

# Elmwood Hall October / November 2017

## Special Events

**Financial Fraud Bingo** on Monday, October 2 at 1:00 pm. Join us for a fun, interactive way to remind ourselves about protecting our personal information and our finances! Banking scams, investment fraud, cyber security, credit and debt management are just a few topics that will be discussed. This program is being offered by the Department of Banking in collaboration with AARP's Fraud Watch Network. Prizes awarded. Please sign up!

**Birthday of the Month!** On the first Friday of each month we celebrate birthdays. So if its your birthday month, please come down to celebrate with cake, coffee and a special birthday cheer! The party starts at 12:15 pm.

**B-I-N-G-O!** on Friday, October 6 and Friday, November 3 at 1:00 pm. The cost to play is \$3 and will include 7 exciting games.

**Spooktacular Dance** on Friday, October 13 at 1:00 pm. Kevin and Susan will lead this dance that includes a mix of freestyle and line dancing. No set price for the event, but a \$3 donation is appreciated to support future programs at the senior center. Ice cream bar with toppings will be provided by Maplewood of Danbury.

**Flu Shot Clinic** on 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.

**WCAAA presents Assistive Technology: Gadgets and Things** on Wednesday, October 11 at 1:00 pm. The WCAAA is dedicated to increasing access and awareness of assistive devices available to people of all ages and disabilities to remove barriers and increase independence in performing tasks of daily living. Demonstration on assistive devices such as magnifiers, phone amplifiers, vibrating alarm clock, talking watch and kitchen utensils to name a few. Please sign up!

**Lunch and Learn: Starting the Conversation—Advanced Planning** on Monday, October 16 at 1:00 pm. Limited sign up for this lunch and learn that helps start the conversation about your legacy and advanced planning. Sign up required. Sponsored by the professionals at Maplewood Assisted Living.

**Benefits of Physical Therapy** on Tuesday, October 17 at 1:00 pm. Vivian Frerking, Director of Rehabilitation, at Putnam Ridge will educate seniors on the benefits of physical therapy. She will touch on topics of treatments, equipment used, fall prevention and balance, strengthening, and mobility, assistive devices and more. Please sign up!

**Medicare 2018 and You** on Friday, October 20 at 10:30 am. Learn what changes are being made in 2018 and what this means for you. This is an opportunity to review and change your Medicare Part D Plan (prescription drugs), enroll or change your Medical Advantage Plan or purchase a Supplemental Insurance Plan (Medigap). Why Bother? Because costs and approved drug lists can change in your current Prescription Drug Plan. Doctors can be added or removed from your Advantage Plan and Supplemental Plan Premiums can increase or decrease. Join Joyce Kuhn, Dept. of Elderly Services staff, to learn what changes are being made in 2018 and how they affect you! While you are here, schedule a one-on-one appointment to review your Medicare options with one of the staff or call 203-797-4686 to do so. Please sign up.

**An Afternoon at the Movies:** on the 3rd Friday of each month starting at 12:45 pm. October 20 will feature “*Fences*” and November 17 will feature “*Beauty and the Beast.*” Light refreshments will be served. A discussion will follow the movie.

**Happy Feet Program w/ Dr. Richard Gosnay** is a wellness foot program that will run on Wednesday, October 25 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.

**Craft and Bake Sale** on Friday, October 27 from 8:30 am to 3:00 pm! Be the first to see our home-made collections of crafts, quilts, knitware, crocheted items, delicious baked goods, plus our Unique Boutique. All proceeds from the Craft and Bake Sale benefit the Prime Timers, Inc., Friends of Danbury Seniors. Thank you!

**Art Gottlieb presents The Boroughs of New York** on Monday, October 30 at 1:00 pm. A visual treat for New York subway riders are the colorful ceramic plaques and mosaic designs that inform and decorate the various platforms, posts, and station walls. Much of the surviving examples of this work have remained in place since the original NYC subway system opened in 1904. This program will feature a photo-tour of the most notable examples of this beautiful artwork . Please sign up!

**Everything You Want to Know about Hearing Loss, but were Afraid to Ask** on Monday, November 6 at 1:00 pm with Frank Scarfi from Quality Hearing Aid Center. Frank has been helping people to hear better for more than 20 years. Join him to learn about hearing aids and have all of your questions answered. Please sign up.

**Caregiving Around the Clock** on Wednesday, November 8 at 1:00 pm will be presented by the professionals at Western Rehab. Caregiving can be a 24/7 job. Caring for a senior with Alzheimer’s can be non-stop. The average family caregiver is a working Mom with kids. Each stage of the day has its own individual challenges, from getting family off to work and school, making sure loved ones are cared for, managing their medication through the day, trying to ensure proper nutrition for the whole family, as well as late night emergency room visits. Caregiving is truly around the clock! Join us for an informative presentation and helpful tips on caregiving 24/7. Please sign up.

**Honoring Our Veterans** on Thursday, November 9 at 12:45 pm as we thank our Veterans, not just here at Elmwood Hall, but from the community and across the country. Our Veteran’s Remembrance Wall has now been made into beautiful scrapbooks of keepsake memories. These scrapbooks will be on display for all to see along with a newly designed cabinet honoring former volunteer and USO dancer, Susan Ella Bradley. Cake and coffee will follow. All are welcome. Please be sure to make a reservation for lunch with at least a 48 hour notice if interested in eating here on that day.

**Open Wii Bowling** on Tuesdays in October and November from 2:00 pm to 4:00 pm. All are welcome!

**Mayor Boughton’s Fall Festival** on Sunday, November 12 at the Amber Room Colonnade. All Danbury area seniors age 60 or older are welcome at this yearly event. Cost per ticket is \$15. Purchase a ticket in advance at the Elmwood Hall Senior Center. Tickets go on sale Monday, October 2 through Wednesday, November 8. Included is a lovely Thanksgiving style lunch, dancing to the Kenny Lee Band and fabulous raffle prizes. Delightfully hosted by Mayor Mark Boughton! This is an event not to be missed!

