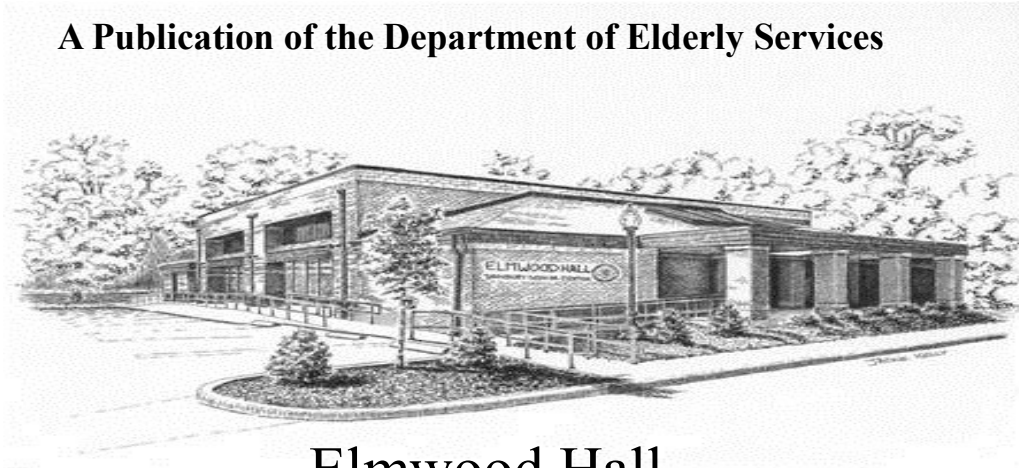


THE ELMWOOD EXTRA

Read All About It!

June / July 2016

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Tricksters, Heroes & Scoundrels: Stories Heard at the General Store

What Exactly is Care at Home?

What is Normal Aging? - Part 2

Senior Housing Forum

Eat Smart, Live Strong Nutrition Talk / Farmer's Market Gift Certificates

Elmwood's Finest Concert Performance

Art Gottlieb presents The Grand Canyon

Feed Your Brain Program

Senior Day—Picnic at the Italian Club (Amerigo Vespucci)

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

Tel. 203-797-4686

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

MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



Often times people seem amazed at what we do here at the Elmwood Hall Senior Center, a program of the Department of Elderly Services for the City of Danbury. Simply put:

“Senior centers serve as a gateway to the nation’s aging network—connecting older adults to vital community services that can help them stay healthy and independent.” (National Council on Aging)

The Elmwood Hall Senior Centers is designated as a community focal point by the CT State Department on Aging. We not only provide helpful resources to older adults, but serve the entire community with information on aging; support for family caregivers, training professionals and students; and development of innovative approaches to aging issues. In addition, we provide a variety of wellness-based, educational, and recreation/social programs.

June / July Highlights

Storytelling: Tricksters, Heroes, and Scoundrels: Stories Heard at the General Store on June 1 at 1:00 pm. Join storyteller Linda Schuyler Ford as she shares lively folktales of Connecticut and her people. Linda has been a storyteller since 1980 and loves to share stories of her beloved Hudson Valley and New England. She is a member of countless storytelling organizations and teaches others who are interested in the craft. This is a program not to be missed. Free, please sign up.

What is Care in the Home? On Wednesday, June 8 at 1:00 pm. Attend this Western CT Area Agency on Aging Senior Talk about Care at Home and learn about programs to receive care and services in your home including Community First Choice Program, National Family Caregiver Program and Alzheimer’s Respite Program. Please sign up.

What is Normal Aging - Part 2 on Friday, June 10 at 1:00 pm with Geriatrician Dr. Susann Varano, Director of the Elder Horizons Program at Yale – New Haven Hospital and Candlewood Valley Health and Rehab. She will continue her presentation on the physical and cognitive signs of normal aging as well as take questions from those

in attendance. Please sign up.

Housing Forum on Tuesday, June 14 at 1:00 pm. Come learn about the options available in Danbury for senior housing. Hosted by Danbury Commission on Aging. Guest speakers include Joan Garbow, LCSW, CCM a Geriatric Care Manager, Carolyn Sistrunk, Executive Director, Danbury Housing Authority and Rachael Mead of Connecticut Community Cares. Please sign up.

