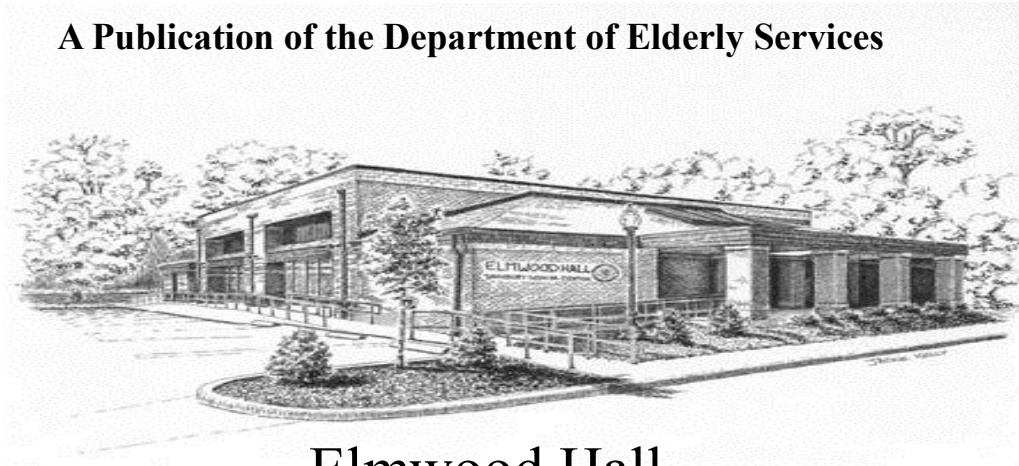


# THE ELMWOOD EXTRA

Read All About It!

April / May 2016

A Publication of the Department of Elderly Services



## Elmwood Hall

The club for people age 60 and up.

**What is Normal Aging with Dr. Susann Varano, Geriatric Specialist**  
**Wii Bowling - Spring League Informational Meeting**  
**Choosing An Electrical Supplier**  
**1950's Sock Hop Fun-Raiser**  
**Birds of Prey: Raptors, Reptiles and Amphibians**  
**WCAAA Senior Talks: Legal Issues**  
**Celebrating You! Volunteer Appreciation**  
**Straight Talk About Hearing Aids**

### City of Danbury

**Department of Elderly Services**  
**Mark D. Boughton, Mayor**

**Susan M. Tomanio, LCSW, Director of Elderly Services**  
**Michelle McNamara, Municipal Agent/Program Coordinator**  
**Joyce Kuhn, Activities/Outreach/Resource & Referral**  
**10 Elmwood Place, Danbury, CT 06810**

**[www.danburyseniors.org](http://www.danburyseniors.org)**

**Tel. 203-797-4686**

**HOURS OF OPERATION: MONDAY — FRIDAY 8:30 - 4:30**

## MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life. In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older Americans Month (OAM). Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of *all* ages. Remember to take the time to celebrate all you have done to "Blaze a Trail."

### April / May Highlights

**What is Normal Aging with Dr. Varano** on Monday, April 1 at 1:00 pm. Geriatrician Dr. Susann Varano, Director of the Elder Horizons Program at Yale – New Haven Hospital and Candlewood Valley Health and Rehab will give a presentation on the physical and cognitive signs of normal aging as well as take questions from those in attendance. Please sign up!

**Embracing the Issues of Aging: Alzheimer's Disease Prevention Educational Seminar** on Wednesday, April 6 at 1:00 pm. Following the mission of the Alzheimer's Association, and hosted by students from Danbury High School's Community Change Project, this will be an informational session about the basics of the disease, prevention and treatment. Please sign up.

**BINGO!** on Friday, April 8 at 1:00 pm. The cost is \$3 and includes 8 games.

**Wii Bowling League—Informational Meeting** on Monday, April 11 at 1:00 pm. All are welcome to attend our informational meeting to sign up to play in our Spring Wii Bowling League. No experience necessary. Bowling Banquet to follow at the end of the league. Please sign up.

**Choosing An Electrical Supplier** on April 15 at

11:00 am. Staff from the State of Connecticut Public Utilities Regulatory Authority (PURA) will be here to provide the following useful information: The opportunity to lower your electric cost; Significance of your meter reading date for enrolling with a supplier; Significance of providing accurate account information; Where to locate information about choosing an electric supplier; How to compare generation rates. Please sign up.

