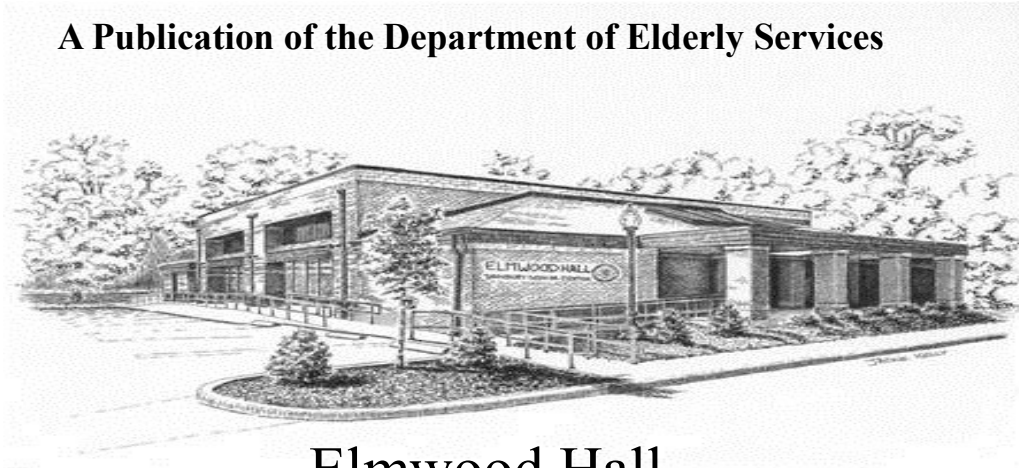


THE ELMWOOD EXTRA

Read All About It!

April / May 2018

A Publication of the Department of Elderly Services



Elmwood Hall

The club for people age 60 and up.

**BINGO, Timeless Trivia
Spring Fling Dance
Know How to Go, Hart Transit Talk
Lunch and Learn: Occupational Therapy**
April Movies: *The Intern* and *Wonder* May Movies: *Lion* and *The Greatest Showman*
**Happy Feet Program with Dr. Gosnay
Danbury During Prohibition with Brigid Guertin
Disrupt Aging Presentation**
***Growing Up During World War II*, Book & Author Signing with Pete Peterson
Elmwood's FINEST Spring Chorus Performance**

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



Over the past month we have been asking you all to make sure your membership is up to date and that you have a membership card. We ask that you scan in when you are here and check off which programs you are attending. While we understand that this can be tedious at times, it's important for many reasons. First, if your membership is up to date, it means we have an emergency contact person for you. Second, it's important that you are counted as being here. We know you value the senior center and the programs we offer and we want to make sure the greater community knows how important the senior center is to you too. You do this by scanning in and marking your attendance. Each time you scan in, you get counted for being here and it lets the greater community know your senior center and the programs and services we run are important. If you need a new membership card, stop by the front desk and we will be happy to provide you with one. Thank you!

April / May Highlights

B-I-N-G-O! on **Monday**, April 2 and Friday, May 4 at 1:00 pm. The cost to play is \$3 and will include 7 exciting games.

Spring Fling Dance on Friday, April 6 at 2:30 pm. Elmwood Hall is proud to partner with the Danbury High School Peer Leadership students to host this fun intergenerational event! Come dressed in your favorite floral or garden party attire. Music by DJ Kevin Burland. Suggested donation is \$3. Sign up is required!

Smart Money Program sponsored by Newtown Savings Bank on Monday, April 9 at 1:00 pm. Financial exploitation is a fast-growing form of abuse of seniors and comes in many forms that are often difficult to identify. In a fun and interactive way, a Smart Money presentation can show you how to reduce the risk of falling prey to these abusive practices, how to guard against identity theft and plan for unexpected loss of the ability to manage your finances. Newtown Savings Bank is partnering with Elmwood Hall to offer a free presentation to guide seniors with information, steps, and tools that they need to make informed financial decisions for their personal situation and goals. Please sign up!

Afternoon Movies for April and May on April 20: *The Intern*, April 30: *Wonder*, May 7: *Lion* and May 21: *The Greatest Showman*. Start time is 12:45 pm.

Know How to Go, Hart Transit Talk on Wednesday, April 11 at 1:00 pm. Join us to learn about all of the transportation that Hart Transit provides and any recent changes made.

Timeless Trivia on Fridays, April 13th, May 18th and 25th. Join a team of 4 and test your knowledge. Anyone is welcome to come watch and be a part of the audience. Please sign up at the front desk!

Lunch & Learn: Occupational Therapy and Occupational Therapists on Wednesday, April 18 at 1:00 pm. In honor of Occupational Therapy Month, Western Rehabilitation Care Center will be hosting a lunch and learn to discuss what Occupational Therapy is and the important role that Occupational Therapists play in helping people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities. Sign up is required!

Danbury Library On the Move and One-on-One-Tech Help Sessions, on April 16 and May 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 Library 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.