Eat Smart, Live Strong: Danbury Farmer’s Market Gift Certificates on Wednesday, June 15 at 1:00 pm. Heather Peracchio, MS, RD, CD-N will run a program called “Eat Smart Live Strong” that is designed to help those age 60 and up incorporate more fruits, vegetables, and exercise into their lives. She will also talk about our local Farmer’s Market and give out gift certificates for the farmers market to those who attend. Please sign up. This is a series of talks that will take place on July 20, August 10, and Sept. 21. **YOU MUST SIGN UP FOR EACH DATE SEPARATELY.**

Summer Concert: Elmwood's Finest: Senior Center Chorus on Thursday, June 16 at 10:30 am. Come enjoy listening to the songs from throughout the years. Refreshments served.

Name That Tune! on Friday, June 17 at 1:00 pm hosted by Kevin Burland. Sign up at the Front Desk as either a player or an audience member. FUN is had by all. Please sign up.

Happy Feet Program with Dr. Richard Gosnay, a wellness foot program, on Wednesday, June 22 with appointments between 9 am - 12 noon. This 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.

The Grand Canyon National Park - on Friday, June 24 at 1:00 pm. Art Gottlieb returns to discuss the history of the Grand Canyon National Park. Please sign up.

Summer Time Bingo Beach Ball Bingo on Friday June 3. Red, White, and Blue Bingo on July 8, both at 1:00 pm. In honor of National Hotdog Month, July Bingo will have hot dogs for sale during the games. Be sure to wear your patriotic colors! \$3 charge for 8 games.

Feed Your Brain Program on Monday, July 11 at 1:00 pm. This is a program that encompasses healthy living and discusses things you can do to maintain your brain. Included will be a discussion by Associated Neurology of Danbury's Research Team focusing on exciting research studies happening here in Danbury, to help find a treatment for Alzheimer's and other forms of dementia. Please sign up.

Old Time Radio Sing-A-long on Friday, July 22 at 1:00 pm. Some times simple is better. Gather with friends to sing along with the radio. Music of the 1940's 50's and 60's. Great music, great memories, and just FUN. All welcome.

Senior Day: Picnic at the Italian Club in Danbury!!



Wednesday, August 17 from 11:00am - 3:00pm.

Free. Limited to 250 Seniors AGE 60 AND UP.

Sign up in person or by phone at the Elmwood Hall / Danbury Senior Center

Lunch served from 11:30am - 2:00pm

**Hamburgers
Hotdogs
Pasta with Sauce
Green Salad
Bread
Coffee
Dessert**

Mayor Boughton to "kick-off" event!

**Bean Bag Toss, Dance, Relax under the Pavilion.
Bring your own lawn chair if you desire,
sun hat, and sun screen.**

**Enjoy the music of Peter Priolo,
the "Keep on Dancing DJ"**

Line Dancing with Kevin Burland









**Transportation provided to those
Danbury residents in need.**

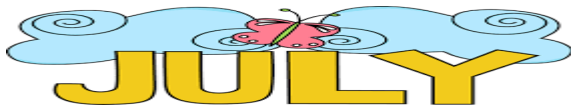
Rain or Shine!

This FREE picnic is provided to Danbury area seniors by the members of Amerigo Vespucci Lodge (Italian Club) of Danbury. We cannot say enough about the generosity of the members of the Italian Club. Thank you very much for this wonderful community event!



2016 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>“Sizzling” Program Dates</p> <p>June 1 June 8 June 10 June 14 June 15 June 24</p> <p>Mark Your Calendars!</p>	 <p>Elmwood's FINEST</p>  <p>Concert Performance June 16 at 10:30 am</p>	<p>1 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 Traditional Storytelling, 1:00 pm Coloring Circle, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>2 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>3 Zumba Gold, 10:00 am Lunch, 12 noon BINGO, 1:00 pm Your Point of View, 1:15 pm</p>  
<p>6 Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>7 Art Class, 9:00 am Tai Chi, 9:00 am Knit & 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>8 Chair Massage, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Care at Home, 1:00 pm Coloring Circle, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>9 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>10 Zumba Gold, 10:00 am Lunch, 12 noon What is Normal Aging # 2, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>13 Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>14 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Housing Forum, 1:00 pm Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm</p>	<p>15 Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Eat Smart, Live Strong, 1:00 pm Poker, 1:00 pm Coloring Circle! 1:00 pm Zumba Gold, 3:00 pm</p>	<p>16 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Elmwood's Finest Show, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>17 Zumba Gold, 10:00 am Lunch, 12 noon Name That Tune, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>20 Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>21 Art Class, 9:00 am Tai Chi, 9:00 am Knit & 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>22 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>23 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>24 Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm Art Gottlieb Presents, 1:15pm</p> 
<p>27 Mah Jongg, 9:00 am Quilt Club, 9:00 am SNAP, 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>28 Art Class, 9:00 am Tai Chi, 9:00 am Knit & 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>29 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>30 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>Summertime FUN on June 3</p>  <p>on June 17</p>  <p>Freestyle Dance is back on June 23</p> 



