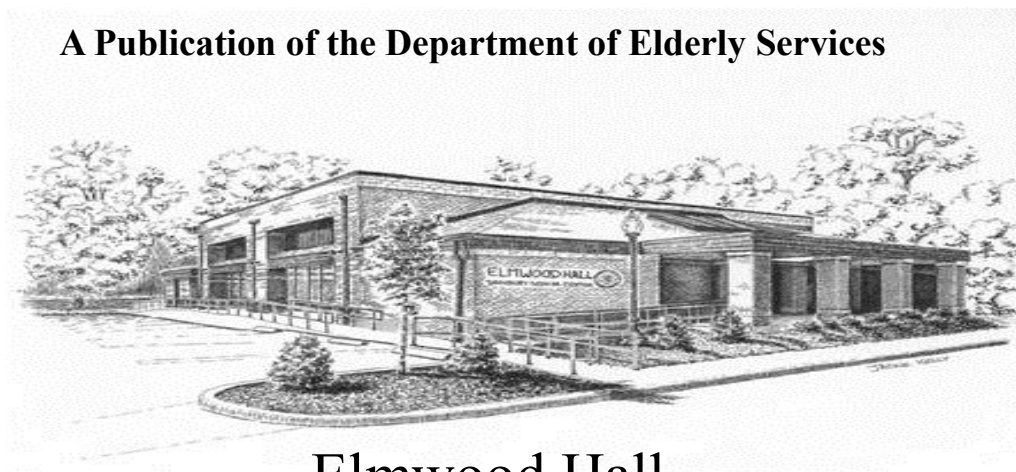


THE ELMWOOD EXTRA

Read All About It!

February / March 2018

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

AARP Tax Prep

Valentine's Dance and St. Patrick's Day Dance

Timeless Trivia and Catch Phrase

Heart Matters presented by RVNA

The Ambassadors Concert Performance

February Movies: Collateral Beauty and The Space Between Us

Art Gottlieb presents: Irish Americans

Lunch and Learn: Dr. Paz & Dr. Gupta present Pain Management

Everything you wanted to know about Probate Court with Judge Dianne Yamin

March Movie Madness: Miracle, We Are Marshall, A League of their Own

City of Danbury

Department of Elderly Services

Mark D. Boughton, Mayor

Susan M. Tomanio, LCSW, Director of Elderly Services

Michelle McNamara, Municipal Agent/Program Coordinator

Joyce Kuhn, Activities/Resource & Referral

10 Elmwood Place, Danbury, CT 06810

www.danburyseniors.org

Tel. 203-797-4686

HOURS OF OPERATION: MONDAY — FRIDAY 8:30 - 4:30

MESSAGE FROM THE DIRECTOR OF ELDERLY SERVICES

Susan M. Tomanio, LCSW



February brings more cold weather and snow while March promises the warmth of Spring. Programs continue at the center to give you an opportunity to exercise, meet with friends, have lunch, or get information you might need about community resources. We offer over 30 regular programs a month, from chair yoga to art instruction, from wood carving to line dancing. Try Zumba Gold or strength training, our book club or sports talk group. We hope you find something of interest. The AARP Tax volunteers return with free income tax assistance and we like to remind people about tax relief programs and the Rent Rebate program. We are also keeping an eye on the state for any changes to the Medicare Savings Program and are happy to report that the state of CT will continue to fund this program throughout the remainder of the year. This department is here to be a resource for you. Please call or come down with questions or concerns and allow us to help point you in the right direction. Hope to see you soon!

February / March Highlights

AARP Tax Return Assistance begins on February 1 and will run through April 12 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 provided by the AARP for all ages and includes both CT and NY state returns.

B-I-N-G-O! on Fridays February 2 and March 2 at 1:00 pm. The cost to play is \$3 and will include 7 exciting games. Be sure to wear Red in February and Green in March!



Heart Matters presented by RVNA on Tuesday, February 6 at 1:00 pm.

