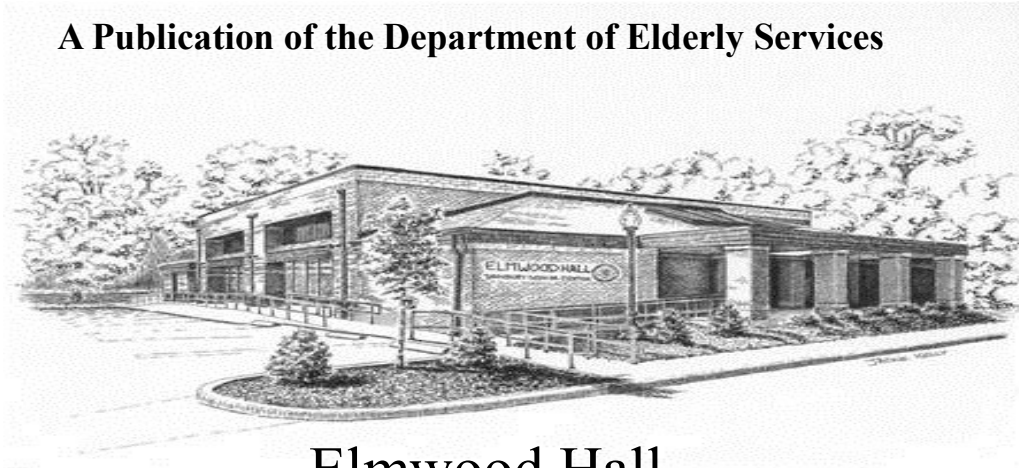


THE ELMWOOD EXTRA

Read All About It!

December 2016 / January 2017

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

Performance by Elmwood's Finest Chorus
Bingo, Timeless Trivia, Name that Tune
Musical Performance by The DMC Ambassadors
Let's Get Flaky: Winter Wonderland Dance
Holiday Sing-A-Long with St. Peter's School
An Afternoon at the Movies
Lunch and Learn with Western Rehabilitation Care Center
Wii Bowling - Winter League
Karaoke with Kevin & Susan

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/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



This holiday season, I am referring again to the wisdom of Dr. Roger Landry the author of, “Live Long, Die Short: A Guide to Authentic and Successful Aging.” He reminds us that happiness is not ready made. Many loses can be associated with aging and Dr. Landry reminds us that we must cultivate our own happiness. This is certainly easier said than done, especially during holiday time. His solution to the holiday blues - be with people! He offers the following tips to help us all stay 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. 4. Spend time with children. Or just come down for coffee or lunch and chat with others to share the season.

December / January Highlights

Winter Concert with Elmwood’s FINEST Senior Chorus on Wednesday, December 7 at 1:30 pm. Led by director Jill Weiss, this talented group will perform a special themed concert focused on travel and special places. Please sign up.

Bingo, Timeless Trivia, & Name That Tune! Come and enjoy Bingo (12/2, 1/6), Timeless Trivia (12/9, 1/13) and Name That Tune (12/16). All programs are slated to begin at 1:00 pm on their respective dates.

The Ambassadors to perform a special concert on Tuesday, December 13 at 1:00 pm. The Ambassadors Instrumental Band is a creation of the Danbury Music Center. Comprised of all seniors, they will delight with holiday favorites, songs of yesteryear, and some old time rock and roll. Please sign up.

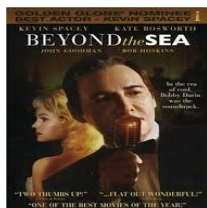
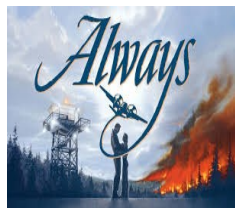


Let’s Get Flaky: Winter Wonderland Dance on Thursday, December 15 from 1:30 - 3:30 pm. Celebrate the Holiday/Winter Season with freestyle and line dancing led by our own Kevin Burland. Holiday cupcakes from Loree’s Catering will be available for purchase. There will be a few raffle items as well! Coffee and Snowball Punch will be served. Please sign up!

Holiday Sing Along with St. Peter’s School Wednesday, December 21 at 1:00 pm. Join us as we spread some holiday cheer with some of the students from St. Peter’s School.



