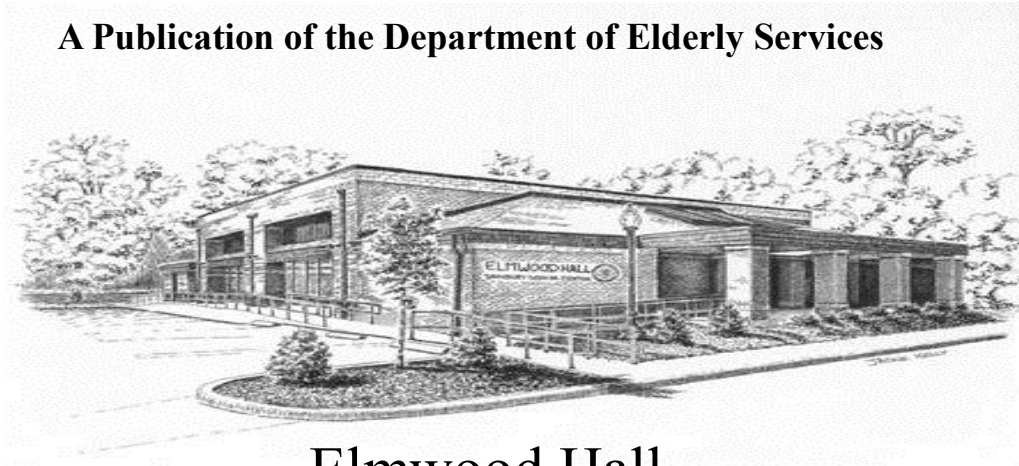


THE ELMWOOD EXTRA

Read All About It!

December 2015 / January 2016

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Book Signing: The Great Danbury Fair

Drama Club: Performance

Do You Feel Like You Are Swimming Against the Tide?

Jingle and Mingle at Our Annual Holiday Party

Join our Coloring Circle

Name that Tune!

Be Remembered: Treasuring and Honoring the Best of Your Life

I'll Just Have the Soup: Soup Tasting

Entertainment: Music from the Heart

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



What Dr. Roger Landry writes in a recent article about how to find happiness during the holiday is a lesson for all of us. Be with people! He notes that long-term research shows that our risk of cancer, depression, heart disease, dementia and other chronic illness are greatly reduced when we are socially connected. He further states that being socially connected can add nine years to a person's life expectancy. And, it turns out that staying social also helps cure the holiday blues. Here are a few tips for staying socially connected this holiday season. 1. Get outside and get moving. Physical activity reduces depression and you are more likely to meet up with others who are looking to enjoy the season. 2. Seek out holiday events. Check out our newsletter here for events and the community events section of our website. 3. Volunteer. Help others in need. Contact our local volunteer center to find volunteer opportunities. 4. Spend time with children. A great way to start is to attend our holiday concert given by the students from St. Peter's School. Or just come down to join us for lunch!

December / January Highlights

Performance by The Charming Characters of Elmwood Hall: Our Drama Club, on Wednesday, December 2 at 1:00 pm. Recognizable scenes from some of your favorite shows and movies. This promises to be an interesting show to be enjoyed by family and friends. All welcome, refreshments served.

Book Signing: The Great Danbury Fair on Monday, December 7 at 1:00 pm. Last Spring, Andrea Zimmerman was here collecting stories for this book from area seniors. Now that book is published. Come to the book signing to see if your memories made it into the book. Reminisce about the fair. Signed copies of the book will be for sale.

Do You Feel Like You Are Swimming Against the Tide? On Friday, December 4 at 1:00 pm, Dr. Susann Varano, Geriatric Specialist and Cindy Lacour, Geriatric Social Worker, will be here to answer questions about geriatric screenings, medication management, the difference between assisted living and skilled living facilities, hospice benefits, and advanced directives. Please sign up.

Jingle and Mingle at our Annual Holiday Party on Thursday, December 10 (snow date is the

17th) from Noon - 4:00 pm. Come wearing your favorite bell or a collection of them. Prizes given out for the best and most creative bells. Enjoy a holiday lunch of chicken marsala, scalloped potatoes, and apple pie. Raffle prizes and gift cards. Dancing to the Kenny Lee Band. Pre-pay cost is \$10.

Holiday Concert with the students from St. Peter's School on Wednesday, December 16 at 1:00 pm. Join us for a delightful, multicultural concert that shares the warmth of the season.

Coloring Circle! Begins on January 13th, and will run weekly for 6 weeks at 1:00 pm. This fun program will feature coloring books of Johanna Basford, an internet sensation and "inky evangelist." This program will use the coloring pages from Basford's famous book *Secret Garden, Artist Edition*. The Prime Timer's Inc. Friends of Danbury Seniors will supply the coloring book pages, colored pencils and markers. Cost is \$2 per class. Please sign up! No artist skills necessary. All are welcome!