Do It Yourself Bird Feeders: Earth Day Project on Monday, April 23 at 1:00 pm. Help us celebrate Earth Day by recycling two clean food cans and turning them into bird feeders. Clean food cans will be painted and ribbon hangers will be attached. Bird seed will be provided. You must sign up in advance at the front desk. No experience necessary!

Happy Feet Program with Dr. Gosnay on Wednesday, April 25 with appointments running from 9:00 am through 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.

Danbury During Prohibition on Friday, April 27 at 1:00 pm. Brigid Guertin, City Historian, will explore the topic of the Danbury Museum's new exhibition: "Hatters & Hooch: Danbury during Prohibition," an overview of Danbury's cold water "gangs," speakeasies, police actions and how Danburians dealt with the forced change in drinking habits! Sparkling cider will be served!

10 Things to Know About Your New Medicare Card on Thursday, May 3 at 1:00 pm. Beginning April 2018, Medicare will issue new cards to beneficiaries replacing your social security number with an 11 character identifier number. Join Joyce Kuhn as she discusses the changes and answers questions regarding the new Medicare cards.

Disrupt Aging, on Wednesday, May 9 at 1:00 pm. Disrupt Aging in Your Community is a 90-minute interactive workshop designed to offer

participants an opportunity through dialogue to learn about the myths, stereotypes, and research around aging. This session will offer research conducted over the last year by AARP CT and community collaborator and consultant, Donna Fedus of "Borrow My Glasses." It offers a new way to look at aging. Please sign up at the front desk!

Senior Appreciation Day on Friday, May 11 at 1:00 pm. May is Older Americans Month and the theme, "engage at every age," emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in their communities. Therefore, we would like to celebrate all of you who have made Elmwood Hall—Danbury Senior Center a better place just by being here. Please join us for some special treats and music by our very own DJ Kevin Burland! Commemorative T-Shirts are \$4. **You must sign up and pre-pay for your shirt by May 1.**











Home Front: A Memoir of Growing up During WWII on Monday, May 14 at 1:00 pm. This book signing and author discussion with Pete Peterson will tell the true story of the turbulence confronting his American farm family during and post-World War II. The presentation will be accompanied by photos and music from the era. Please sign up!

Elmwood's FINEST Spring Concert on Wednesday, May 23 at 1:00 pm. Always a crowd pleaser, Elmwood's FINEST, the senior center chorus, under the direction of Jill Weiss, will perform their year end concert, "Season, Part 2." All are welcome and refreshments will be provided.

Wreath Making with Karen on the following Wednesdays: May 30, June 6, and June 13 at 1:00 pm. Karen will lead this class which will allow for participants to make fabric wreaths either for Spring/Summer or the Fourth of July. Each will have their choice of fabric. There is a \$10 pre-pay cost for the 3 week class. Remaining cost will be paid for by Prime Timers, Inc. Friends of Danbury Seniors. Please sign up by May 16.



2018 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm BINGO 1:00 pm Bridge, Pinochle 	3 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	4 8:45 am <i>Driver Safety Class</i> 9:00 am Walking Club 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	5 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	6 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:15 pm Your Point of View 2:30 pm <i>Spring Fling Dance</i> 
9 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm Smart Money 1:00 pm Bridge, Pinochle 	10 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	11 9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm <i>Hart Transit Talk</i> 1:00 pm Poker, Coloring Circle 1:30 pm Elmwood's FINEST	12 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	13 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm Timeless Trivia 1:15 pm Your Point of View 
16 9:00 am Walking & Quilt Club 11:00 am <i>Danbury Library OTM</i> 11:15 am Strength Training 12 noon Lunch 1:00 pm Bridge, Pinochle	17 8:30 am AARP Tax Prep 9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 11:20 am Lunch 1:00 pm Aerobics, Sports Talk, Mah Jongg	18 9:00 am Walking Club 9:00 am Yolanda's Hair Boutique 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm Lunch & Learn: OT Poker, Coloring Circle 1:30 pm Elmwood's FINEST	19 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	20 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 12:45 pm Movie: The Intern  1:15 pm Your Point of View
23 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm <i>Earth Day Project</i> 1:00 pm Lions Low Vision 1:00 pm Bridge, Pinochle	24 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	25 9:00 am Walking Club 9:00 am <i>Dr. Gosnay - Happy Feet</i> 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	26 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	27 9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <i>Prohibition Talk</i> 1:15 pm Your Point of View 2:30 pm Page Turner's Book Club
30 9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm <i>Movie: Wonder</i> 1:00 pm Bridge, Pinochle	Monday, April 2 at 1:00 pm 	  Friday, April 6th 2:30 pm	Afternoon at the Movies:  12:45 pm Start time April 20  April 30	Special Presentations: Smart Money, 4/9 Hart Transit, 4/11 Lunch & Learn: Occupational Therapy, 4/18 Prohibition, 4/27



