Please call or email for an appointment.

**Good Company ~ A Free Outreach Program for the Residents of Washington.**

### *Neighbors helping Neighbors*

People Need People! Remember when neighbors simply dropped-in just for a friendly visit? With the advent of FaceTime, families scattered throughout the country, transportation challenges, and beyond-busy lives, visiting a friend or neighbor these days, is as rare as the two-dollar bill.

The data on the value of social interaction is clear: People *need* people for mental and physical well-being. And according to the former Surgeon General, Vivek Murthy, "The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day." Welcome Good Company – a breath of fresh air.

The free, non-denominational, non-sectarian outreach program – sponsored by the First Congregational Church – is working towards changing Dr. Murthy's finding, one visit at a time. Good Company, which recently celebrated its 100<sup>th</sup> visit, is comprised of a diverse group of vetted volunteers who offer honest friendship through neighborly visits. The goal is to help reconnect, re-engage and reacquaint disconnected neighbors with a sense of community.

Good Company visitors aren't caregivers, preachers, counselors or chefs. Rather, they're neighborhood friends getting together to play cards, discuss books, sports, chat local lore, listen or share a good laugh. Whatever friends do when together.

If you know of someone who would enjoy a neighborly visit or if you're interested in becoming a visiting volunteer. Call or email Good Company today to learn more. 860.717.2844; [fccw.goodcompany@gmail.com](mailto:fccw.goodcompany@gmail.com).

### **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>



### 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.

### Food Bank Trips

May 14<sup>th</sup> & 28<sup>th</sup>

June 11<sup>th</sup> & 25<sup>th</sup>

Call the center to sign up.

### Senior Center Hours

Monday- Friday 9-4pm

The Center will be closed:

May 25<sup>th</sup> ~ Memorial Day

June 19<sup>th</sup> ~ Juneteenth



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



### Senior Partners

CT Gold & Silver

Good Company...*Neighbors Visiting Neighbors*

Hickory Stick Bookshop

Washington Art Association

Anonymous

Helen Hughes

### 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

Diane Stevens- Williams Pitt Sotheby's International Realty

# Washington Senior Center

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Jennifer Pote- Director  
Carolyn Bensley- Associate  
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.

"Life is ours to be spent, not to be saved."

- D. H. Lawrence

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