Heart Disease is the leading cause of death in America for both men and women. Come learn: what heart disease is, the disease process, the risk factors, the difference between heart attack and cardiac arrest, the symptoms of a heart attack and more. Please sign up!



Elmwood's FINEST is back on Wednesday, February 7 at 1:30 pm. We are always looking for new members to join us! No singing experience required!



Valentine's Dance on Friday, February 9 at 1:00 pm with DJ Kevin Burland. Be sure to wear Red, Pink or White and be ready to freestyle and line dance. Suggested donation of \$3. Refreshments provided by Putnam Ridge.



February Afternoon Movies on Mondays February 5, *Collateral Beauty*, and February 26, *The Space Between Us*, start time is 12:45 pm.



Timeless Trivia on Fridays, February 16 and March 16 at 1:00 pm. Come test your knowledge and have fun! You will be part of a team of four players competing against each other. Anyone is welcome to come and watch and be a part of the audience. Please sign up at the front desk!



Catch Phrase on Fridays, February 23 and March 23 at 1:00 pm. Come and play the grab it, guess it and pass it game! Join Kevin as he hosts this entertaining game! Please sign up!



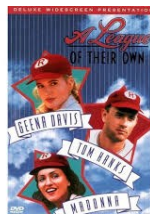
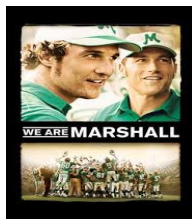
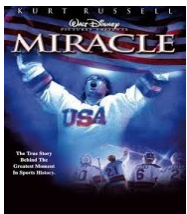
The Ambassadors Concert on Tuesday, February 27 at 1:00 pm. The Ambassadors Instrumental Band is a creation of the Danbury Music Center. Comprised of all seniors, they will delight with some musical favorites!

Read Across America Day, Friday, March 2 at 10:30 am. We are looking for volunteers to join us in the morning as we celebrate Dr. Seuss's birthday by reading to the students at St. Peter's School. "You're never too old, too wacky, too wild, to pick up a book, and read to a child." Please sign up at the Front Desk if you are interested in joining us go over to St. Peter's School.

Happy
Birthday
Dr. Seuss!



March Mondays Movie Madness will involve the following movies: March 5: Miracle, March 19: We Are Marshall, and March 26: A League of their Own. All show times start at 12:45 pm.



Everything You Wanted to Know About Probate Court on Tuesday, March 6 at 11:00 am with Judge Dianne Yamin. This talk includes general information regarding probate court and any recent important changes. All are welcome!



St. Patrick's Day Dance on Friday, March 9 at 1:00 pm. Be sure to wear Green as we dance the afternoon away with DJ Kevin! Suggested donation \$3. Refreshments provided by Western Rehabilitation Care Center.

Art Gottlieb presents, Irish Americans on Monday, March 12 at 1:00 pm. One of the largest and influential groups of immigrants to arrive on these shores, it is estimated that 46 million Americans can trace their ancestry back to Ireland, in addition to 3 million more who identify as Scotch-Irish. Present since pre-colonial days,

large numbers of Irish arrived during the 19th century. Irish-Americans are part of the very fabric of the American Identity with notable figures represented in all aspects of life including politics and entertainment. Join us for a special presentation.

Wii Bowling Informational Meeting on Tuesday, March 20 at 2:00 pm. Anyone interested in participating in the Spring Wii Bowling League is encouraged to attend. Please sign up at the Front Desk. New members welcome!

Lunch and Learn: Pain Management with Dr. Sanjay Gupta and Dr. Antonio Paz on Wednesday, March 21 at 12 noon. Topics of discussion will include Hip and Knee Replacements as well as Interventional Pain Management. Dr. Gupta and Dr. Paz, both from Orthopaedic Specialists of Connecticut, will answer questions including—how do you know when it's time for a hip or knee replacement, to how to manage pain without surgery, and many more. This event is sponsored by Bethel Health Care and sign up is required.