Afternoon at the Movies is BACK! Join us on Wednesdays in January at 1:00 pm as we feature the following movies: Jan. 4: Always, Jan. 11: Beyond the Sea, Jan. 25: Mamma Mia.



Lunch & Learn with Western Rehabilitation Care Center on Wednesday, January 18 at 1:00 pm. Join psychologists Dr. Evelyn Llewellyn and Dr. Michael Lonski of Western Rehabilitation as they discuss what to expect if you are in need of short term rehab. Light lunch will be provided by the chefs of Western Rehabilitation's. Seating is limited. Sign up required.

Karaoke with duo Kevin & Susan on Friday, January 20 at 1:00 pm. Come and sing out strong to your favorite song! A list of songs to be sung will be provided with lyrics. If you have a personal favorite, be sure and let us know ahead of time! Please sign up!

Wii Bowling Winter League Information Meeting Tuesday, January 24 at 2:00. This league will run for 8 weeks with a bowling banquet to follow. Please come to the meeting with your team or as a single to find a team. No experience necessary. Beginners welcome.



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.

Make a New Year's Resolution to stay active and get out of the house (weather permitting of course)!

Here are some ways that the classes and activities here at Elmwood Hall can help:

Get Moving!!

- Strength Training** – Monday & Wednesday
- Tai Chi** – Tuesday
- Aerobics** – Tuesday
- Line Dancing** – Wednesday
- Freestyle Dance** - Thursday
- Chair Yoga** - Thursday
- Exercise Video**—Thursday
- Zumba Gold** – Friday

Leisure Time Activities
























- Pinochle**—Monday
- Art Class**—Tuesday
- Coloring Circle**—Wednesday
- Knit/Crochet**—Thursday
- Woodcarving**—Thursday

Lifelong Learning (Discussion)

- Sports Talk** - Every other Tuesday
- Your Point of View**—Friday
- Page Turner's Book Club**— Last Friday of the month





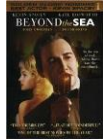











DECEMBER

2016 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Let's Get Flaky</i></p>   <p><i>Dance!</i></p> <p>1:30 pm to 3:30 pm on Dec. 15</p>	<p>Special Performance by The Ambassadors</p> <p>Tuesday, Dec. 13 at 1:00 pm</p> 	<p>Holiday Sing Along with St. Peter's School</p> <p>Wednesday, December 21 at 1:00 pm</p> 	<p>1</p> <p>Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>2</p> <p>Zumba Gold, 10:00 am Lunch, 12 noon BINGO, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>5</p> <p>Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm Crafting Circle, 1:00 pm</p> 	<p>6</p> <p>Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Sports Talk, 1:00 pm Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm</p> 	<p>7</p> <p>Yolanda's Hair Boutique, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12:00 noon Poker, 1:00 pm Elmwood's FINEST Concert, 1:30 pm</p> 	<p>8</p> <p>Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p> 	<p>9</p> <p>Zumba Gold, 10:00 am Lunch, 12 noon Timeless Trivia, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>12</p> <p>Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm</p> 	<p>13</p> <p>Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Comm. on Aging @ City Hall, 1 pm The Ambassadors, 1:00 pm</p> 	<p>14</p> <p>Yolanda's Hair Boutique, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12:00 noon Coloring Circle, 1:00 pm Poker, 1:00 pm</p> 	<p>15</p> <p>Lunch, 12:00 noon</p> <p><i>Let's Get Flaky</i></p>   <p><i>Dance 1:30 to 3:30 pm</i></p>	<p>16</p> <p>Zumba Gold, 10:00 am Lunch, 12 noon Name That Tune, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>19</p> <p>Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm</p> 	<p>20</p> <p>Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Sports Talk, 1:00 pm Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm</p> 	<p>21</p> <p>Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12:00 noon Coloring Circle, 1:00 pm Poker, 1:00 pm Holiday Sing Along, 1:00 pm</p> 	<p>22</p> <p>Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>23</p> <p>Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p> 
<p>26</p> 	<p>27</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>28</p> <p>Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12:00 noon Coloring Circle, 1:00 pm Poker, 1:00 pm</p> 	<p>29</p> <p>Knit/Crochet, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 am Lunch, 12 noon Woodcarving, 12:30 pm Chair Yoga, 1:00 pm Exercise Video, 1:00 pm</p>	<p>30</p> <p>Zumba Gold, 10:00 am Lunch, 12 noon Your Point of View, 1:15 pm</p> 