**Sock Hop Fun-Raiser** on Friday evening, April 15 from 6:00 pm - 10:00 pm. Sponsored by Chick-fi-A of Brookfield and the Quality Hearing Aid Center, this event will feature music of the 50's and 60's with Peter Priolo, The Keep on Dancin' DJ. Cost is \$13, pay at the door. Free Chick-fil-A chicken sandwich and sweet tea to the first 100 people through the door. Other refreshments will be for sale including our signature drink: the Root Beer Float! Dress in your favorite 1950's fashion. Dance the Madison, the Hand Jive, the Watusi, the Mambo, Jitterbug, and more!

**Birds of Prey: Raptors, Reptiles and Amphibians** on Wednesday, April 20 at 1:00 pm with

Christine Peyreigne, a federally licensed falconer, a federally licensed wildlife rehabilitator, and wildlife educator. She is the owner of Christine's Critters and she will be here with her birds of prey and reptiles to educate us about these wonderful species that we share the earth with. Please sign up. This presentation is in celebration of Earth Day!

**Timeless Trivia with Kevin** on Friday, April 22 at 1:00 pm. Come test your knowledge and have fun! You will be part of a team of four players competing against other teams. Anyone is welcome to come and watch and be a part of the audience. Please sign up at the front desk.

**Happy Feet Program with Dr. Richard Gosnay** is a wellness foot program that runs on Wednesday, April 27 and Wednesday, May 25 with appointments between 9 am—12 noon. It includes a thorough foot exam and toe-nail clippings by Dr. Richard Gosnay, a local Podiatrist. Cost is \$5 and you must call the center in advance for an appointment. You must be a Danbury Resident and a Non-Diabetic.

**WCAA Senior Talks: Legal Issues** on Wednesday, May 11 at 1:00 pm. Come learn about wills, the probate process, power of attorney and conservatorship information. Question and answer period to follow. Senior Talks are sponsored by the Western CT Area Agency. All welcome, please sign up.

**Celebrating You! Thanking Seniors for Volunteering at the Senior Center and in the Greater Community** on Friday, May 13 at 1:00 pm. May is Older Americans Month and we would like to recognize the volunteer work of so many seniors here at Elmwood Hall and in the greater community. Join us for an Ice Cream Social and entertainment from local favorite, Billy Michael. Please sign up. All welcomed.

**Straight Talk About Hearing Aids** on Wednesday, May 25 at 1:00 pm with Frank Scarfi from Quality Hearing Aid Center. Frank has been helping people to hear better for more than 20 years. Join him to learn about hearing aids and have all of your questions answered. Please sign up.



**Friday, April 15**

**Time: 6:00 pm—10:00 pm**

**\$13 Pay at the Door**

Cost includes free Chick-fil-A Sandwich along with Sweet Tea to the first 100 people through the door

Dance to the music of Peter Priolo, The Keep on Dancin' DJ featuring the hottest dances from the 50's and 60's

Madison, Hand Jive, Stroll, Watusi, Swing, Mambo, plus more

Come wearing fashion from the 50's and 60's









Light refreshments sold, including our signature drink  
The Root Beer Float

A big thank you to our sponsors:  
Chick-fil-A  
The Keep on Dancin' DJ  
Quality Hearing Aid Center

