

# Elmwood Hall August / September 2017

## Special Events

**Beat the Heat Summer Dance** on Friday, August 11 at 1:00 pm. Dance includes a mix of freestyle and line dancing. No set price for event, but a \$3 donation is appreciated to support future programs at the senior center. Ice cream will be provided by Western Rehabilitation Care Center for all participants.

**Danbury Library On The Move (OTM)** Join us at Elmwood Hall on Monday, August 14 and Tuesday, September 19 from 11:00 am to 1:00 pm as a representative from Danbury Library will be on-site to offer assistance with the following: renewing library cards, checking out books or iPads, downloading library subscriptions (which allow you to watch free movies, get free music and books) as well as answering any technology questions. Please be sure to bring your device!

**Eat Smart, Live Strong: Danbury Farmer's Market Gift Certificates** on the following Wednesdays, August 16 and September 20 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 at the end of each session, she will give out gift certificates for the farmers market to those who are in attendance. Please sign up for each remaining date separately.

**Fruit Carving Expo with Maplewood of Danbury** on Thursday, August 17 at 1:00 pm. Chefs from Maplewood of Danbury will do a fruit carving demonstration and then combine the results with ice cream and serve tasty treats to all participants. Please sign up.

**An Afternoon at the Movies:** on the 3rd Friday of each month. August 18 will feature "Gifted" and September 15 will feature "Hidden Figures." Light refreshments will be served.

**B-I-N-G-O is back!** on Friday, September 8 at 1:00 pm and will be sponsored by Maplewood of Danbury. The cost to play is \$3 and will include 7 exciting games.

**Elmwood's FINEST Chorus** returns to Elmwood Hall on Wednesday, September 6 at 1:30 pm. After a brief summer break, Elmwood's Finest, the senior center chorus, under the direction of Jill Weiss, will fall back in to the swing of things. We are always looking for new members to join us! No singing experience required. Bring an instrument or just bring yourself!

**Aging Mastery Program** begins on Tuesday, September 12 and runs for 10 weeks. The Aging Mastery Program is a program outlined by the National Council on Aging that teaches older adults how to master behaviors that lead to improved health, stronger financial security, and overall well-being. Facilitated by the Regional YMCA of Western CT, area experts will be brought in as speakers on topics to include: Medication Management, Volunteer Engagement, Sleep, Healthy Relationships just to name a few. The program includes a core curriculum notebook, journal, small gifts and incentives, and a final graduation ceremony. Advanced sign up is required. This program is free to Danbury Residents and \$60 for Non-Danbury residents.

**Dr. Varano presents, Ask the Doctor Anything!** on Monday, September 18, at 1:00 pm. Do you ever feel like your doctor doesn't take the time to answer your questions? Bring your questions to Elmwood Hall and have Geriatrician Dr. Susann Varano, Director of the Elder Horizons Program at Yale-New Haven Hospital, answer them. All questions will be collected in advance at the front desk by September 8. Please sign up!

**Falls Prevention Series** on Tuesdays in September. Falls are the leading cause of fatal and non-fatal injuries for older Americans. Falls threaten seniors' safety and independence and generate enormous economic and personal costs. September is Fall Prevention month.

**September 12 at 10:30 - Benefits of Tai Chi** Instructor, Susan Bradley, will explain and lead an interactive demonstration of the Dr. Fuzhong Li style of Tai Chi. Dr. Fuzhong Li, Ph.D, a leading tai chi researcher whose method is proven to improve balance. Susan is certified in the Yang style Dr. Li teaches.

**September 19 at 1:00 pm - Balance Testing, Avoiding Falls, Building Strength.** Physical Therapists from Greenwood Physical Therapy will be here doing balance testing and offering tips to help you stay on your feet.

**September 26 at 1:00 pm - Home Safety and Modifications** with Jim Gustin from Home Crew CT, a certified Aging in Place Home Specialist.

**End of Summer Dance** on Friday, Sept. 8 at 1:00 pm. Dance includes a mix of freestyle and line dancing. No set price for event, but a \$3 donation is appreciated to support future programs at the senior center. Ice cream bar with toppings will be provided by Frank Scarfi from Quality Hearing Aide Center.

**Flu Shot Clinics** on Wednesday, September 27 and Wednesday, October 11 from 10:00 am to Noon in partnership with Western CT Home Care. Please call Elmwood Hall for an appointment and make sure that you bring your Medicare card.

**Save the Date for our upcoming Craft and Bake Sale on Friday, October 27!** Would you like to make or bake something to help raise money for the programs at Elmwood Hall? Do you have any gently used pocketbooks or perhaps some jewelry that you no longer use and would like to donate for the "Unique Boutique" sale portion of this event? See Karen at the front desk to sign up and get more information! All proceeds from the Craft and Bake Sale benefit the Prime Timers, Inc., Friends of Danbury Seniors. Thank you!

**Save the Date! Mayor Boughton's  
Fall Festival at the Amber Room Colonnade  
on Sunday, November 12.  
Tickets go on sale on Monday, October 2nd!**