JANUARY

2017 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p>  <p>We are closed for the holiday on Monday, January 2.</p>	<p>3 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Sports Talk, 1:00 pm Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm</p>	<p>4 Yolanda's Hair Boutique, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12:00 noon Coloring Circle, 1:00 pm Poker, 1:00 pm Afternoon at the Movies, 1:00 pm</p> 	<p>5 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 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 Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm</p> 	<p>10 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Comm. on Aging @ City Hall, 1pm Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 1:00 pm</p>	<p>11 Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12:00 noon Coloring Circle, 1:00 pm Poker, 1:00 pm Afternoon at the Movies, 1:00 pm</p> 	<p>12 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 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 Timeless Trivia, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>16</p>  <p>We are closed on January 16 for Martin Luther King Jr. Day.</p>	<p>17 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Lunch, 12 noon Sports Talk, 1:00 pm Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm</p>	<p>18 Yolanda's Hair Boutique, 9:00 am Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12:00 noon Coloring Circle! 1:00 pm Poker, 1:00 pm Lunch and Learn, 1:00 pm</p> 	<p>19 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 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 Karaoke w/ K & S, 1:00 pm Your Point of View, 1:15 pm</p> 
<p>23 Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm</p> 	<p>24 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 Wii Bowling Meeting, 2:00 pm</p> 	<p>25 Line Dancing, 10:00 am Strength Training, 11:15 am Lunch, 12:00 noon Coloring Circle, 1:00 pm Poker, 1:00 pm Afternoon at the Movies, 1:00 pm</p> 	<p>26 Knit/Crochet, 10:00 am Blood Pressure Screen, 10:00 am Freestyle Dance, 10:30 am Line Dance Practice, 11:00 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 Quilt Club, 9:00 am Strength Training, 11:15 am Lunch, 12 noon Bridge Club, 1:00 pm Pinochle, 1:00 pm</p> 	<p>31 Art Class, 9:00 am Tai Chi, 9:00 am Knit & Crochet, 10:00 am Mayor's Advisory Council, 11 am Lunch, 12 noon Sports Talk, 1:00 pm Aerobics, 1:00 pm Mah Jongg, 1:00 pm Set Back, 2:15 pm</p>	<p>New Year FUN: CAUTION FUN AHEAD</p> <p>BINGO, 1/6 Timeless Trivia, 1/13 Karaoke w/ Kevin & Susan, 1/20 Wii Bowling Info Meeting, 1/24</p>	<p>Afternoon at the Movies: <i>Always</i>, Jan. 4 <i>Beyond the Sea</i>, Jan. 11 <i>Mamma Mia</i>, Jan. 25</p> 	<p>"What to Expect if you need Short Term Rehab"</p>  <p>1/18 at 1:00 pm Presented by Western Rehabilitation Care Ctr.</p>

Important Information from the Office of the Municipal Agent

Energy Assistance:



The Connecticut Energy Assistance Program is administered by the Department of Social Services, and coordinated by regional Community Action Agencies, in cooperation with municipal and other non-profit human service agencies. On behalf of eligible households, the winter heating assistance pays for such heating sources as oil, natural gas, electricity, propane, kerosene, coal, wood and wood pellets. Homeowners and renters may apply. Call Community Action Agency of Western CT at **203-748-5422** to see if you are eligible.



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 as well as 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 both 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!

Elmwood Hall Photos and News Briefs



Photo Credit: S. Tomanio

Staff members Michelle McNamara and Karen Janell congratulate Jean Sacridier for guessing the exact amount of candy corn in the Halloween Mason Jar!



Photo Credit: M. McNamara

Storyteller Linda Schuyler Ford captivated the audience on October 20, with her chilling tales filled with suspense, fright, and laughter.



Photo Credit: M. McNamara

The Senior WCSU Nursing Students concluded their fall semester work at Elmwood Hall on Tuesday, October 25 with a presentation on Home Safety! Pictured above are just a few of the WCSU Nursing Students who have been coming to Elmwood Hall every Tuesday since September.

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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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
Pam Makin - Van Driver