One-on-One



Technology Help

Danbury Library On the Move and One on One Tech Help Sessions, on February 21 and March 22 from 11:00 am to 1:00 pm. Go further with your computer and technology skills. Book a 20/30 minute appointment with a friendly tech savvy staff member and receive assistance with Microsoft Word, Microsoft Excel, Setting up Email, iPhone/iPad basics and more. Registration for Tech Help is required. Call the Front Desk at Elmwood Hall to schedule your appointment.
















Friday, April 6, 2018

FUN!!!!!!!

In collaboration with Danbury High School's Peer Leadership Program!















FEBRUARY

2018 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>February 2 at 12:15 pm</p> <p>Celebrating all of February Birthdays with delicious cake!</p>	  <p>February 9 1:00 pm</p> <p>The Ambassadors Feb. 27 @ 1:00 pm</p>	 <p>Heart Matters</p> <p>Tuesday, Feb. 6 at 1:00 pm Presented by RVNA</p>	<p>1</p> <p>8:30 am AARP Tax Prep 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p>2</p> <p>10:00 am Zumba Gold 12 noon Lunch 12:15 pm Birthday Club 1:00 pm BINGO: Wear RED! 1:15 pm Your Point of View</p> 
<p>5</p> <p>9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm Collateral Beauty 1:00 pm Bridge, Pinochle</p>	<p>6</p> <p>8:30 am AARP Tax Prep 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Heart Matters Aerobics, Sports Talk Mah Jongg</p>	<p>7</p> <p>9:00 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker Coloring Circle 1:30 pm Elmwood's FINEST</p>	<p>8</p> <p>8:30 am AARP Tax Prep 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p>9</p> <p>10:00 am Zumba Gold 12 noon Lunch 1:00 pm Valentine's Dance 1:15 pm Your Point of View</p> 
<p>12 CLOSED</p> 	<p>13</p> <p>8:30 am AARP Tax Prep 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 11:00 am Mayor's Advisory Grp 12 noon Lunch 1:00 pm COA Mtg @ City Hall 1:00 pm Aerobics, Sports Talk, Mah Jongg</p>	<p>14</p> <p>10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle 1:30 pm Elmwood's FINEST</p>	<p>15</p> <p>8:30 am AARP Tax Prep 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p>16</p> <p>10:00 am Zumba Gold 12 noon Lunch 1:00 pm Timeless Trivia 1:15 pm Your Point of View</p> 
<p>19 CLOSED</p> 	<p>20</p> <p>8:30 am AARP Tax Prep 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg</p>	<p>21</p> <p>9:00 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:00 am Danbury Library OTM 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle 1:30 pm Elmwood's FINEST</p>	<p>22</p> <p>8:30 am AARP Tax Prep 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video</p>	<p>23</p> <p>10:00 am Zumba Gold 12 noon Lunch 1:00 pm Catch Phrase 1:15 pm Your Point of View 2:30 pm Page Turner's Book Club</p> 
<p>26</p> <p>9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm The Space Between Us 1:00 pm Bridge, Pinochle</p>	<p>27</p> <p>8:30 am AARP Tax Prep 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 12 noon Lunch 1:00 pm The Ambassadors Mah Jongg, Sports Talk</p>	<p>28</p> <p>10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle 1:30 pm Elmwood's FINEST</p>	<p><u>Afternoon at the Movies</u> 2/5 <i>Collateral Beauty</i> 2/26 <i>The Space Between Us</i></p>  <p>12:45 pm</p> 	<p>NEW FRIDAY FUN GAME!</p>  <p>Friday, February 23 at 1:00 pm</p>



