

October 2021

Fall Events and Updates

On October 2, the Town's ad hoc Diversity & Inclusion Committee is hosting "Woodbridge Like Me," a celebration of the people, cultural and civic organizations that make Woodbridge what it is. The event will include the Library's One Book One Town event, a discussion about *American Like Me: Reflections on Life Between Cultures*.

This event and book discussion, coupled with the Community Council's new resident meet-ups, are critical steps in maintaining a dialogue on these important topics. I welcome future recommendations from the committee and members of our community.

The Board of Selectmen has received two proposals from developers interested the former Country Club of Woodbridge property. Both proposals are on the Town website. Arbor Haven has held a virtual public forum and the Board plans to hear from Eclipse Development, the other developer, at our October meeting.

The Arbor Haven proposal is to pay the Town \$9 million for 100 acres and build approximately 140 homes — a mix of large single-family homes, market-rate homes, affordable and age-restricted homes, all for purchase. They also plan to demolish the clubhouse, create a Town pool, a park, walk/bike paths and rehabilitate the tennis and volleyball courts for town use. Arbor Haven will make every effort to protect all existing trees on the property. Eclipse Development has offered to pay the Town \$1.5 million for 25 acres and build an expanded New England Brewing facility and construct approximately 100 rental apartments with an affordable component.



The Board of Selectmen has discussed the federal American Rescue Plan Act funding. The Town is scheduled to receive a total of \$2.6 million. Use of these funds MUST respond to negative impacts from the COVID-19 pandemic. My draft proposal to the Board of Selectmen is to install a new HVAC system in the Center Building. Ventilation in this building is my first priority so we might safely provide important resident services in any emergency. I am also interested in improving the Grove area with a covered pavilion to provide a sheltered outdoor programming space; improving and updating playgrounds and ballfields to encourage continued use of outdoor recreational opportunities; and improve marketing in our business district.

Because of the pandemic and lack of ventilation in the Center Building gym we will not be able to hold our annual indoor Veterans Day Ceremony this year.

There are several ways to safely celebrate Halloween this year: The Library is hosting pumpkin decorating; The Willows is holding a walk-thru of their decorated driveway and several local businesses are hosting trick or treating on Saturday Oct. 23 followed by a free outdoor concert in the business district. The Woodbridge Volunteer Fire Association will hold its Truck or Treat as a drive-thru on Halloween. Beecher Road School PTO's Halloween Hoot will also be a drive-thru. Details on these events and others can be found on the Town calendar, www.woodbridgect.org/calendar.

My door remains open to you. If you need to reach me please call 203-389-3401.

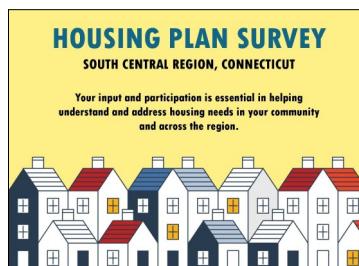
—First Selectman Beth Heller

Housing Plan Survey

Woodbridge residents are encouraged to complete a housing survey.

In 2017 the State required that all municipalities have an Affordable Housing Study in place by July 1, 2022.

The Town of Woodbridge has established a Housing Study Committee to address that requirement, and the Town is working with the South Central Regional Council of Govern-



ments which is also creating a regional housing plan. The document will include housing plans tailored to each municipality.

The survey and additional information can be found on the Town website. Hard copies are available at the Town Hall, Human Services and Library. The survey is open through October 15, 2021.

Important Reminders!

- Sat., Oct. 2:** Woodbridge 5k Road Race & Fun Run and Woodbridge Like Me Event (see page 2).
- Mon., Oct. 11:** Woodbridge Town Offices, Library & Transfer Station will be closed for Columbus Day.
- Bulk pickup:** Call the Dept. of Public Works for remaining appointments available in November, 203-389-3420.



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Town News

Truck or Treat—10/31

Don't miss the Woodbridge Volunteer Fire Department's 10th Annual Truck or Treat on Sunday, October 31 from 5-8 pm. Rain date is Monday, November 1.

The Drive-thru will begin at Meetinghouse Lane/Newton Rd. The event is open to all Woodbridge, Bethany and Orange residents. Come and enjoy decorated



Fire Trucks, music and trick-or-treating within the safety of your own vehicle!