2018 ~ Welcome to Elmwood Hall ~ The Danbury Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Special Presentations:</p> <p>New Medicare Card Talk, 5/3 Disrupt Aging, 5/9 Memoir about WWII, 5/14</p>	<p>1</p> <p>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>2</p> <p>8:45 am <i>Driver Safety Class</i> 9:00 am Walking Club 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>3</p> <p>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 <i>New Medicare Card Talk</i> Chair Yoga, Exercise Video</p>	<p>4</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm BINGO 1:15 pm Your Point of View</p> 
<p>7</p> <p>9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm <i>Movie: Lion</i> 1:00 pm Bridge, Pinochle</p> 	<p>8</p> <p>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>9</p> <p>9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm <i>Disrupt Aging</i> Poker, Coloring Circle 1:30 pm Elmwood's FINEST</p> 	<p>10</p> <p>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>11</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <i>Senior Appreciation</i> 1:15 pm Your Point of View</p> 
<p>14</p> <p>9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 1:00 pm <i>Memoir about WWII</i> Bridge, Pinochle</p> 	<p>15</p> <p>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>16</p> <p>9:00 am Walking Club 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>17</p> <p>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>18</p> <p>9:00 am Walking Club 10:00 am Zumba Gold 12 noon Lunch 1:00 pm <i>Timeless Trivia</i> 1:15 pm Your Point of View</p> 
<p>21</p> <p>9:00 am Walking & Quilt Club 11:15 am Strength Training 12 noon Lunch 12:45 pm <i>The Greatest Showman</i> 1:00 pm Lion's Low Vision 1:00 pm Bridge, Pinochle</p>	<p>22</p> <p>9:00 am Art Class 9:00 am Tai Chi 10:00 am Knit & Crochet 11:00 am <i>Danbury Library OTM</i> 12 noon Lunch 1:00 pm Aerobics, Sports Talk Mah Jongg</p>	<p>23</p> <p>9:00 am Walking Club  10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm <i>Chorus Concert</i> Poker, Coloring Circle</p>	<p>24</p> <p>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>25</p> <p>9:00 am Walking Club  10:00 am Zumba Gold 12 noon Lunch 1:00 pm <i>Timeless Trivia</i> 1:15 pm Your Point of View 2:30 pm Page Turner's Book Club</p>
<p>28</p> <p>CLOSED</p> 	<p>29</p> <p>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>30</p> <p>9:00 am Walking Club 10:00 am Line Dancing 11:15 am Strength Training 12 noon Lunch 1:00 pm <i>Wreath Making</i> Poker, Coloring Circle</p>	<p>31</p> <p>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>The FUN Stuff:</p> <p>Bingo, 5/4 Movie: Lion, 5/7 Senior Appreciation, 5/11 Timeless Trivia, 5/18, 5/25 Movie: The Greatest Showman, 5/21 Elmwood's FINEST Concert, 5/23 Wreath Making, 5/30</p>

Important Information from the Office of the Municipal Agent

RENT REBATE FOR 2017: runs April 1, 2018 thru October 1, 2018
The Rent Rebate program provides a one-time yearly rebate to renters based on income, rent, and utilities that were paid for the previous year (2017).

Requirements for Eligibility:

All Applicants **MUST** be:

- 65 as of 12/31/17 **OR** receiving Social Security Disability benefits and over the age 18
- Have resided in the State of Connecticut for one full year at some time in your life and also be a resident of the State during time of application.

You must apply in the town/city in which you resided in 2017.

- 2017 income must not exceed \$35,300 (single person), or \$43,000 (married couple)

****Please Note:**

If you received cash benefits from the Department of Social Services (DSS), your rebate amount may be reduced or you may not qualify.

For applicants that applied last year, Rent Rebate Applications have already been mailed out. Please contact Michelle at 203-797-4686 if you have not yet received your application.

Completed and signed applications, along with required documentation, can be mailed to or brought to the Elmwood Hall – Danbury Senior Center.

All “**NEW**” applicants **MUST** call 203-797-4686 and Michelle or Joyce will schedule an appointment with you to see if you qualify.

Elmwood Hall Photos and News Briefs



Ray G. was the Wii Bowling One Day Tournament Champion on January 26th.



Staff at Elmwood Hall handed out special treats on Valentine's Day to everyone who came in to the building. Pictured to the left are Jane, Nicolina, and Paul proudly showing off those treats that were all that and a bag of chips.



Pictured above is Judge Dianne Yamin speaking to a large audience at Elmwood Hall about everything they ever wanted to know about Probate but were afraid to ask.



Pictured above is therapy-dog-in-training, Logan, who is introducing himself to Terry before the start of Timeless Trivia.



Despite a snowy first week in March, the St. Patrick's Day Dance was a shamrocking success. Special thanks to Western Rehabilitation Care Center for sponsoring. Pictured above with Michelle are Katie and Alexandra from WRCC.

Elmwood Extra ~ Read All About It

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

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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