

Elmwood Hall June July 2016

Special Events

Storytelling: Tricksters, Heroes, and Scoundrels: Stories Heard at the General Store on June 1 at 1:00 pm. Join storyteller Linda Schuyler Ford as she shares lively folktales of Connecticut and her people. Linda has been a storyteller since 1980 and loves to share stories of her beloved Hudson Valley and New England. She is a member of countless storytelling organizations and teaches others who are interested in the craft. This is a program not to be missed. Free, please sign up.

What is Care in the Home? On Wednesday, June 8 at 1:00 pm. Attend this Western CT Area Agency on Aging Senior Talk about Care at Home and learn about programs to receive care and services in your home including Community First Choice Program, National Family Caregiver Program and Alzheimer's Respite Program. Please sign up.

What is Normal Aging - Part 2 on Friday, June 10 at 1:00 pm with Geriatrician Dr. Susann Varano, Director of the Elder Horizons Program at Yale – New Haven Hospital and Candlewood Valley Health and Rehab. She will continue her presentation on the physical and cognitive signs of normal aging as well as take questions from those in attendance. Please sign up.

Housing Forum on Tuesday, June 14 at 1:00 pm. Come learn about the options available in Danbury for senior housing. Hosted by Danbury Commission on Aging. Guest speakers include Joan Garbow, LCSW, CCM a Geriatric Care Manager, Carolyn Sistrunk, Executive Director, Danbury Housing Authority and Rachael Mead of Connecticut Community Cares. Please sign up.

Eat Smart, Live Strong: Danbury Farmer's Market Gift Certificates on Wednesday, June 15 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 20, August 10, and Sept. 21. **YOU MUST SIGN UP FOR EACH DATE SEPARATELY.**

Summer Concert: Elmwood's Finest: Senior Center Chorus on Thursday, June 16 at 10:30 am. Come enjoy listening to the songs from throughout the years. Refreshments served.

Name That Tune! on Friday, June 17 at 1:00 pm hosted by Kevin Burland. Sign up at the Front Desk as either a player or an audience member. FUN is had by all. Please sign up.

Happy Feet Program with Dr. Richard

Gosnay, a wellness foot program, on Wednesday, June 22 with appointments between 9 am -12 noon. This includes a thorough foot exam and toe-nail clippings by Dr. Richard Gosnay, a local Podiatrist. Cost is \$5 and you must call the center in advance for an appointment. You must be a Danbury Resident and a Non-Diabetic.

The Grand Canyon National Park - on Friday, June 24 at 1:00 pm. Art Gottlieb returns to discuss the history of the Grand Canyon National Park. Please sign up.

Summer Time Bingo Beach Ball Bingo on Friday June 3. Red, White, and Blue Bingo on

July 8, both at 1:00 pm. In honor of National Hotdog Month, July Bingo will have hot dogs for sale during the games. Be sure to wear your patriotic colors! \$3 charge for 8 games.

Feed Your Brain Program on Monday, July 11 at 1:00 pm. This is a program that encompasses healthy living and discusses things you can do to maintain your brain. Included will be a discussion by Associated Neurology of Danbury's Research Team focusing on exciting research studies happening here in Danbury, to help find a treatment for Alzheimer's and other forms of dementia. Please sign up.

Old Time Radio Sing-A-long on Friday, July 22 at 1:00 pm. Some times simple is better. Gather with friends to sing along with the radio. Music of the 1940's 50's and 60's. Great music, great memories, and just FUN. All welcome.

**Senior Day: Picnic at the
Italian Club in Danbury!!**

Wednesday, August 17 from 11:00am - 3:00pm.

**Free. Limited to 250 Seniors AGE 60 AND UP. Sign up in person or by phone at
the
Elmwood Hall / Danbury Senior Center
Lunch served from 11:30am - 2:00pm**

**Hamburgers
Hotdogs
Pasta with Sauce
Green Salad
Bread
Coffee
Dessert**

Mayor Boughton to "kick-off" event!

**Bean Bag Toss, Dance, Relax under the Pavilion. Bring your own lawn chair if you
desire,
sun hat, and sun screen.**

**Enjoy the music of Peter Priolo,
the "Keep on Dancing DJ"
Line Dancing with Kevin Burland**

**Transportation provided to those
Danbury residents in need.**

Rain or Shine!

This FREE picnic is provided to Danbury area seniors by the members of Amerigo Vespucci Lodge (Italian Club) of Danbury. We cannot say enough about the generosity of the members of the Italian Club. Thank you very much for this wonderful community event!