

Washington Senior Center Newsletter



September/October 2026~ Vol. 39 No. 5

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 have some exciting new offerings this fall! If you've always wanted to learn how to play Mahjong, now is your chance. Emma Koslowski from The Blue Tile will be at the Senior Center for a fun three-session series. Emma has become increasingly popular throughout Fairfield County and is now bringing her Mahjong expertise to Litchfield County. We're excited to welcome her to the Senior Center!

Also, back by popular demand is Connect with Balance! This well-loved class, taught by Pilobolus, explores and promotes balance through awareness of our bodies and how they connect with and relate to our environment. If you haven't tried this class yet, I encourage you to give it a try. You won't be disappointed!

As we look forward to the holidays, we here at the Senior Center want to play **"Match-Maker" for Thanksgiving!**

If you're hosting Thanksgiving and have room at your table, please let us know. And if you'll be spending Thanksgiving alone and would like to share the holiday with others, we'd love to hear from you too.

Our goal is simple: **to bring people together so that no one has to be alone on Thanksgiving.**

Let's share a meal, make new connections, and celebrate the spirit of gratitude together

Kindly,
Jenn

Upcoming Events & Programs

September

Lunch & Learn

September 8th at 11:30am

Building Routines that Support Energy, Focus & Well-Being

Presented by Meghan Kenny of Seniors Helping Seniors.

Call center to sign up.

End of Summer Picnic

September 9th at 12pm

Sheila Anson Riverwalk Pavilion

Fried chicken will be provided, so come with your favorite southern side dish to share!

Call center to sign up.

Medicare Presentation

September 15th 11am

Call center to sign up.

Lunch & Learn

September 16th at 11:30am

Regional Hospice Informational Presentation

Call center to sign up.

Bocce and Mocktails!

September 19th at 2pm

Sheila Anson River Walk Pavilion

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

Crafternoon at Gunn Library

September 22nd, 2-3:30pm

Sunflower Ornaments

Call center to sign up.

September Continued...

Learn How to Play Mahjong

September 23rd, 30th & Oct. 7th

11:30am-1:30pm

\$50 per person/Space is limited to 8

Call center to sign up

Potluck Lunch

Monday, Sept. 28th at 12pm

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

Tech Time

September 28th & October 28th 1-2pm

Bring your device and questions!

Call center to sign up.

October

Flu Vaccine Clinic

Oct. 6th, 9-11am

Washington Town Hall

Be sure to bring your insurance card.

Lunch & Learn

October 13th at 11:30am

How to Stay Curious, Engaged & Mentally Sharp

Presented by Meghan Kenny of Seniors Helping Seniors.

Call center to sign up.

BINGO

October 16th at 1:30pm.

Sponsored by Marty's Cafe

Make your reservation in advance.

Prizes will be offered!

Washington History with a Side of Coffee & Muffins

October 19th at 10:30am

Presented by Amy Campanaro, Curator Of Gunn Museum

Crafternoon at Gunn Library

October 27th, 2-3:30pm

No Sew-Patchwork Art

Call center to sign up.

Potluck Lunch

October 28th at 12pm

Bring a dish and let's chat!

Call center to sign up.

Tech Time with Lindsey

Sept. 28th & Oct. 28th at 1pm

Bring your laptop, phone, or tablet and your question (or problem) and Lindsey will help!

The Senior Center has iPads for you to use! Come learn how to use an iPad and see all the useful ways to make life more helpful.

Call the center to sign up for a timeslot.

American Mahjong 101:

Three-Part Beginner Series

Sept. 23rd, 30th & Oct. 7th 11:30-1:30pm

\$50/pp for all 3 sessions



Learn American Mahjong and leave feeling confident and ready to play! In the first lesson, we'll cover the tiles, rules, setup, and how to play, then put it all together with a full game. In lessons two and three, you'll continue playing while building confidence, reinforcing what you've learned, and adding more strategy along the way.