Be Remembered: Treasuring and Honoring the Best of Your Life on Wednesday, January 20 at 1:30 pm. BeRemembered is a free online social

networking service. At BeRemembered, you can record how you want to be remembered by your family, friends and loved ones, even after you leave this life. You can record stories of your life, add pictures and video, describe how



your end of life funeral event will be, even store private messages to be delivered to loved ones after you leave this life. Presented by Cornell Memorial.

Name That Tune! on Friday, January 15 at 1:00 pm. A popular television program for many years, join us as we test our memories and enjoy great music. This will be our own version of the television program hosted by Kevin Burland. Play in teams and win prizes. Sign up.

I'll Just Have the Soup: Soup Tasting on Friday, January 22 at 1:30 pm. Nothing warms the heart like a hearty soup. Spend the afternoon with us as we enjoy a soup tasting from DeCicco's Market in Brewster. Compare soups, choose your favorites, try your luck at soup trivia. Sign up required. Sponsored by Laurel Ridge Health Care.

Music from the Heart on Friday, January 29 at 1:00 pm. Ethel Kaufman and her band will perform songs of yesterday and today. Sing along and enjoy music from some of our greatest song writers. Refreshments served.

Get Moving!!

Many people make there new year's resolution to exercise more and be healthy. Here are some ways that can help:

Strength Training – Monday & Wednesday

Tai Chi – Tuesday

Aerobics – Tuesday

Line Dancing – Wednesday

Zumba Gold – Wednesday & Friday

Chair Yoga - Thursday

Help the Prime Timers, Inc., Friends of Danbury Seniors raise money for a NEW VAN!



Over the next 2 months the Prime Timers, Inc., Friends of Danbury Seniors will be raising money to assist with the purchase a new van.

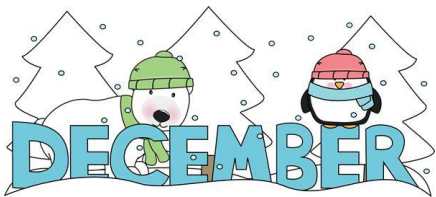
Please help us raise money!

No amount is too small.
Pay by cash or check.

Checks can be made out to the
The Prime Timers, Inc. and note on
the memo line, **Van Fund.**

Please consider a donation
and
THANK YOU for all of
your support!!

The Prime Timers, Inc., Friends of Danbury Seniors is a non-profit 501c3 organization that supports the Department of Elderly Services.



2015 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center













MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Special Presentations 12/4 – Dr. Varano & Do you feel like you are swimming against the tide? 12/7 – Andrea Zimmerman presents her book, The Great Danbury State Fair</p>	<p>1 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Sports Talk, 1:00 pm</p>	<p>2 Yolanda’s Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Drama Performance, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>3 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>4 Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Dr. Varano Presents, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>7 Mah Jongg, 9:00 am Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Great Danbury Fair, 1:00 pm Bridge Club, 1:00 pm Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>8 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 Comm. On Aging, 1 pm, City Hall Mah Jongg, 1:00 pm</p>	<p>9 Chair Massage, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>10 <i>Jingle Mingle</i> Annual Holiday Party 12 noon to 4:00 pm</p> 	<p>11 Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p> 
<p>14 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>15 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Sports Talk, 1:00 pm</p>	<p>16 Yolanda’s Hair Boutique, 9:30 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Holiday Cheer w/ St. Peter’s, 1:00 pm Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>17 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>18 Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p> 
<p>21 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>22 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm</p>	<p>23 Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Poker, 1:00 pm Zumba Gold, 3:00 pm</p>	<p>24 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>25  Happy Holidays!</p>
<p>28 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 Ceramics, 1:00 pm Pinochle, 1:00 pm</p>	<p>29 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm</p>	<p>30 Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12 noon Poker, 1:00 pm Zumba Gold, 3:00 pm</p> 	<p>31 Knit/Crochet, 10:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>Performances Charming Characters of Elmwood Hall on Dec. 2 Holiday Cheer w/ St. Peter’s School on Dec. 16</p>



