

Elmwood Hall February March 2017

Special Events

AARP Tax Assistance begins on Thursday, February 2 and will run through April 18 on Tuesday and Thursday mornings. Please call for an appointment to have your tax return completed by experienced AARP volunteers. This is a free service. Please note that on the day of your appointment, you **will need** to bring with you, **your 2015 Tax Return, Proper Form of Identification including Social Security Card and ALL of your 2016 Tax Information.**

Bingo, Timeless Trivia, & Mark My Words: The "Quotation" Game Come enjoy Bingo (2/3 **Wear Red**, 3/3 **Wear Green**), Timeless Trivia (2/17, 3/10) and introducing Mark My Words: The "Quotation" Game (2/24, 3/17). This different type of question/answer game, played in teams, will challenge contestants to identify memorable quotations from movies, books, headlines, history, etc. All three programs are slated to begin at 1:00 pm on their respective dates. Please be sure to sign up!

Historian Art Gottlieb presents: Underground Railroad on Thursday, February 9 at 1:00 pm. In the early 19th Century, abolitionists aided up to 100,000 Black slaves escape to free states, Mexico and Canada through the creation of a vast secret network of routes and safe houses that came to be known as the Underground Railroad. Please sign up!

Dr. Susann Varano presents, All Pain is Not Created Equal on Friday, February 10 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 identify different types/levels of pain and discuss their treatment options. Please sign up!

Celebrating History Month: Danbury In Love on Tuesday, February 14 at 11:00 am with Danbury Museum Director Brigid Guertin who will talk about the famous Danbury couples from the 18th, 19th, and early 20th centuries. Please sign up!

"Then and Now" Cookbook on Friday, February 17 at 11:00 am. This is a great chance to share your favorite recipe(s), be a part of a multi-senior center project, learn some amazing new nutritional facts, receive a FREE copy of the finished cookbook, and have a chance for your recipe to be entered in to a drawing to be the featured meal at a luncheon for all participants! This project is led by Doreen Frey, a student at WCSU who is interning at RVNA. Come and hear more about this exciting and fun project! Please sign up!

Danbury Library On The Move (OTM) Join us at Elmwood Hall on Wednesday, February 22 and Thursday, March 23 from 11:00 am to 2:00 pm as a representative from the Danbury Library will be on-site to help renew library cards, check out books or iPads, and view upcoming programs and events at the Danbury Library.

Danbury High School Student Presentations Students from the Health and Bioscience Academy at Danbury High School will present on two topics: Recognizing the signs of Depression on Monday, February 27 at 12:45 pm, and Recognizing the signs of Diabetes on Monday, March 6 at 12:45 pm. Please sign up!

Community Conversations, We Want to Hear from You! On Monday, February 27 with the first session beginning at 12 noon and two other sessions beginning at 1:00 pm and

2:00 pm, The Danbury Aging in Place Council would love to speak to you if you are a senior who lives on or near Main Street, Danbury. Help them to know how you use downtown resources such as the library, stores, social events, and public services. Also, they are interested in hearing about your challenges. Sign up required. Light refreshments and City Center Bucks given to all participants.

March Madness: Corn Hole is BACK! Join us on Wednesdays, March 1, 8, 15, & 22 for one of our most popular “indoor games.”

What is the State of Connecticut Rent Rebate Program on Monday, March 13 at 1:00 pm. Come and learn about the program, including who is eligible and how to apply. Please sign up!

Happy Feet Program w/Dr. Richard Gosnay is a wellness foot program that will run on the following Wednesdays: March 15, April 19, May 17, and June 21 with appointments between 9:00 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 Elmwood Hall in advance to set up an appointment. You must be a Danbury resident and a Non-Diabetic.

Spring Nature Series: Beekeeping in CT - Past and Present on Thursday, March 16 at 1:00 pm presented by the CT Agricultural Experiment Station. The Beekeeping in CT - Past and Present is the first of the Spring Nature Series presentations which will include Earth Worms on April 20th and Container Gardening Tips on May 18. Presented by Mark H. Creighton, Apiary Inspector, will focus on the modern beehive structure and describe the communal organization of bees within a hive. The life cycle of worker bees and basic bee genetics will be covered. Please sign up!

Lunch & Learn with Masonicare at Newtown on Monday, March 20 at 1:00 pm. As we get older, we increase the risk of falling in our homes, and the injuries sustained can be life threatening. Simple home modifications along with exercises to improve strength and balance can help reduce the risk of falling. Please join us for this presentation on Home Adaptation and Fall Prevention. Seating is limited. Please sign up!

Spotlight of Color: Coloring Circle Showcase on Wednesday, March 29, from 2:00 pm to 4:00 pm. Come enjoy the artistic talents of the members of Elmwood Hall as TeAva Mercado, a senior from Danbury High School, produces the culmination of her community Peer Leadership project with a spotlight of their work through a gallery display. Refreshments will be served.