Space is limited to 8 spots- call to sign up!

Connecting with Balance



Thursdays at 12:30pm

This class is FREE

It's Back! 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!

Call 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® 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!

ESSENTRICS with Megan Lutz

Thursdays at 10:30am

\$10 per class

ESSENTRICS 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 leaves you feeling energized & refreshed.

**Washington History with a side of
Coffee & Muffins**

October 19th at 10:30am



Join Amy Campanaro, curator of the Gunn Museum, for a fun morning of Washington history! Sip coffee, ask questions, meet new friends, and enjoy a story (or two!) about the way things used to be back in the day. Come curious and leave with a few stories of your own!

Lunch & Learn for Sept & Oct

**Presented by Meghan Kenny of Seniors
Helping Seniors**

September 8th at 11:30am

***Building Routines That Support Energy, Focus &
Well Being (Rescheduled)***

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.

October 13th at 11:30am

How to Stay Curious, Engaged & Mentally Sharp

Keeping your mind active is more than puzzles!

Explore enjoyable, everyday ways to stay curious, connected, and mentally engaged.

We'll discuss how learning, social connection, new experiences, and meaningful activities can help support brain health and quality of life.

Call center to sign up for both programs.

End of Summer Potluck
September 9th 12pm
The Sheila Anson Riverwalk Pavilion



Let's come together to enjoy the last days of summer. Fried chicken will be provided, so come with your favorite southern side dish to share.

Call the center to sign up.

Lunch & Learn
September 16th at 11:30am
Regional Hospice
Informational Presentation



Join us for a compassionate presentation by Regional Hospice. Learn about the services they provide, how hospice care supports individuals and families, and the resources available in our community.

Call center to sign up.

Flu Vaccine Clinic
Tuesday, October 6th
9am-11am
at Town Hall



Be sure to bring your insurance card!
Any questions, call the senior center.

Holiday Trip to Radio City Music Hall
to see
Christmas Spectacular!
November 18th



Kick off the season in style with a holiday coach bus trip to New York City!

Depart ~ Washington Senior Center, 7am

Return ~ Washington Senior Center, 5pm

Cost ~ \$130 (includes roundtrip coach bus & show ticket!)

Seats are limited - reserve yours today & get in the holiday spirit!

Call the center for more info!

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 bottom floor of the town hall.

Please call or email for an appointment.



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.

Resources

CT Department of Veterans' Affairs
<https://portal.ct.gov/dva> 860-616-3600

Locate Elder Care Resources
<https://cthelpnet.org>

Western CT Area Agency on Aging
<https://wcaaa.org> 800-994-9422

RVNAHealth 203-438-5555
Alzheimer's Association 800-272-3900

Veteran's, Suicide and Crisis Line: Dial 988

Senior Center Hours

Monday- Friday 9-4pm

The Center will be closed:

Monday, Sept. 7th - Labor Day

Friday, Sept. 11th -Rosh Hashanah

Monday, Sept. 21st -Yom Kippur

Monday, Oct. 12th - Columbus Day



Senior Bus Shopping Trips

New Milford Shopping

Twice a month!!

September 3rd & 17th

October 1st & 15th

Big Y, Stop & Shop, Walmart

Bus leaves at 9am

Call the center to sign up!



Food Bank Trips

Sept. 10th & 24th

Oct. 8th & 22nd

Call the center to sign up.

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



Senior Partners

CT Gold & Silver

Good Company...*Neighbors Visiting Neighbors*

Helen Hughes

Hickory Stick Bookshop

Marty's

Washington Art Association

Anonymous

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

6 Bryan Hall Plaza, Washington Depot, CT 06794

860-868-0735

jpote@washingtonct.org

cbensley@washingtonct.org

Jennifer Pote- Director
Carolyn Bensley- Associate
Jane Swigart- 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.

"Fall is proof that change is beautiful." – Unknown

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