All proceeds benefit The Prime Timers Inc.,  
Friends of Danbury Seniors





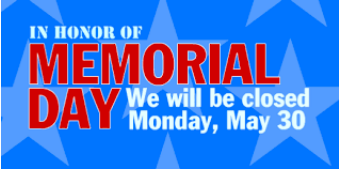



# 2016 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b><u>Special Presentation Dates</u></b></p> <p>4/1 – What is Normal Aging 4/6 – Education Seminar 4/15 – Electric Supplier 4/20 – Christine’s Critters</p>	<p><b><u>FRIDAY “FUN”</u></b></p> <p>4/8 – BINGO 4/15 – Fun-Raiser 4/22 – Timeless Trivia</p>	<p><b><u>DON’T MISS THESE DATES:</u></b></p> <p>4/11: Wii Bowling Meeting 4/25: Lions Low Vision 4/26: Mayor’s Advisory Council 4/27: Happy Feet</p>	<p>Elmwood Hall presents..... <b>SOCK HOP</b> Friday, April 15 6:00 pm to 10:00 pm Sponsored by: Chick -Fil-A of Brookfield Quality Hearing Aid Center The Keep on Dancing DJ</p>	<p>1 Zumba Gold, 10:00 am Lunch, 12 noon What is Normal Aging, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>4 Mah Jongg, 9:00 am Quilt Club, 9:00 am Freestyle Dance, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>5 AARP Tax Prep, 8:30 am Art Class, 9:00 am Tai Chi, 9:00 am Knit &amp; Crochet, 10:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm</p>	<p>6 AARP Driver Safety, 8:45 am Yolanda’s Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Education Seminar, 1:00 pm Coloring Circle, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>7 AARP Tax Prep, 8:30 am Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Elmwood’s Finest, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>8 Zumba Gold, 10:00 am Lunch, 12 noon BINGO, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>11 Mah Jongg, 9:00 am Quilt Club, 9:00 am Freestyle Dance, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm Wii Bowling Meeting, 1:00 pm</p> 	<p>12 AARP Tax Prep, 8:30 am Art Class, 9:00 am Tai Chi, 9:00 am Knit &amp; Crochet, 10:00 am Lunch, 12 noon Comm. On Aging, 1 pm, City Hall Aerobics, 1:00 pm Mah Jongg, 1:00 pm Sports Talk, 1:00 pm Set Back, 2:15 pm</p>	<p>13 Chair Massage, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Poker, 1:00 pm Coloring Circle! 1:00 pm Zumba Gold, 3:00 pm</p> 	<p>14 AARP Tax Prep, 8:30 am Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Elmwood’s Finest, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>15 Zumba Gold, 10:00 am Electric Supplier, 11:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p> <p><b>SOCK HOP</b> FRIDAY NIGHT “FUN” - RAISER 6:00 TO 10:00 PM</p>
<p>18 Mah Jongg, 9:00 am Quilt Club, 9:00 am Freestyle Dance, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>19 Art Class, 9:00 am Tai Chi, 9:00 am Knit &amp; Crochet, 10:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm</p>	<p>20 Yolanda’s Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Christine’s Critters, 1:00 pm Coloring Circle! 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p> 	<p>21 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Elmwood’s Finest, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>22 Zumba Gold, 10:00 am Lunch, 12 noon Timeless Trivia, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>25 Mah Jongg, 9:00 am Quilt Club, 9:00 am Freestyle Dance, 10:00 am SNAP Assistance, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Lions Low Vision, 1:00 pm Pinochle, 1:00 pm</p>	<p>26 Art Class, 9:00 am Tai Chi, 9:00 am Knit &amp; Crochet, 10:00 am Mayor’s Advisory Council, 11 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Sports Talk, 1:00 pm Set Back, 2:15 pm</p>	<p>27 Happy Feet, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Coloring Circle! 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p> 	<p>28 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Elmwood’s Finest, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>29 Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm Page Turner’s Book Cl, 2:30 pm</p> 



# 2016 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Mah Jongg, 9:00 am Quilt Club, 9:00 am Freestyle Dance, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>3 Art Class, 9:00 am Tai Chi, 9:00 am Knit &amp; Crochet, 10:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm</p>	<p>4 AARP Driver Safety, 8:45 am Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Coloring Circle, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>5 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Elmwood's Finest, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>6 Zumba Gold, 10:00 am Lunch, 12 noon BINGO, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>9 Mah Jongg, 9:00 am Quilt Club, 9:00 am Freestyle Dance, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>10 Art Class, 9:00 am Tai Chi, 9:00 am Knit &amp; Crochet, 10:00 am Lunch, 12 noon Comm. On Aging, 1 pm, City Hall Aerobics, 1:00 pm Mah Jongg, 1:00 pm Sports Talk, 1:00 pm Set Back, 2:15 pm</p>	<p>11 Chair Massage, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Legal Issues, 1:00 pm Coloring Circle, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>12 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Elmwood's Finest, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>13 Zumba Gold, 10:00 am Lunch, 12 noon Volunteer Appreciation, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>16 Mah Jongg, 9:00 am Quilt Club, 9:00 am Memory Screens, 10:00 am Freestyle Dance, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>17 Art Class, 9:00 am Tai Chi, 9:00 am Knit &amp; Crochet, 10:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm</p>	<p>18 Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Poker, 1:00 pm Coloring Circle! 1:00 pm Zumba Gold, 3:00 pm</p>	<p>19 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Elmwood's Finest, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>20 Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p> 
<p>23 Mah Jongg, 9:00 am Quilt Club, 9:00 am SNAP, 10:00 am Freestyle Dance, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Lions Low Vision, 1:00 pm Pinochle, 1:00 pm</p>	<p>24 Art Class, 9:00 am Tai Chi, 9:00 am Knit &amp; Crochet, 10:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Sports Talk, 1:00 pm Set Back, 2:15 pm</p>	<p>25 Happy Feet, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Hearing Aids Talk, 1:00 Coloring Circle! 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>26 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Elmwood's Finest, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>27 Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm Page Turner's Book Cl, 2:30 pm</p> 
<p>30</p> 	<p>31 Art Class, 9:00 am Tai Chi, 9:00 am Knit &amp; Crochet, 10:00 am Mayor's Advisory Council, 11 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm</p>	<p>Legal Issues with Attorney Michael Giardina Sponsored by</p>  <p>Wednesday, May 11 @ 1:00 pm</p>	<p><b>Volunteer Appreciation!</b> Friday, May 13 at 1:00 pm</p> <p>Be sure to sign up to enjoy an ice cream social and the sounds of entertainer Billy Michael!</p>	<p>May 16 at 10:00am <b>Memory Screens</b> with Dr. Susann Varano</p> <p>May 15 at 1:00 pm <b>Straight Talk: Hearing Aids</b> with Frank Scarfi</p>