Candy donations can be dropped off at the

Firehouse. Business or personal sponsorships are available.

Visit WoodbridgeFire.com & Facebook.com/woodbridgefire for more details. Thank you and stay well!

Reminder to File Personal Property Declarations

Businesses, professionals and farmers are reminded to complete and return forms to the Assessor's Office by November 1. Declaration forms must also be filed for owners of:

- non-CT or unregistered motor

vehicles

- horses, ponies & thoroughbreds
- mobile manufactured homes not assessed as real estate

Call the Assessor's Office at 203-389-3416 if a Declaration form was not received.

Farmland Available for Lease

The Town of Woodbridge owns several parcels of open fields that are available for lease. Some land is suitable for haying, while other acreage is appropriate for planting of silage corn or other crops.

Any Woodbridge farmer who is interested in leasing Town-owned land for the 2022 growing season should contact Gerry Shaw in the

Selectman's Office, via e-mail to gshaw@woodbridgect.org or via mail to Gerry Shaw, Woodbridge Town Hall, 11 Meetinghouse Lane, Woodbridge, CT 06525. Email or letter of interest must be received no later than 4:30 pm on Wednesday, October 6, 2021.

Please call 203-389-3401 with questions.

Woodbridge Like Me Event

Woodbridge Like Me—an event organized by the ad hoc Diversity & Inclusion Committee will be held Sat., Oct. 2 from 11 am - 2 pm at the Town Center immediately following the 39th Annual Road Race and Fun Run.

Woodbridge Like Me will celebrate all things Woodbridge and highlight organizations and cultural groups that make up Woodbridge civic life. "I hope residents take advantage of this opportunity

to learn more about their town and their neighbors, and to share their ideas and concerns to make Woodbridge an even better and more welcoming place for all," said the committee's Vice-Chair Robert Reed.

This is a sister event to our Town Library's One Book, One Town choice, *American Like Me: Reflections on Life Between Cultures*, which is a selection of essays edited by the actress America Ferrera.

Library News

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Visit the Library website 24/7 to access digital resources - woodbridgetownlibrary.org

New Library Hours Begin October 4

We look forward to seeing everyone during our expanded hours—our new schedule will be:
Monday, 1-7 pm; Tuesday/Wednesday/Friday, 10 am-5 pm; Thursday, 10 am-7 pm; Saturday 10 am-5 pm
The Library will be closed Monday, October 11 in observance of Columbus Day.

Outstanding October Events for All Ages!

Programs below require registration either online or via phone.

Unstuck Mini

Wednesday, October 14 at 7 pm
A Virtual Program



Has your lifestyle or the pandemic left you feeling depleted and stuck? You're not alone! Join Integrative Nutrition Health Coach, Cindy Kane, and Professional Organizer, Lauren Hass, as they provide tips and tricks, along with accountability to change your mindset and motivate you toward overall health and wellness. This virtual, interactive program will include an exercise to build awareness toward greater balance and well-being in your life. Registration is required and is EXTREMELY LIMITED to adults only. A Zoom link will be provided prior to the program.

From Jazz to Soul: Rhonda Denet and the Silver Fox Trio

Saturday, October 23, 2 pm
Meet at the Gazebo on the Green



Featuring jazz to soul; songs from the 30s through the 70s. A musical journey from the era when the "First Lady Of Song," Ella Fitzgerald graced the stage to when the "Queen of Soul," Aretha Franklin ruled the airways. This showcase pays tribute to Billie Holiday, Nina Simone, Nancy Wilson, Etta James, Martha & The Vandellas, Mary Wells, and Gladys Knight.

Please register; all ages welcome.

Trick or Treating in the Library

Thursday, October 28, 4 to 7 pm
Meet at the Library



Wear your costume, bring a trick or treat bag, and visit every department of the library for a prize or a treat!

Make a craft at our craft table in the YA section on the 2nd floor. Grown ups invited to dress up too! Non-costume face masks required for ages 3+.

From the Circulation Department: Changes to Park & Pickup

On September 13, Park & Pickup became request-only and automatic email holds notices returned.