2018 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shamrock Themed Events  Wear GREEN  3/2 – BINGO!  3/9 – St. Patrick's Day Dance   3/12 – Art Gottlieb Presents: <i>Irish Americans</i>	Read Across America Day @St. Peter's School – 3/2, 10:30 am Probate Court Update, 3/6, 11:00 am  Lunch & Learn with Dr. Gupta and Dr. Paz, 3/21, Noon	MOVIE  MADNESS 3/5 - Miracle 3/19 - We are Marshall  3/26 - A League of Their Own	1 8:30 am AARP Tax Prep 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video	2 10:00 am Zumba Gold 10:30 am Dr. Seuss' Day 12 noon Lunch 12:15 pm Birthday Club BINGO 1:00 pm Your Point of View 
5 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm Miracle  1:00 pm Bridge Pinochle	6 8:30 am AARP Tax Prep 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 11:00 am Probate Update 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg	7 8:45 am Driver Safety Class 9:00 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker Coloring Circle 1:30 pm Elmwood's FINEST	8 8:30 am AARP Tax Prep 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video	9 10:00 am Zumba Gold 12 noon Lunch 1:00 pm St. Patrick's Day Dance 1:15 pm Your Point of View 
12 9:00 am Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Art Gottlieb Presents 1:00 pm Bridge Pinochle	13 8:30 am AARP Tax Prep 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 11:00 am Mayor's Advisory Grp 12 noon Lunch 1:00 pm COA Mtg @ City Hall 1:00 pm Aerobics, Sports Talk, Mah Jongg	14 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Poker, Coloring Circle 1:30 pm Elmwood's FINEST	15 8:30 am AARP Tax Prep 10:00 am Knit/Crochet Blood Pressure Screen 10:30 am Freestyle Dance 11:00 am Line Dance Practice 12 noon Lunch 12:30 pm Woodcarving 1:00 pm Chair Yoga, Exercise Video	16 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Timeless Trivia 1:15 pm Your Point of View 
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Important Information from the Office of the Municipal Agent

ELDERLY TAX RELIEF PROGRAMS

Information provided by the Danbury Tax Assessor's Office.
Please call the Tax Assessor's Office 203-797-4556 for
more details and to **APPLY**.

Tax Relief Filing Period: February 1 – May 15

Veteran's Filing Period: February 1 – October 1



RENT REBATE 2018

- If you applied last year, an application will be mailed to you by the end of March.
- If you applied last year and have moved, please give us a call, 203-797-4686.
- Dates to apply for this program run from **April 1 to October 1**.
- New applicants **MUST** set up an appointment with Michelle or Joyce at the Danbury Senior Center **after June 1st**. Please call 203-797-4686.

Elmwood Hall Photos and News Briefs

Winter Wonderland of Dance Party held on December 14th was a BIG Success!

All pictures taken by M. McNamara



Mary and Evelyn happily dancing!



CHEESE!



Enjoying the Snowball Punch!



Taking a break from the dance floor!



Friends enjoying the party!



Paul and Jane enjoying DJ Kevin's music!

St. Peter's School Holiday Concert AND Elmwood Hall's Holiday Karaoke!



Students singing Silent Night!



The Karaoke Singers!

Elmwood Extra ~ Read All About It

Department of Elderly Services
Elmwood Hall ~ Danbury Senior Center
10 Elmwood Place
Danbury, CT 06810

Pre-Sorted Standard
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Danbury, CT 06810
Permit No. 155

Mission Statement

The Department of Elderly Services seeks to increase the quality of life of Danbury area citizens who are age 60 or older by developing many comprehensive programs and resources and referral services specifically designed to enrich the general well-being of Danbury's more mature population.

Elmwood Hall Senior Center
Municipal Agent's Office for the Elderly (Resource and Referral)
Van Transportation Program
Rent Rebate Program
Intergenerational Programs

**For a full list of all our programs and services, please refer to our website
www.danburyseniors.org**

Department of Elderly Services—Staff Members

Susan Tomanio, LCSW - Director of Elderly Services
Michelle McNamara - Municipal Agent/Coordinator
Joyce Kuhn - Activities/Outreach/Resource & Referral (Grant Funded)
Linda Rinaldi - Administrative Assistant
Karen Janell - Administrative Assistant
Steve Ackerman - Elderly Services Office Associate
Wayne Cole - Elderly Services Office Associate
Kevin Burland - Van Driver
Pam Makin - Van Driver