2016 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>July 8 at 1:00pm</p>	 <p>Feed Your Brain</p> <p>July 11 at 1:00 pm</p>	 <p>NUTRITION EDUCATION for OLDER ADULTS</p> <p>July 20 at 1:00 pm</p>	<p>Old Time Radio Sing Along</p>  <p>July 22 at 1:00 pm</p>	<p>1 Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p> 
<p>4</p> <p>CLOSED</p> 	<p>5</p> <p>Art Class, 9:00 am Tai Chi, 9:00 am Knit & 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>6</p> <p>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>7</p> <p>Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>8</p> <p>Zumba Gold, 10:00 am Lunch, 12 noon BINGO, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>11</p> <p>Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Feed Your Brain, 1:00 pm Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>12</p> <p>Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm</p>	<p>13</p> <p>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</p> <p>Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>15</p> <p>Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p> 
<p>18</p> <p>Mah Jongg, 9:00 am Quilt Club, 9:00 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</p> <p>Art Class, 9:00 am Tai Chi, 9:00 am Knit & 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>20</p> <p>Yolanda's Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Eat Smart, Live Strong, 1:00 pm Coloring Circle! 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>21</p> <p>Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>22</p> <p>Zumba Gold, 10:00 am Lunch, 12 noon Radio Sing Along, 1:00 pm Your Point of View, 1:15 pm</p> <p>KEEP CALM & SING ALONG</p> 
<p>25</p> <p>Mah Jongg, 9:00 am Quilt Club, 9:00 am SNAP, 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</p> <p>Art Class, 9:00 am Tai Chi, 9:00 am Knit & 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>27</p> <p>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</p> <p>Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>29</p> <p>Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p> 

Important Information from the Office of the Municipal Agent

RENT REBATE FOR 2015:

- Please be sure to turn in your Rent Rebate Application along with **Required Documentation** by September 30, 2016. You can send it via **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 with Michelle or Joyce at Elmwood Hall – Danbury Senior Center, 10 Elmwood Place, 203-797-4686.

Programs at Elmwood Hall - you WON'T want to Miss!

Wednesday, June 8 at 1:00 pm

Care at Home, presented by Western CT Area Agency on Aging. This program will inform you of the different in home care options available to you and your loved one.

Friday, June 10 at 1:00 pm

What is Normal Aging Part 2 led by Geriatrician Dr. Susann Varano

Eat Smart, Live Strong Program is BACK!

This program will run at Elmwood Hall from **1:00 – 2:30 pm** on **June 15** and **July 20**. Participants will receive handouts and food samples in conjunction with ways to Eat Smart and Live Strong. All seniors who sign up and **ATTEND** each class, will receive 3 (\$5) gift certificates to the Farmer's Market to continue their quest to Eat Smart and Live Strong.

Friday, June 24 at 1:15 pm

Enjoy the beauty of nature's art as Historian Art Gottlieb will be exploring the magnificent Grand Canyon.

Elmwood Hall Photos and News Briefs



Photo Credit: M. McNamara

Group photo from our Sock Hop Fun-raiser. Thank you to Mayor Boughton for stopping by!



Photo Credit: Christine's Critters

Christine of Christine's Critters with her Red Tail Hawk gave an excellent hands on presentation in celebration of Earth Day.



Photo Credit: M. McNamara

Steve and Eileen took on a 60's themed look for our Sock Hop Fun-Raiser. Here they are posing with the Chick fil-A cow!



Photo Credit: Christine's Critters

Christine shares her boa named Buttercup with Alex who is more than interested in checking out this beautiful snake.

Elmwood Extra ~ Read All About It

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

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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.

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
Karen Janell - Administrative Assistant
Steve Ackerman - Elderly Services Office Associate
Wayne Cole - Elderly Services Office Associate
Kevin Burland - Van Driver