Do not reply to the automated email notification as it comes from an account that is not checked.

You will receive automated emails when your holds are ready, and then you will have approximately one week to pick them up from inside the library. (If you normally receive phone calls from the library about your holds, you will still receive a call from us when your request is ready.)

All items that are ready for pick up will be put on the self-service holds shelf next to the Circulation Desk, as they



were prior to June 2020. Please come inside, pick up your items, then go to the Circulation Desk to check them out. We also have a self-checkout machine for your convenience.

If your email address has changed, or you'd like to get emails instead of phone calls (or vice versa), please let us know.

Every time you get a notification email

and you would like to continue to use our Park & Pickup service to obtain your items, you will have to specifically request this by calling the Circulation Desk at 203-389-3433. After letting us know that you would like to get your items via Park & Pickup, they will be checked out to you and brought to the Meeting Room within 15 minutes.

Thank you for all of your support and feedback over the last year and a half, regarding Park & Pickup and other library matters. We are happy to be slowly returning to our usual library services and we look forward to seeing you back inside the building!

Town Calendar

Woodbridge Happenings

Registration may be required. Go to: woodbridgect.org

- 10/2 **Fun Run, 9 am & 5k Road Race, 10:30 pm**
8 am-same day registration, see details on website
- 10/2 **Woodbridge Like Me Event, 11 am**
Town Center
- 10/2 **New Resident Welcome Meet-up, 12 pm**
Town Center Green
- 10/12 & 19 **Home Alone Class for ages 9-12, 4 pm**
Center Building gym, two-day class
- 10/13 **Medicare Open Enrollment Info, 10 am**
The Grove
- 10/13 **UNSTUCK Mini**, virtual session, 7 pm
Presenters Cindy Kane & Lauren Hass
- 10/14 & 21 **Flu Clinic** at Center Building gym, 11 am
Insurance accepted varies by clinic date
- 10/14 **A Breath of Calm Yoga, 6 pm**
Savino Vineyards
- 10/15 **Virtual Back Pain Presentation, 11:30 am**
For ages 55+
- 10/16 **Day Event & Family Camp Out, 1 pm**
Camp Whiting-Cub Scout Pack 902 Meet & Greet
- 10/21 **Virtual Suicide Prevention Training & Community Conversation, 6 pm**
- 10/22 & 23 **Halloween Walk-Thru Trail, 6 pm**
The Willows
- 10/23 **Trick or Treat & Costume Contest, 11 am**
Coachman Square at Woodbridge
- 10/23 **Live Music with Isabella Mendes, 1 pm**
Coachman Square at Woodbridge
- 10/23 **Rhonda Denet & the Silver Fox Trio, 2 pm**
Town Center Green Gazebo
- 10/28 **Halloween Box Lunch & Health Fair, 12 pm**
For ages 55+, the Center Building gym
- 10/31 **Halloween Truck or Treat Drive-thru, 5 pm**
Meetinghouse Ln./ Newton Rd., Rain Date: 11/1



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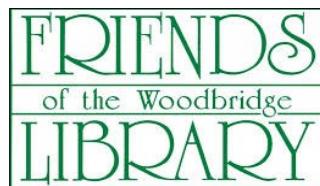
Library News

Join Us!



Outdoor Storytime: Every Wednesday, 10:30-11 am. Meet at the picnic tables; no registration required. Feel free to bring chairs or a blanket. Suitable for babies through Pre-K. We'll meet until it is too cold (below 50°); rain cancels.

Fall Drop-In Crafts: Thursdays between 3 and 4 pm. Meet outside in front of the library now through mid-to-late October. Ages 3 and up. No registration required! Rain cancels.



**Thank You
for Your
Donations!**

The Friends of the Library thank the community for all of their donations throughout the summer into September. They ask that you please hold off on future donations as they prepare to clean and organize the items for upcoming sale events.

Donation days will be announced when they are ready to accept them again. You can shop the Friends Bookstore Alley anytime the library is open—inventory and displays are constantly changing.



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Two Flu Clinics: According to the Area Agency on Aging, last year half a million people were hospitalized due to seasonal flu and more than 32,000 people died. Getting a flu shot and practicing frequent handwashing are two steps you can take to reduce your risk of getting the flu. People who are 65 and older are at high risk of having serious health complications from the flu.

