Woodbury Senior Center Newsletter

We Miss You!
We hope you are safe and well at home...

*We are offering reassurance telephone calls, email connections, urgent errands transportation, congregate and Meals on Wheels delivery, grocery and Food Bank delivery service, virtual senior center programs, information and referral and more during the COVID outbreak.*

to reach Senior Services, please call us at *(203)263-2828* or [Email us!](mailto:info@woodburyct.org)

for current information from the Town of Woodbury, check the Town website at www.woodburyct.org

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Neighbor to Neighbor Shopping

If you are not going out to stores, and don’t have a way to get your grocery shopping done, Neighbor to Neighbor shopping can help. Call us for more information at (203) 263-2828.

**Neighbor to Neighbor**

Volunteer shopping and delivery service for Woodbury residents

**How it works:** Call the Woodbury Senior Community Center to find a helping hand. Volunteers will shop for you at Labonnes and bring the groceries to you! This service is available to Woodbury residents of any age who should or cannot go out during the COVID-19 outbreak. Call us; together we will make it through.

**Call for more information:**
Woodbury Senior Services  (203) 263-2828
Woodbury Social Services  (203) 263-4117
Staying Fit at Home

The actress Helen Hayes famously said "If you rest, you rust." She was right! Many of you are diligently keeping up with exercise at home; good for you! If you want some variety, or are looking for inspiration, here are a few ideas.

If you want to try mat Pilates, contact our instructor Megan to do an online class! See details right on the poster to the right!

More great options are found at SeniorPlanet. This organization is all about connecting older adults through technology. They are offering a whole menu of free exercise classes, from easy impact Morning Stretch to high energy Fit Fusion. Try it! Click here to see what's happening at SeniorPlanet

We'll keep sending you new ideas in future editions.

Don’t Fall for COVID-related Scams

Beware of any message coming to you via phone, email or text offering Covid-related services such as tests, supplies, cash, testing site information, etc. NEVER give out your personal or financial information to anyone contacting you and DON’T open emails if you don't know the sender. The last thing anyone needs right now is the additional stress of being victim of a COVID-related scam. Scammers use fear and stress to their advantage, and reported scams vary widely. BE CAREFUL

Caregiving During COVID Shutdowns

Caregiving is especially challenging right now. For practical tips, support and more information, check out Today’s Caregiver from Caregivers.org HERE
Brain Boosters

Try something (or many things!) new while staying at home. One of our favorites are TEDTalks. TEDTalks are short presentations on literally everything: food to politics to AI to environmental issues to creativity. Try one today, and become more curious about our world! Here’s a fascinating look at how language shapes the way we think: TEDTalks

Community Services Council
Expands Food Bank Hours and Services

In response to the current need, the Food Bank has expanded its hours to:
Wed and Thurs - 9 am - noon
Friday - 9 am - 2 pm
Sat - 9 am - 11 am

The Senior Bus will deliver your Food Bank order to your door! Call the Food Bank to request this free service at (203) 263-3869.

Also, the Food Bank is in need of donations at this critical time. If you would like to donate food items, the Senior Bus will pick them up from your front porch and bring them to the Food Bank. If you would like to donate via Paypal, please visit the Town of Woodbury website and follow the links. Town of Woodbury

One thing to do today: Check out and LIKE our Facebook page!

Senior Center programs are coming to Facebook!

Woodbury Senior Center is on Facebook. This is you'll find daily content, activities, conversation, information and more. Beginning next week, we will also be offering some livestream classes! If you are not on Facebook, call us for more information. Check out our Facebook page daily to stay connected! Woodbury Senior Center Facebook Page