JANUARY

2016

~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Sponsored by Laurel Ridge Health Care on Jan. 22 at 1:30 pm</p>	<p>Name That Tune w/ Kevin B. Jan. 15 at 1:00 pm</p> 	 <p>Jan. 20 With Cornell Memorial at 1:30 pm</p> <p>Music from Heart, Jan. 29  With Ethel Kaufman & her Band at 1:00 pm</p>	<p>Coloring Circle Class!</p>  <p>Begins Jan. 13 at 1:00 pm</p>	<p>1</p> <p>CLOSED</p> 
<p>4</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>5</p> <p>Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Sports Talk, 1:00 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 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 Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>8</p> <p>Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon 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 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 Mayor's Advisory Council, 11 am Lunch, 12 noon Comm. On Aging, 1 pm, City Hall Aerobics, 1:00 pm Mah Jongg, 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 Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>15</p> <p>Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Name that Tune, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>18</p> <p>CLOSED</p> <p>In Observance of Martin Luther King Day</p>	<p>19</p> <p>Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm Sports Talk, 1:00 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 Poker, 1:00 pm Be Remembered, 1:30 pm Coloring Circle! 1:00 pm Zumba Gold, 3:00 pm</p>	<p>21</p> <p>Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p> 	<p>22</p> <p>Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm Afternoon of Soup, 1:30 pm</p> 
<p>25</p> <p>Mah Jongg, 9:00 am Quilt Club, 9:00 am SNAP Assistance, 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>26</p> <p>Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Freestyle Dance, 11:00 am Lunch, 12 noon Aerobics, 1:00 pm Mah Jongg, 1:00 pm</p>	<p>27</p> <p>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>28</p> <p>Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>29</p> <p>Ukulele Club, 9:30 am Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm Music from the Heart, 1:00 pm Page Turner's Book Cl, 2:30 pm</p> 

Important Information from the Office of the Municipal Agent

Inclement Weather Policy:

As we move toward Winter, please take a moment to review our inclement weather policy. If the Danbury schools are closed, so are we. If Danbury schools are delayed, we open at our normal time. Closings are announced on WLAD radio and Ch. 3 TV.

Danbury Food Collaborative, A Guide to Accessing Food in Danbury:

Please stop by Elmwood Hall to pick up the Danbury Food Collaborative Guide. This guide will provide the following information: Locations and Hours of Operation, Eligibility and Documentation Requirements, Frequency of Visits, and Type of Food Provided.

SNAP: Something for Everyone in Your Family:

Let us help you apply for SNAP (formerly Food Stamps). SNAP helps individuals and families buy food. Anyone can apply for SNAP. The amount you receive depends on your income, your expenses, and your family size. **Schedule an appointment here at Elmwood Hall on the 4th Monday of each Month.** When you schedule an appointment you **must** bring: Photo ID, Social Security Card, Proof of Income, and a statement or bill showing your home address. Call 203-797-4686 to schedule your appointment today!

Energy Assistance:

Are you concerned about paying your utility bills or keeping your utilities on? A simple call to 211 will provide you with help and information. This toll free number is available 24 hours a day/365 days a year. Whether you think you qualify or not, **CALL 211!**

Elmwood Hall Photos and News Briefs



Halloween Spooktacular!

Our Halloween Spooktacular fund-raiser was a successful evening of costumes, music, dancing and fun. This event raised over \$1,000 for the Prime Timers, Inc., Friends of Danbury Seniors. Thank you to all who supported this event!



Halloween Costume Parade

Classes from kindergarten to third grade paraded through the Elmwood Hall Senior Center putting on a show with festive costumes and smiles!

Honoring Our Veterans

Veterans and students took part in a special program about the history of Veteran's Day. Lead by historian Art Gotlieb, the hour presentation was preceded by a Veteran's breakfast sponsored by Laurel Ridge Health Care. City Council President Joe Cavo offered a prayer for Veterans and the eighth grade and sixth grade classes of St. Peter's School thanked the Veterans with hand made cards. Hilda Nichols crocheted an American Flag afghan that was a door prize for a lucky Veteran. This program was featured recently on WTNH Channel 8. See our website for the news story.



Alzheimer's Association Bingo

On November 6, the Alzheimer's Association was the sponsor for the Senior Center's monthly Bingo. This was a fun afternoon of prizes as well as an educational opportunity to help people understand the illness and the difficult work of caregiving for someone with Alzheimer's. Grand prize money from the final round of Bingo was donated to the Alzheimer's Association.



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

To increase the quality of life of Danbury area citizens who are age 60 and up by developing many comprehensive programs specifically designed to enrich the general well-being of Danbury's more mature population. With a special focus on reaching out to those most vulnerable and in need, the Department of Elderly Services provides the following resource and referral services to assist with "Aging in Place": the Municipal Agents Office for the Elderly, the Van Transportation Program, and the warm and supportive recreational, educational, intergenerational, and wellness-based environment of the Elmwood Hall Senior Center.

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
Pam Rist - Administrative Assistant
Steve Ackerman - Elderly Services Office Associate
Wayne Cole - Elderly Services Office Associate
Kevin Burland - Van Driver
Jeff Jurczyk - Van Driver