There will be two flu clinics available for residents 60+, Town employees, and volunteer firefighters. Pre-registration is required for each of these clinics. Call for information on accepted insurance at each clinic as they differ. Each clinic will provide both regular dose and high dose for those 65+ who request it. The first clinic will be held on Oct. 14, 11 am - 1 pm in the Center Building gymnasium and is sponsored by Orange VNA. Call 203-891-4752 for registration information. The second clinic will be held on Oct. 21, 11 am - 3 pm, in the

Center Building gymnasium and is sponsored by VNA Community Healthcare & Hospice. To pre-register please go to the VNA website or call: www.vnacommunityhealthcare.org/flu or 203-458-5920. Call for information on participating insurance.

Energy Assistance Program: Human Services will accept appointments for residents to apply for the 2021-2022 CT Energy Assistance Program administered by TEAM, INC. Income eligibility requirements must be met. For information, or to schedule an appointment, call Judi Young at 203-389-3429.

Adopt-A-Family Program: Human Services seeks sponsors for the Adopt-A-Family program. The program provides food baskets for the December holidays to Woodbridge families in need. Basket distribution will take place early December. If interested in sponsoring a family, call by Oct. 29. Contri-

butions of gift cards are welcome.

Emergency Preparedness: In the event of a weather emergency or power outage, elderly residents and those with disabilities are encouraged to register for the Emergency Call list by calling the Human Services Department.

Community Conversation and Training Offered: Suicide Prevention training and a community conversation with Pam Mautte, Director of the Alliance for Prevention & Wellness, a regional behavioral health action organization, and Kara Sepulveda of Quinnipiac Valley Health District. The training, QPR (Question, Persuade & Refer) – Gatekeeper Training for Suicide Prevention, is offered at no cost to interested community members on Thursday, October 21 at 6 pm via zoom link. Please register in advance of this meeting to receive the link and call for more information.

Woodbridge Center News

The Center is for everyone 55+!

Please call 203-389-3430 or email kmoriarty@woodbridgect.org with any questions or to register for programs.

Drive-thrus:

Picnic Drive-thru Luncheon: Many thanks to Coachman Square at Woodbridge for sponsoring a delicious drive-thru lunch on Sept. 9 for Woodbridge Center clients and the Woodbridge Police Department after the annual Town-wide Picnic had to be cancelled.



Halloween Box Lunch & Health Fair: Join this spooky Halloween event on Oct. 28 from 12-1 pm. Wear your costume for added trick-or-treat fun. Lunch is sponsored by Coachman Square at Woodbridge. Call for more details and to RSVP by Oct. 21.

Services:

Transportation for medical appointments, grocery shopping, pharmacy pick-up, and activities at The Center is available for those 60+ or with a disability, Mon.- Fri. from 9 am - 2:30 pm. Call to arrange car or wheelchair accessible van transportation. Masks are required.

Meals: Seniors may reserve healthy, well-balanced, flash frozen meals complete with a protein, starch, vegetables and fresh fruit for \$5/meal. Order by noon on Monday for delivery to your home on Tuesday. Choose from a wide variety of options including chicken parmesana, crabmeat stuffed sole, vegetable lasagna, and fresh Cobb salad with grilled chicken breast. Meals include a roll and dessert. There is a minimum order of two meals.

Frozen soups: \$1 per 10 oz. container: Italian wedding, beef orzo, matzo ball, sweet potato bisque, and more. Call 203-389-3430 to place your order.

Medical loan closet: durable medical equipment is available to loan to residents including walkers, wheelchairs, shower chairs and more. Call for details.

Some Important (and some fun) October Dates to Remember:

10/1: International Day of Older Persons-Play this one up, who knows what you will get!

10/10: World Mental Health Day-reminder to include mental health care as part of your overall health routine.

10/14: National Dessert Day

10/15: National Mammography Day-remember to get it done ladies!

10/21: National Check Your Meds Day-call The Center to review your meds with a nurse.

10/25: National Art Day

10/28: National Chocolate Day

10/31: Happy Halloween!