# **Important Information from the Office of the Municipal Agent**

## **RENT REBATE FOR 2015**

The Program runs between APRIL 1, 2016 through OCTOBER 1, 2016

The Rent Rebate program provides a one-time yearly rebate to renters based on income, rent, and utilities that were paid for the previous year (2015).

### **Requirements for Eligibility**

#### **All Applicants MUST be:**

- 65 as of 12/31/15 **OR** receiving Social Security Disability benefits and over the age 18.
- Have resided in the State of Connecticut for one full year at some time in your life, and also be a resident of the State during time of application. **You must apply in the town/city in which you resided in 2015.**
- 2015 income must not exceed \$35,200 for a single person, or \$42,900 for a married couple.

**\*\*Please Note:** If you received cash benefits from the Department of Social Services (DSS), your rebate amount may be reduced.

- For applicants that applied last year, Rent Rebate Applications have already been mailed out. Please contact Michelle at 203-797-4686 if you have not received your application.
- Return your completed application with required documentation in the mail or use the Rent Rebate Drop-Off Box located in the lobby of Elmwood Hall, Danbury Senior Center.
- All “new” applicants must make an appointment after April 22, 2016 with Michelle or Joyce at Elmwood Hall—Danbury Senior Center, 10 Elmwood Place, 203-797-4686.

# Elmwood Hall Photos and News Briefs



Photo Credit: S. Tomanio

Coloring Circle is a big success. Join us, bring your work, color! Wednesdays at 1:00.



Photo Credit: M. McNamara

Monthly Bingo took on a St. Patrick's Day theme when many of our players came wearing their best "green."



Photo Credit: M. McNamara

Elmwood Hall celebrated "Read Across America" day by visiting the students at St. Peter's School. Happy birthday Dr. Seuss!



Photo Credit: S. Tomanio

Laurel Ridge Health Care sponsored a Soup Tasting in January. Here Ginger Ryan samples the lobster bisque.

## ***Elmwood Extra ~ Read All About It***

Department of Elderly Services  
Elmwood Hall ~ Danbury Senior Center  
10 Elmwood Place  
Danbury, CT 06810

Pre-Sorted Standard  
U.S. Postage  
PAID  
Danbury, CT 06810  
Permit No. 155

### **Mission Statement**

The Department of Elderly Services seeks to increase the quality of life of Danbury area citizens who are age 60 or older by developing many comprehensive programs and resources and referral services specifically designed to enrich the general well-being of Danbury's more mature population.

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Elmwood Hall Senior Center  
Municipal Agent's Office for the Elderly (Resource and Referral)  
Van Transportation Program  
Rent Rebate Program  
Intergenerational Programs

### **Department of Elderly Services—Staff Members**

Susan Tomanio, LCSW - Director of Elderly Services  
Michelle McNamara - Municipal Agent/Coordinator  
Joyce Kuhn - Activities/Outreach/Resource & Referral (Grant Funded)  
Linda Rinaldi - Administrative Assistant  
Steve Ackerman - Elderly Services Office Associate  
Wayne Cole - Elderly Services Office Associate  
Kevin Burland - Van Driver  
Jeff Jurczyk - Van Driver