

Elmwood Hall June July 2017

Special Events

Friday Afternoon Fun! These FUN games will be played on the following Fridays: Bingo (6/2, Timeless Trivia (6/16). Programs are slated to begin at 1:00 pm on their respective dates. Please sign up!

Fraud and Scam Protection on Monday, June 5 at 1:00 pm with the professionals from Savings Bank of Danbury. Come learn how to protect your personal information; avoid internet and telephone scams and potential financial losses. Hosted by Beth Ann Fetzer, Vice President/Community Development Officer. Please sign up.

Nature Series: A Visit from Christine's Critters on Tuesday, June 6 at 1:00 pm. An education and interactive presentation with live birds of prey and reptiles. Learn about majestic birds of prey and fascinating reptiles with Christine Peyreigne, a licensed falconer, wildlife rehabilitator, and educator. Please sign up.

Author Talk and Book Signing: on Friday, June 9 at 1:00 pm. Join us in welcoming local author Jack Kozuchowski for an author chat and book signing for his new book: "*Climate Futures: Time Travels to Alternative Outcomes.*" It imparts an understanding of various possible fates, setting them in another time and dimension. To the casual reader, Climate Futures is an adventure story that offers an enjoyable way to learn about climate change resulting from human greenhouse gas emissions. To the science buff, Climate Futures offers facts about climate change within the context of an adventure story. Jack Kozuchowski served as the former Environmental Director for the City of Danbury from 1979-2006. Books will be available for purchase and a portion is donated to environmental causes. Please sign up.

Veteran's Wall Project: Turning Our Veteran's Wall into a Historical Keepsake Susan Ella Bradley, a former volunteer and USO dancer, started our "Veteran's Wall" when Elmwood Hall first opened in 2003. This project will involve taking all of the photos, articles and memorabilia from the Veteran's Wall and respectfully arranging them into a keepsake through a scrapbooking project led by Karen Janell. If you would like to be a part of making these scrapbooks, please call the center to sign up. The scrapbooking project will meet on the 2nd and 4th Monday at 1:00 pm beginning June 12 through the end of October. Also, if you are a Veteran and would like to be included in the keepsake scrapbooks, Navy Veteran Jack Scully will meet with you by appointment to do a short interview of your military experience. Please bring a photo that we can copy from your time in the service. The scrapbooks will be displayed in a cabinet and revealed for all to see on Thursday, November 9th when we do our annual "Honoring Our Veterans" event. Those interested in being a part of this project, please call the center. And let us always remember to thank our Veterans for their service to our country.

Danbury Commission on Aging Forum: Older Adults and Mental Well Being on Tuesday, June 13 at 1:00 pm. Forum will include experts in the field of mental health and older adults including Psychiatrist Dr. Donna Pellerin from Danbury Hospital, Elizabeth Peralta, LCSW, Crisis Intervention Manager, Danbury Hospital, and Judy Slason, Operations Director, Danbury Animal Welfare. Please sign up.

Elmwood's FINEST Senior Center Chorus Concert on Wednesday, June 14 at 1:30 pm. Always a crowd pleaser, Elmwood's Finest, the senior center chorus, under the direction of Jill Weiss, will perform their year-end concert featuring "*Americana Favorites.*" All are welcome, refreshments will be served.

Spring Nature Series: Bee Keeping in Connecticut Past and Present on Thursday, June 15 at 1:00 pm. Mark H. Creighton, Apiary Inspector from the CT Agricultural Experiment Station, will speak on modern beehive structure and describe the communal organization of bees within a hive. The life cycle of worker bees and basic bee genetics will also be covered. Please sign up.

Hike at Tarrywile Park with Susan on Friday, June 16 at 10:00 am. We will meet in the parking lot by Immaculate High School and hike the 1 mile easy loop around the pond. Wear sturdy shoes, long pants, sun hat, bug spray. Hiking pole suggested. Please be comfortable walking a mile on an unpaved, uneven trail that has rocks and roots. Light refreshments served after hike. Van rides provided to the park from the senior center. Van departs senior center at 9:30 am. Please sign up.

How to Choose a Caregiver on Monday, June 19 at 1:00 pm. What is the difference between medical and non-medical homecare? What does Medicare cover? What does home bound status mean? What is the difference between a non-medical homecare agency and a registry? What about private caregivers? Get answers to these and other questions with Heather McGhie, Director of Homecare by RVNA. Refreshments served, please sign up.

WWI Podcast Project starts on June 20 and meets weekly at the Danbury Library's new Recording Studio at 1:00 pm. The Danbury Museum is looking for seniors who would like to take part in a WWI Project by reading aloud articles from the time of WWI to be recorded as a way of commemorating the 100 year anniversary of the end of the war. Seniors who are interested would meet at the senior center to be taken over to the library in the senior center van. This project will meet weekly through the end of August. Please sign up.

Happy Feet Program w/ Dr. Richard Gosnay is a wellness foot program that will run on Wednesday, 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.

Eat Smart, Live Strong: Danbury Farmer's Market Gift Certificates on Wednesday, June 21 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 19, August 16, and Sept. 26. **YOU MUST SIGN UP FOR EACH DATE SEPARATELY.**

An Afternoon at the Movies - Wednesday, June 28: "War Horse," Wednesday July 26: "Just Like Heaven." All movies start at 12:45 pm. Snacks will be served.

Beat the Heat Summer Dance on Friday July 14 at 1:00 pm. Dance includes a mix of freestyle and line dancing led by Kevin and Susan. No set price for event, but a donation is appreciated to support future programs at the senior center. Ice cream provided by Bethel Health Care for all participants.

Summer Safety: Sunscreen, Hydration, Food Contamination, Heat Advisories on Monday, July 17 at 1:00 pm. This talk will focus on how to enjoy the Summer months while staying safe and healthy. Various topics will be covered along with a question and answer period. Led by Kathy Hehl Curran, RN BSHE, Hancock Hall and Filosa.