Woodbridge Center News

The Center is for everyone 55+! Preregistration is required for all programs and masks are required inside all Town buildings. Call 203-389-3430 or email kmoriarty@woodbridgect.org to register or for more details.

Upcoming Activities

Learn to Play Bridge Class,

Oct. 13 at 1 pm: Interested in a refresher or learning to play bridge? Instructor Wendy Frieden will lead this class—time, duration, and cost dependent on skill levels interested. Call for more information and to register. (Class start date may change based on the Town of Woodbridge's COVID positivity rate.)

Medicare Refresher/ Prepping for the Annual Medicare Open Enrollment Period, Oct. 13,

10-11 am: Join Jeffrey Comen, local Medicare Advocate/ Broker, in the Grove (inclement weather—Center Building gym) to learn

about all four parts of Medicare (A, B, C & D). A free educational guide will be provided. Bring your questions! Enjoy a special treat during the presentation provided by Hamden Rehabilitation and Health Care Center. Call to register.

Flu Clinics, Oct. 14 & 21: See Human Services section, page 5.

Back Pain Zoom Presentation, Oct. 15, 11:30 am- 12:30 pm:

Kyle Branday of Amity Physical Therapy will give this presentation on the differences in types of back pain, how to find the true cause of the pain, and how to alleviate it. Call for the Zoom link.



Pero and Jane Baljevic get assistance from Adair Luciani and Ruta Majumdar as they shop The Center's talented Craft Group's table at the Summer Second Saturday's Craft Fair on Sept. 11.

Walk to End Alzheimer's: Thank you to all who contributed to The Center's team, Motrin in Motion. Over \$600 was raised for research to help end Alzheimer's disease.

Flooding & The Center Renovations

The Woodbridge Center experienced substantial flooding on Wednesday, Sept. 1 from the remnants of Hurricane Ida. The flooding resulted in damage to The Center lounge, cafeteria, and director's office. All programs that regularly utilize these spaces have been relocated to other areas. The offices of

Kristy Moriarty, Senior Center Director, and Jessica Esposito, Clerical Program Assistant, have temporarily relocated to upstairs in Human Services, Center Building Room 13. Trying to see this in a positive light, we will take this opportunity to move ahead with the planned renovation project.

Ongoing Activities

Hobbies/Social:

Computer lab is open Mon.- Fri., 10 am - 2 pm. Two hour use per day/person. Two person limit in computer lab. Printing is available (first 5 pages free). Preregistration is required.

Craft Group meets Tue. and Thu., 10 am - 12 pm, at the Newton Rd. activity area or Center Building gym during inclement weather. Bring your current knitting or crocheting project to work on while enjoying a lovely time socializing.

Bocce & Shuffleboard: Call The Center to arrange for use or to put your name on a list with others of like interest.

Bridge, pinochle, and mahjongg are temporarily on hold due to the current COVID positivity rate. Please feel free to call The Center to sign-up for play when it resumes.

Exercise: Not sure if it's a good fit? Try a complimentary class first.

Aerobic Class: Come enjoy a complete workout to a variety of music. Highly recommended instructor, Laura Richling, comes with over 15 years of experience teaching fitness classes along with a master's degree in music that results in an enjoyably choreographed aerobic, cardio and strength training workout. Preregistration is required for this class offered Tue. and Thu., 10-11 am, outdoors in the Grove (Center Building gym during inclement weather). Bring your own 1 or 2 pound hand weights, if you have them, to use during the class. There is a \$3 fee per class.

Pickleball takes place Mon. through Fri., 12:30-3:30 pm in the Center Building gym as well as 7 days/week on the outdoor courts. Advance court sign-up is required for indoor and outdoor play. All levels welcome. Call for more information.

Targeted Strength Training is offered on Mondays, 9-10 am, outdoors in the Grove (Center Building gym during inclement weather). Led by Michele Tenney, this exercise class uses exercise bands to focus on strengthening specific muscle groups to help increase balance, stability, and flexibility. Bands are available for purchase through the instructor. The class fee is \$40 for an 8-week session, and will be prorated as needed.

Zumba Gold: Who says exercise can't be fun? Join instructor Amanda Aranzullo for this fun "dance party" as she introduces easy-to-follow Zumba choreography that focuses on all elements of cardiovascular health, muscular conditioning, flexibility and balance. No prior Zumba experience required. Classes are held Fridays, 9-9:45 am in the Grove (The Center cafe during inclement weather). The fee for a 6-week session is \$30, prorated as needed.

Virtual Programs:

AAA Defensive Driving Course offered virtually every Tue., 10 am - 2 pm. Free for all. May qualify you for an auto insurance discount, www.AAA.com/DefensiveDriving.

Call Youth Services for information: 203-389-3429. Email npfund@woodbridgect.org or youthone@woodbridgect.org.

Welcome 7th Graders!



Seventh graders had an awesome time at the annual Seventh Grade Picnic on the Woodbridge Green. Music, games, pizza, popsicles, and raffle prizes made a cool event on a warm evening.

With a cohesive Youth/Human Services staff, police presence for safety, and many willing volunteers, students had a great meet up of Wood-

bridge and Bethany incoming middle schoolers.

Students also had the opportunity to meet Amity Middle School Assistant Principal Thayer Doyle, Bethany First Selectman Paula Cofrancesco, and Woodbridge Deputy First Selectman Sheila McCreven who each greeted the teens.

Home Alone Class for Ages 9-12

A two-day class is offered on Tuesdays, October 12 and October 19 from 4-5:15 pm in the Center Building gym. Topics include who's at the door, phone responses, nutritious snacks, emergencies, fire danger, calling

911, and internet safety. Participants receive a snack, water, and information packet to share with parents. Fee is \$15 for residents and \$20 for non-residents. Discount for siblings. Call to register.

Teen Jobs Available!

**It's leaf raking season!
Looking for paid work?**

The Woodbridge Job Bank needs teens willing to work outside. Jobs include raking, yard clean up, snow shoveling, moving, packing, child or animal care and more. Be the first to contact Youth Services to schedule your interview and find work. Earn cash, gain experience, and help local residents. Learn communication skills, and build your resume to earn references for



college, scholarships, etc. Email Npfund@Woodbridgect.org or call 203-389-3429.

Residents may call to hire teens for odd jobs.

Recreation News

Call Recreation at 203-389-3446 or email Recreation@woodbridgect.org. Register at woodbridgect.org. Select Recreation Registration at the homepage on the Town website to register and view the lineup of program options.

Recreation Office New Location Reminder

Visit us at our new office—enter through the Beecher South School side entrance. We relocated to our former office in the building. We look forward to seeing you.

Winter Youth Basketball

It is time to register for Woodbridge Rec Winter Basketball leagues. On Tuesday evenings, the Classic Basketball League will meet from 6 to 8 pm for grades 4, 5, and 6. The league runs Dec. 7 through March 29. The cost is \$130.

Wednesday evenings mark the return of the High School Basketball League for grades 9-12. The cost is \$65 for an individual or \$500 for a

team. This league runs December 8 through March 30, and will meet from 7 to 8:30 pm.

On Thursday evenings, the Junior High League for grades 7-9 will meet 6 to 8 pm. The cost is \$130. This league runs December 9 through March 31.

Space is limited in all the leagues. Please call the Recreation Office for more information or registration questions.

Pool Schedule



Adult Swim returns Tuesday and Thursday evenings from 4-4:45 pm or 5-5:45 pm, and Monday and Wednesday evenings from 7:45-8:30 pm or 8:30-9:15 pm. These swim sessions are in addition to

general swim on Saturday and Sundays from 12-12:45 pm, 1-1:45 pm, 2-2:45 pm or 3-3:45 pm.

Appointments are required for all designated swim sessions. Please call 203-389-3446 to reserve a time.

Yoga & Badminton

In-person yoga has returned with Instructor Bill Banick in the Center Building, Room 16 or outside weather permitting. Classes take place Mon.- Fri., 8:30- 9:45 am and Tuesday nights, 5:30-6:45 pm.

Yoga with Diane King will continue through October on Monday and Wednesday mornings from 10:30-

11:45 am. Ongoing registration will be taking place.

Adult badminton has returned to Wednesday evenings, 7-9 pm at the Beecher South gym. Ongoing registration is in progress and will be prorated as needed, or simply stop by for a \$10 drop-in fee.

This session ends December 8.

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